



Community Links
Incorporated 2003

**SEPTEMBER
2020**

Community Links

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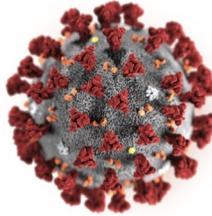
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Community Links Safety News

What is COVID-19?

The 2019 novel coronavirus (COVID-19) is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China.



COVID-19 can cause illness ranging from mild to severe symptoms and in some cases can be fatal. Older adults and individuals who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications but ANYONE can become ill with the virus.

How is COVID-19 Spread?

The coronavirus spreads from person to person just like the flu or a cold:

- Through respiratory droplets produced when an infected person coughs or sneezes
- Between close personal contact such as touching our shaking hands within an distance of approximately 6 feet
- Touching contaminated objects or surfaces and then touching mouth, nose, eyes

The virus is highly contagious and is 20-30 times more lethal than the common flu. One person can give it to 2-3 people. People are thought to be most contagious when they are most symptomatic however some spread may occur before any signs of symptoms. The virus can stay on wood or cardboard for 24 hours and on plastic or steel for 72 hours.

What are the symptoms of COVID-19?

People with COVID-19 have a wide range of symptoms. The CDC continues to update the list as more is learned about the virus. Symptoms may appear 2-14 days after exposure to the virus. Symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What precautions may be used to prevent the spread of COVID-19? The following are best practices to aid in preventing the spread of the COVID-19 virus:

- Wear a mask when in the community—"My mask protects you...Your mask protects me."
- Use social distancing—If you must come into contact with people stay at least 6 feet away.
- Wash your hands often with soap & water for at least 20 seconds—wash hands before and after preparing meals, before and after loading/unloading groceries, upon return from being in the community.
- Cough or sneeze into a tissue and throw the tissue away immediately. If you don't have a tissue cough or sneeze into your elbow. Do not cough or sneeze into your hands.
- Don't touch your face, especially your eyes, nose, and mouth.
- Wipe down all surfaces with bacteria/virus killing wipes or sprays containing at least 70% alcohol.
- If you are feeling sick—Stay Home! Contact your doctor if you have COVID-19 symptoms.





What is a Pandemic?

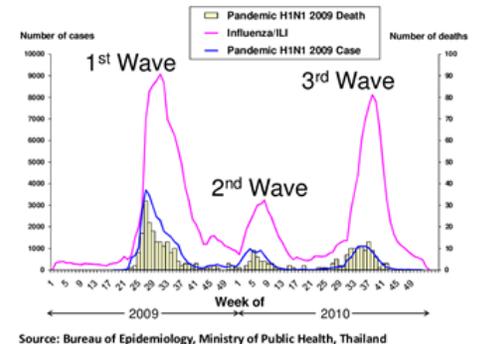
You have probably heard the term epidemic before. An epidemic is a serious outbreak of an infectious disease in a single community, population or region. Pandemic is an epidemic spreading around the world affecting hundreds of thousands, or in this case millions, of people across many countries. A Pandemic Flu, what we are experiencing, is a pandemic that results from an influenza virus that is new to humans.

Characteristics of a Pandemic:

- New virus that spreads easily as most people are susceptible because there is no natural resistance or immunity to that virus
- The virus causes severe illness or death in humans
- The virus spreads easily from person to person worldwide

COVID-19 meets all of these to be considered a Pandemic.

A Pandemic is not predictable. History has shown that pandemics tend to occur in multiple waves of outbreaks. Length of each wave and time between waves varies and can not be easily predicted. Recent concern is with a possible 2nd COVID-19 wave expected during the upcoming flu season.



Expectations during a Pandemic:

- Crisis for extended period of time in multiple locations
- Daily routines will be affected—Personal, Community and Professional changes will occur
 - ⇒ Isolation requirements: separating the sick with COVID-19 from those not sick
 - ⇒ Quarantine guidelines: separating and restricting those who have been exposed to COVID-19 to see if they will become ill with the virus
 - ⇒ Cancellation of public events / Closing of schools
 - ⇒ Non-essential work activities limited
 - ⇒ Commerce patterns changed—causing supply shortages
 - ⇒ Work absenteeism
- Significant disruption of infrastructure: transportation, schools, businesses, medical care, utilities, police and fire protections, communications
- Limited State and Federal assistance due to nation-wide impact



Pandemic Preparedness: How prepared are you?

- Stay informed with up-to-date information from public health officials: CDC, PA DOH, OSHA, WHO, NIH, etc.
- Create an emergency contact list of family, friends, healthcare providers, teachers, employers, and other community resources
- Keeping enough water, food, supplies, and medicines to last you for up to 30 days
- Practice social distancing and follow everyday preventative actions
- Be healthy—Remember to get enough sleep, exercise regularly, and eat nutritiously
- Prepare for the possibility of illness, consider household members who may have an increased risk of severe illness and take extra precautions for those individuals
- Take care of the emotional health of your household members, including yourself

For assistance visit:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Community Links COVID-19 SAFETY PLAN: As PA continues to reopen and people are getting more comfortable being out in the community, we wanted to remind everyone that the Guidance on Masks, Screening and Handwashing must still be followed when providing direct services. These guidelines are here to keep you and your individual safe.

You (Staff) need to wear a mask while providing services.

Before arriving to provide services, you should call your consumer and screen them to see if they are ill with a new fever, chills, cough, or exposure to COVID 19, or if they have household members that have a new fever, cough, chills or exposure to COVID 19. If your consumer reports that 'yes' they are ill, or their family member is ill, then report this to your supervisor and reschedule services.

Take your temperature. If your temperature is over 100.4, or you have been exposed to someone with COVID 19, or experience new cough, chills, loss of taste and smell, follow CDC guidelines, and report this to your supervisor.

Upon arrival

Use hand sanitizer when you begin services.

Your consumer needs to use hand sanitizer at the beginning of services

Your consumer should wear a mask. We know that some of our consumers can't tolerate wearing a mask. We know that our consumers need to learn to wear a mask as a new hygiene etiquette requirement.

Any member of your consumer's household that is in the same room with you while you provide services can be asked to wear a mask.

If you need masks for you or your consumer, just ask. We have them!

Screen your consumer for a fever (take their temperature), chills, cough, exposure to COVID 19. If they have an illness or live in a house hold with someone who is ill reschedule services and report the interruption in services to your supervisor.

Consider having your individual sit in the back passenger seat while traveling to help social distance.

Have your consumer use hand sanitizer before entering the car

Wipe down all interior car surfaces and door handles after exiting the car

Both staff and consumer should wear a face mask while traveling in a car to stop the spread of COVID 19.

Remember that people can be COVID 19 positive and not show symptoms, and infect you.

Access to the community is opening up. Take it slow! Limit your exposure to crowded areas and stores.

It is appropriate to purchase take out food and eat at the park, go for a walk outside, assist with Medical appointments and shop for groceries. It is not appropriate to be in groups of people, or spend time walking through a store.



Emotional Pain During a Pandemic

Sharon Falzone, Northeastern HCQU of The Advocacy Alliance

- In summary, emotional pain can cause physical pain. While emotional pain is often dismissed as being less serious than physical pain, it is important that continual emotional pain is taken seriously.
- In some cases, you may need to see a physician before emotional pain has lasting consequences.

KEY TAKEAWAYS

- The brain doesn't know the difference between physical and emotional injury or stressors.
- The body secretes stress hormones, adrenaline, cortisol, and norepinephrine that provides energy to enable one to become response-able.

Today we want to highlight a recently added **AIDinPA** (<https://aidinpa.org/>) resource, "Emotional Pain During a Pandemic". Emotional pain is often dismissed as being less serious than physical pain, but it must be taken seriously.

Please visit to view the video:

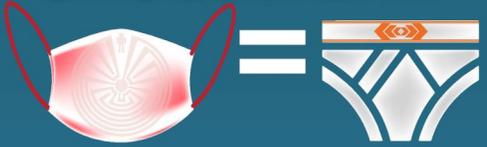
<https://aidinpa.org/emotional-pain-during-a-pandemic/>

This video aims to provide information for families and the community about what emotional pain is and how to manage it during a pandemic.

PSYCHOLOGICAL SYMPTOMS OF STRESS



TREAT YOUR MASK LIKE UNDERWEAR



- »» Do not touch or adjust (especially in public)
- »» Do not borrow or lend
- »» Make sure it fits tight but comfortable
- »» Make sure it's clean (daily or as needed)
- »» Wear the right side out
- »» If there's holes in it, throw it away
- »» If it's stained, throw it away

Need fresh cloth masks? Plastic face shields? Hand Sanitizer? Bleach Wipes? Call your supervisor and make arrangements to get these supplies.

Community Links would like to encourage all staff to obtain their annual INFLUENZA Vaccination (Flu Shot). You are welcome to receive your Flu Shot from your healthcare provider, a clinic or at your pharmacy.

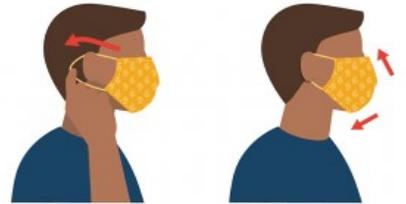


Please submit your influenza vaccine receipt with your expense voucher. Community Links will reimburse our staff up to \$35.00 for a vaccination.

HOW TO WEAR MASKS

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- CDC does not recommend use of masks or cloth masks for source control if they have an exhalation valve or vent
- Wear a mask that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms
- Wear a mask in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart
- Wear a mask correctly for maximum protection
- **Don't** put the mask around your neck or up on your forehead
- **Don't** touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect
- Take your mask off carefully when you get home
- Change masks often and wash masks in between uses



WHAT IS SOCIAL DISTANCING

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

Social distancing, also called "physical distancing," means keeping a safe space between yourself and other people who are not from your household.

To practice social or physical distancing, stay at least 6 feet (about 2 arms' length or 1 alligator) from other people who are not from your household in both indoor and outdoor spaces.

