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# Aspiranet

## ~ March 2020 ~

### Monthly Training Topic

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#### Prevention & Preparation for Coronavirus (COVID-19)

In response to the public health concerns raised by the spread of the Coronavirus (COVID-19) in California and the rapidly changing circumstances of the outbreak, Aspiranet is providing the following guidance from the Centers for Disease Control (CDC) and the California Department of Public Health (CDPH). We hope that you find this information useful. Aspiranet will continue to provide ongoing support and resources as we together respond to the challenges of COVID-19. As always, please do not hesitate to contact your Aspiranet Social Worker, the Aspiranet office, or the On call Social Worker for support and assistance with any questions or concerns you may have.

#### What can you do to limit the spread of COVID-19?

The CDC and California Department of Public Health (CDPH) recommend the following steps to prevent the spread of *all* respiratory viruses:

- Wash hands frequently with soap and water for at least 20 seconds.
- Avoid touching eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay away from work, school or other people if you become sick with respiratory symptoms like fever and cough.
- Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue away after use. If a tissue isn't available, cough or sneeze into your elbow, not your hands.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe (including doorknobs, light switches, handles, computers, telephones, bathroom sinks, toilets, counters, toys).
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

#### How can you be prepared for COVID-19?

The following are things you can do right now to be ready for any emergency, including preparing for the coronavirus situation as it continues to evolve:

- Have a supply of food staples and household supplies like cleaning products, laundry detergent and bathroom items, and diapers if you have small children.
- Check to make sure you have at least a 30-day supply of prescription medications as needed by each family member, and have other health supplies on hand, including pain relievers, cough and cold medicines, stomach remedies, fluids with electrolytes, etc.
- Know how your local public health agency will share information in your community and stay informed. Use this link to find your local health department:  
<https://www.cdph.ca.gov/Pages/LocalHealthServicesAndOffices.aspx>
- Plan and prepare for the care of your children (and older adults you may care for) should they or you become sick.

- Learn how your children’s school or daycare, and your workplace will handle a possible outbreak. Create a plan in the event of any closings, event cancellations or postponements. **IMPORTANT NOTE:** Please discuss with your Aspiranet Social Worker a plan for supervision of children in your care *prior* to possible school closures in your community.

### **What are the symptoms of COVID-19?**

Typically, human coronaviruses cause mild-to-moderate respiratory illness. Symptoms are very similar to the flu, including:

- Fever
- Cough
- Shortness of breath

According to the CDC, patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms may appear 2-14 days after exposure and include fever, cough and shortness of breath. Call your healthcare professional if you develop symptoms and have been in close contact with a person known to have the disease or if you have recently traveled from an area with widespread or ongoing community spread of the disease.

### **What is the treatment for COVID-19?**

Most people with illnesses due to common coronavirus infections recover on their own; there are no specific treatments for coronavirus infections. For patients who are more severely ill, hospitals can provide supportive care. The medical community is continuing to learn more about this novel coronavirus and treatment may change over time.

### **What if I or a family member develops symptoms?**

In the event you or someone in your family has symptoms, please notify:

- **Your Health Care Provider:** According to CDPH, for individuals with symptoms of COVID-19 who have reason to believe they may have been exposed, it is important to first **call** their health care provider before seeking care. Calling in advance will make sure that people can get the care they need without putting others at risk. If applicable, be sure to tell your health care provider about your travel history.
- **Aspiranet:** Please **call Aspiranet the same day** if you or someone in your family is experiencing symptoms including fever, cough or difficulty breathing. Please also call before a home visit, a visit to the Aspiranet office, or your foster child’s visit with birth family if you or someone in your home has symptoms. **We will decide together if any of these visits need to be rescheduled or relocated.**
- **Public Health Dept.:** Your local Public Health Dept. can provide direction as to the local community response and recommendations for reducing the spread of the virus.

### **What is Aspiranet’s response to COVID-19?**

Aspiranet is staying abreast of the rapidly changing circumstances surrounding COVID-19 and consulting with local Public Health Depts., as well as communicating with Community Care Licensing as needed, in order to best support the families and children we serve as well as our employees.

In addition to a letter you’ll receive from your local Aspiranet Program Director, you can expect more frequent phone calls from your Aspiranet Social Worker to check in and inquire about your family’s

health status prior to a home visit. Regular communication will be a primary method for supporting your family while also protecting your family and Aspiranet staff in the event of signs of illness.

Aspiranet will also maintain communications with you in the event a local office must temporarily close if directed by local health officials to do so. In the event of office closure, Aspiranet will continue to maintain communication and support to you. As always, Aspiranet is available to provide support 24/7, so please do not hesitate to contact your Aspiranet Social Worker, the office or the On Call Social Worker if after office hours.

The above information is adapted from the Centers of Disease Control and Prevention, California Dept. of Public Health and American Red Cross.

For further information visit:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.redcross.org/about-us/news-and-events/news/2020/coronavirus-safety-and-readiness-tips-for-you.html>

Please sign and return this page to your Aspiranet Social Worker for training credit. My signature below indicates that I have completed the March 2020 "Prevention & Preparation for Coronavirus" training.

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*Signature Foster Parent #1*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Print Name Foster Parent #1*

\_\_\_\_\_  
*Signature Foster Parent #2*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Print Name Foster Parent #2*

\_\_\_\_\_  
*Aspiranet Authorized Signature*

\_\_\_\_\_  
*Date*

Training credit: \_\_\_\_ minutes