

CORONAVIRUS

WHAT YOU NEED TO KNOW



THE DORM
— est. 2009 —

What is Coronavirus (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory disease that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in China.

How Does it Spread?

The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It is also possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This virus may stay active and contagious on a surface for up to 10 days.

What are the Symptoms of COVID-19?

Symptoms are believed to appear between 2 and 14 days after exposure and may look like the common cold. Symptoms can include:

- Fever
- Cough
- Shortness of breath

Resources

There is lots of information circulating in the news and on social media, however, we recommend following news, guidelines and updates from: Centers for Disease Control (CDC)

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Thank you for your support in keeping The Dorm community a healthy place for all!

Precautions, Preventative Measures and Reminders

- **Wash your hands with soap and water** frequently for at least 20 seconds.
- **Use hand sanitizer gel that is at least 60% alcohol** when soap and water is not available. We have plenty around at The Dorm!
- **Avoid touching your eyes, nose and mouth**
- **Avoid handshakes, hugs or high fives.** Try a fist bump or elbow bump instead ☺
- **Clean and disinfect surfaces and objects you frequently touch** such as cell phones, computers, earbuds or other personal belongings — we have plenty of wipes on hand!
- **Cover your cough or sneeze with a tissue**, then immediately throw the tissue in the garbage and wash your hands; if you don't have a tissue, sneeze or cough into your sleeve or arm
- Avoid contact with people exhibiting symptoms (fever/cough)
- **Speak to your primary clinician** if you think you are exhibiting any symptoms like a cough, fever, or body aches.
- **Pay attention:** as information evolves, stay informed by listening to any new updates from your primary clinician and Dorm office liaisons (Kinga Madej in NYC; Claire Jean-Simon in DC).
- **Talk, share and ask questions.** During this time it is likely that many people are in a heightened state of worry and concern. Our goal is to help educate and offer you support to stay healthy. Speak to your skills therapist if you are feeling overwhelmed or anxious.
- We are reminding our community to **treat everyone with respect.** There is zero tolerance for hurtful language towards anyone who may or may not exhibit symptoms. The CDC recommends avoiding any close contact with people who are sick. We recommend **remembering to uphold values of kindness and compassion during this time**, especially towards those who may be impacted. It is important for us to take care of ourselves and our community as a whole in the best way possible.

Questions? Talk to your primary clinician. Our team is here to support you!

WHAT WE'RE DOING AT THE DORM



Daily Monitoring:

- We are closely monitoring updates from the CDC and local Departments of Health. We are aware that circumstances may change quickly and we will send you any additional announcements as they arise and as soon as possible.
- We are implementing many important new policies, hygiene measures and procedures to help keep our community healthy!

Site-wide Cleaning:

- Our cleaning teams disinfect all Dorm spaces with a hospital-grade disinfectant solution daily and we are increasing the frequency of cleanings throughout the day.
- We have Clorox wipes available for use to clean any surfaces or personal items like laptops and phones.
- We ask that you wipe down any commonly shared items at The Dorm like art supplies, ping pong paddles, community laptops, wellness or fitness items (mats, blocks or weight), etc. We will also be putting procedures in place to keep these items as clean and sanitary as possible for all!

New Hygiene Policies:

- We are rolling out educational materials and resources that will help us all with good hand hygiene and general sanitation. Please follow instructions shared by our team and posted around our spaces.
- Sanitize when you enter! There will be hand sanitizer located at the front desk — please use as soon as you enter the building, prior to checking in. This will be required each time you enter the facilities.
- Please avoid physical touch (high fives, hugs and handshakes) — try an elbow bump for now!
- There will be hand sanitizer in all offices that will be passed around at the start of each group session.
- We are going to be limiting off-site meetings that are not clinically indicated.

Kitchen/Food Policies:

- You'll notice many new cooking/food policies in place. These are there as a precautionary measure to help keep us healthy!
- As a general rule, wash your hands before and after you eat for 20 seconds at least.
- Please throw out any paper/plastic cups, napkins or

other unused food items in the garbage when you have finished eating.

- There are gloves that can be worn when handling food in the kitchen — ask our team if you have questions!
- Serving utensils are to be used during meal groups, not your personal fork or knife.
- Please do not share any food or drinks as a precautionary measure.
- Use the dishwasher for all cleaning of plates/cups or silverware.

Sick & Travel Policy

To maintain a safe and healthy environment for all...

- We ask that any individuals (clients, families, team members) who are exhibiting any symptoms — cough, sniffles, sneezes, fever, body aches etc. — to refrain from coming to The Dorm and to call to receive proper medical care. Please speak to your primary clinician at The Dorm about receiving remote support services until you have been cleared by a primary care provider. Early symptoms may be mild so it's important to stay vigilant.
- Please notify us if you or any immediate family members who have come into contact with an individual who has tested positive for COVID-19 or has a pending test result.
- Please notify us if you are planning any travel to locations that are significantly impacted by COVID-19 level 2 or higher. At this time, this list includes China, Hong Kong, Taiwan, Japan, South Korea, Italy and Iran. Please be advised of evolving CDC travel guidelines around nonessential travel and risks.

Medication Contingency Plans

We are coordinating with all outside psychiatrists to see what contingency plans are in place so that clients have adequate access to the medications they need. We have asked the medical care providers to share what actions are being taken and we will be following this closely to help ensure that there is no disruption.

Remote Support Plans

As part of our remote care plan we are asking all clients to download the app Zoom which will enable us to work with clients both individually and in groups should remote support be required.