



T H E D O R M

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Community Meeting Tips for Coronavirus Prevention

What is Coronavirus Disease 2019 (COVID-19)?

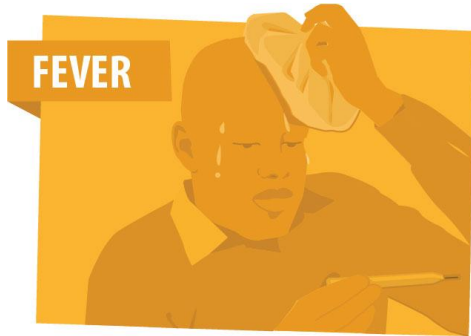
Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

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?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:



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!

Cleaning & New Hygiene Policies

- 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 request that you wipe down any commonly shared items at The Dorm like art supplies, ping pong paddles, community laptop, etc.
- By end of day tomorrow, in-depth information will be provided in a handout and will be posted across our spaces related to all new policies and protocols such as compulsory hand sanitation when entering our Dorm spaces and at the start of each group.
- **Please pay attention to any new information being distributed by Claire (DC), Kinga (NYC) and your primary clinicians.**

Sick Policy/Travelling

More in-depth information will be provided in a hand-out and through our team but for now:

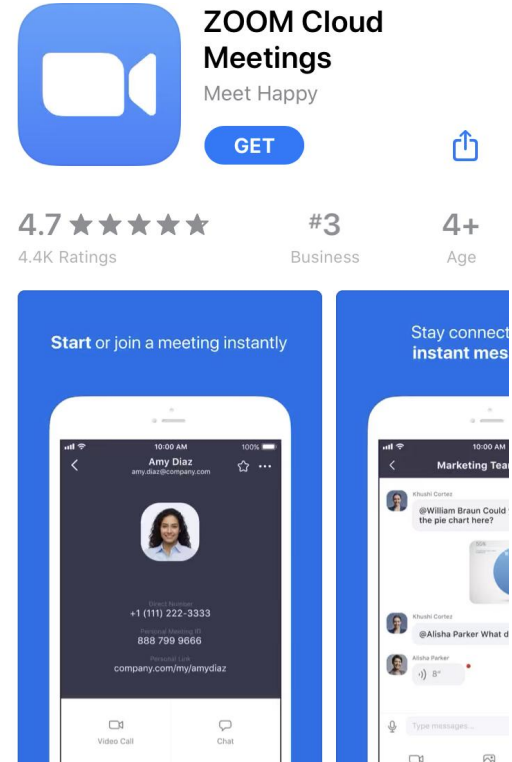
- We are asking all members of our community including clients, families and staff who are exhibiting any symptoms of illness at all - cough, sniffles, sneezes, etc. - to cancel any on-site, in-person groups and sessions at The Dorm. Please alert your primary clinician and receive medical care about your symptoms. You can speak with your primary clinician at The Dorm about receiving remote support services until you have been cleared by your primary care provider.
- Following the CDC guidelines we request that all non-essential travel to areas significantly impacted by COVID-19 , level 2 and higher, be postponed. This list currently includes China, Hong Kong, Taiwan, Japan, South Korea, Italy and Iran. If you have recently travelled to any of these places, please contact a member of our team.

Medication Contingency Plans

- We will be coordinating with all outside psychiatrists to ensure that we are aware of any contingency planning related to medications.
- If you have any questions or concerns, please do not hesitate to speak with your primary clinician.

Remote Support Plans

We are actively putting remote care plans into place and will be asking all of our clients to download the app **Zoom** which will allow us to work with anyone remotely should that be required.



Feeling Overwhelmed? We're Here

- Talk with your Skills Therapist about ways to work through feeling overwhelmed or anxious with the information we are constantly receiving about Coronavirus

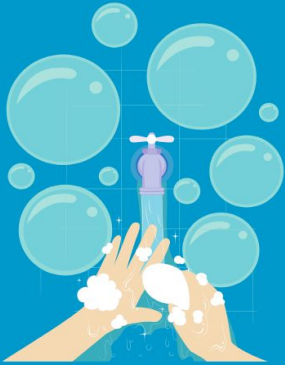
What You Can Be Doing

Keeping Your Hands Clean is Key!

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



PREVENT ILLNESS BY WASHING YOUR HANDS!



1 Wet your hands



2 Apply soap



3 Lather & scrub
(20 secs)



DONT FORGET TO WASH:

- between your fingers
- under your nails
- tops of your hands



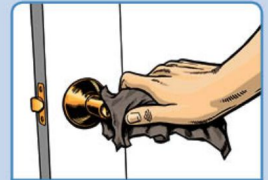
4 Rinse (10 secs)



5 Turn off tap



6 Dry your hands



7 Open door with paper towel

Other Things You Can Do!

- As we're doing here at The Dorm, clean and disinfect all high-touch objects and surfaces (i.e., tables, countertops, light switches, doorknobs, and cabinet handles), in your living space using a regular household cleaning spray or wipe, daily
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and immediately wash your hands
 - No tissue? Cough or sneeze into your bent elbow, not your hands
- Avoid touching your eyes, nose and mouth
- Avoid close contact with people who are sick
- Get adequate sleep and eat well-balanced meals
- If you are sick, stay home, except to get medical care
- Avoid high fives or handshakes; fist bump or elbow tap hello

The Final Golden Rules!

- 1) During this time it is likely that many people are in a heightened state of worry and concern. Our goal is to educate and provide all necessary means of support to stay healthy!

It is extremely important that we treat everyone with respect. There is zero tolerance for hurtful language surrounding people who may or may not exhibit symptoms.

It is important that we take care of ourselves and our community as a whole in the best way possible!

- 2) **As information is evolving quickly, please stay informed by listening to any new updates from your primary clinician as well as from Kinga (NYC) and/or Claire (DC).**

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)

Questions?