

Below is a list of resources that are available at no cost from government and non-profit agencies that also have expertise in this area, including fact sheets and tips for prevention:

Cuyahoga County Board of Health

Kevin Brennan

<https://www.ccbh.net/coronavirus/>

216) 201-2000

City of Cleveland Department of Health

<http://www.clevelandhealth.org/network/department/news.php>

National Council on Aging

[https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-](https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/?utm_source=newsletter&utm_medium=email&utm_campaign=03082020_CoronavirusAdHoc)

[know/?utm_source=newsletter&utm_medium=email&utm_campaign=03082020_CoronavirusAdHoc](https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/?utm_source=newsletter&utm_medium=email&utm_campaign=03082020_CoronavirusAdHoc)

Washington State Health Department

<https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/SeniorCenterRecommendationsandResources>

Senior Center Administrator and Employee Resources and Recommendations

Background

Several countries across the world are experiencing expanding outbreaks of respiratory illness (COVID-19) caused by a novel coronavirus (SARS CoV-2). The virus is spreading from person-to-person and the number of cases detected in the United States and many other countries is growing.

The risk of exposure is increasing for people who live in Washington state.

As new information emerges, please remember that the risk of novel coronavirus is not at all connected with race, ethnicity or nationality. [Stigma will not help to fight the illness](#). Do not make determinations of risk based on race or country of origin, and be sure to maintain confidentiality of people with confirmed coronavirus infection. Sharing accurate information during a time of heightened concern is one of the best things we can do to keep rumors and misinformation from spreading. The [CDC website](#) is an excellent source of information.

What is a coronavirus?

Coronaviruses are a large family of viruses that usually cause mild respiratory illnesses such as the common cold. Some coronaviruses have caused more severe illness, such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). SARS-CoV-2 is a new coronavirus that was not identified in humans before December 2019.

What can I do to prepare for COVID-19 impacts to our Senior Center? Plan Now!

First consider how best to decrease the spread of respiratory illness and lower the impact of COVID-19 in your center in the event of an outbreak in the community. Objectives should include (a) reducing transmission among staff, (b) protecting people who are at higher risk for adverse

health complications, (c) maintaining business operations if indicated, and (d) minimizing effects on other senior support agencies.

- **Impact of the spread of disease in the community:** Seniors and some employees may be at higher risk for adverse health complications if they contact this virus. It may be recommended that they stay away from public places and gatherings to protect their health. Some seniors may rely on the center for food, warmth and socialization. Closing your doors will have a severe impact on these vulnerable individuals and your staff.
- **Prepare for possible increased numbers of absences** due to illness in employees and their family members, dismissals of early childhood programs and K-12 schools due to high levels of absenteeism or illness. (Refer to the [CDC's guidance](#) for Business planning for the coronavirus):
- **Administrators** with more than one center location are encouraged to provide local managers with the authority to take appropriate actions outlined in their response plan based on the condition in each locality.

What can I do to prevent COVID-19 illnesses at the Senior Center? Implement the Following Strategies Now!

- **Actively encourage sick employees to stay home and send sick employees home immediately:**
 - Ensure that your sick leave policies are flexible and consistent with public health guidance and that employees are aware of these policies. Allow for employees to stay home to care for a sick family member.
 - Do not require a healthcare provider's note for employees who are sick with acute respiratory illness to validate their illness or to return to work, as healthcare providers may be extremely busy and not able to provide such documentation in a timely way.
- **Emphasize respiratory etiquette and hand hygiene by everyone**
 - Place posters that encourage [staying home when sick](#), [cough and sneeze etiquette](#), and [hand hygiene](#) at the entrance to your center and in other areas where they are likely to be seen.
 - Provide tissues and no-touch disposal receptacles.
 - Ask everyone to clean their hands often with an alcohol-based hand sanitizer that contains at least 60-95% alcohol, or wash their hands with soap and water for at least 20 seconds. **Soap and water should be used preferentially if hands are visibly dirty.**
 - Provide assistance to individuals who may have difficulty washing hands or using a hand rub.
 - Advise everyone to avoid touching their eyes, nose, and mouth with unwashed hands. Provide soap and water and alcohol-based hand rubs in the center. Ensure that adequate supplies are maintained. Place hand rubs in multiple locations to encourage hand hygiene.
- **Perform routine environmental cleaning:** (for more information, refer to [CDC website](#) for businesses)
 - Routinely clean all frequently touched surfaces in the center such as exercise equipment, computers, countertops, and doorknobs. Use the cleaning agents that are usually used in these areas and follow the directions on the label.
 - No additional disinfection beyond routine cleaning is recommended at this time.
 - Provide disposable wipes so that commonly used surfaces (for example, doorknobs, keyboards, remote controls, desks) can be wiped down by employees before each use

Involve your Administrative staff to assist Seniors (who have been recommended to stay home during community transmission of COVID-19) to access other resources:

- **Food & other supplies:** Individuals may need help accessing food/supplies if they are not able to shop for themselves. Meals on Wheels, food banks or store deliveries may need to be

arranged to provide sufficient nutrition. Involve available family members or neighbors if necessary.

- **Medications and other medical necessities:** Work with medical providers or social service agencies familiar with the individual to ensure that medications can be delivered to the home. If oxygen is needed, reach out to suppliers to arrange for refills or deliveries. Telehealth services may be available through their insurance carrier. Consider a home assessment for identifying needs with the senior.
- **Social Connections:** Social isolation may be experienced by home-bound seniors who depend on the center to interact with friends and your staff. Consider working with social service agencies to provide telecommunication options including face time and interactive games.
- **Welfare Checks:** Consider contacting service providers such as postal delivery workers, community paramedics or neighborhood watch groups to check on the welfare of home-bound seniors.