



## ILO's May 2020 Updates

### ILO's Plan for Moving Forward

## Moving Forward . . . *Cautiously!*

Our families, self-advocates, and staff have all pulled together to provide support for each other electronically: whether by phone, Zoom, social media, or through fun digital group activities.

As we watch places start to reopen after having been closed for weeks due to the COVID-19 outbreak, we continue to be mindful that our group is an “at-risk” community.

All people seem to be at higher risk of severe illness from COVID-19 if they have serious underlying chronic medical conditions like chronic lung disease, heart conditions, diabetes, or a weakened immune system.



We know our self-advocates are anxious to move forward but we know there is still a risk. Below are the strategies we have identified, using CDC guidelines, that will ensure we are doing all that we can to protect our self-advocates, their families, and our staff from COVID-19 during upcoming activities as things start reopening and our self-advocates start coming out of isolation.

In the coming months we will move forward slowly, and depending on the data, may not actually be working with, or seeing our self-advocates face-to-face until late summer or early fall (and only then in very small groups using masks, social distancing, and following the strategies below).

**We will not have any activities until it is safe to do so, and that may be quite a while, but in the meantime, we will continue to maintain our many digital activities, trainings, and emotional and personal support of ILO self-advocates and their families.**

**In keeping us all safe, it is essential that ILO staff, self-advocates, and family members are *pro-active and cooperative* in doing their part to protect themselves and others.**

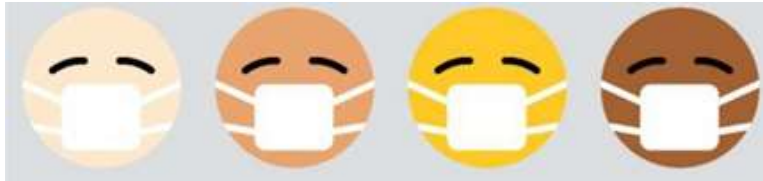
*Take actions to reduce your risk of getting sick with the disease:*

- **Stay home if possible.**
- **Wash your hands** often.
- **Social distance yourself from others** (stay 6 feet away - about two arm lengths).
- **Keep away from** people who are sick.
- **Clean and disinfect** frequently touched surfaces.
- **Call your doctor if you have concerns** or if you are sick.

## ILO's Initiatives to Support CDC Guidelines for the Disabled during Social Integration

### NO Contact Rule

ILO will require any staff person who has tested positive for COVID-19 to negatively pass two (2) COVID-19 tests before contact with any ILO participant, family member, or other staff person. If a staff member has been in contact with anyone who has tested positive for COVID-19, they must self-quarantine for 14 days.



### Social Distancing and Masks

ILO staff will ensure that participants at any self-advocate gathering maintain social distancing of 6' and that each person wears a mask.

### Hand Washing Hygiene

ILO will encourage participants of any activity (staff, self-advocates, family, and guests) to wash their hands frequently (*before, during, and after any event*) and to carry hand sanitizer with them.

### Disinfecting Where Possible

At any ILO gathering ILO staff will wipe down doorknobs, countertops, tabletops, and other touchable surfaces with disinfectant wipes before and throughout the event or activity to the extent possible.

### Safety and Wellness Training

ILO has spent the last two months training self-advocates about safety issues including: emergency preparedness, having an emergency contact list, how to ask for help, calling 911, putting together a first aid and emergency kit, and dealing with emergencies. ILO will continue to review and reinforce this training on a regular basis.

### Immediate Mediation if Symptomatic

ILO staff will contact family and/or caregivers immediately about any self-advocate who exhibits symptoms on COVID-19 and will help that self-advocate seek medical attention as quickly as possible.

**The COVID-19 outbreak is a dynamic and unpredictable situation. ILO will adapt as needed.**

## Additional Information on COVID-19

### CDC CORONAVIRUS (COVID-19) GUIDELINES FOR PEOPLE WITH DISABILITIES

Disability alone may not be related to higher risk for getting COVID-19 or having severe illness. Most people with disabilities are not inherently at higher risk for becoming infected with or having severe illness from COVID-19. However, some people with disabilities might be at a higher risk of infection or severe illness because of their underlying medical conditions.

#### About COVID-19

- Coronavirus disease is a respiratory illness that can spread from person to person. 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 eyes. For more information go to CDC's Fact Sheet- [What you need to know about coronavirus disease 2019 \(COVID-19\)pdf icon](#).
- Risk of infection with COVID-19 is higher for people who are in close contact with someone known to have COVID-19, such as healthcare workers, direct support providers, and household members. Other people at higher risk for infection are those who live or have recently been in an area with ongoing spread of COVID-19.

#### Prevention and Treatment

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to [take everyday preventive actions](#), like avoiding close contact with people who are sick and washing your hands often. There is no specific antiviral treatment for COVID-19. [People with COVID-19](#) can seek medical care to help relieve symptoms.

## Can We Assist YOU?

During this 'new normal' ILO is here to help YOUR family and SELF-ADVOCATE in every way possible.

- **Overwhelmed** and don't know where to go for assistance?
- **Lost your support** (day programs, etc.), and need alternatives?
- **Running out of ideas for dealing with social isolation?**

ILO is here to help! Please **reach out to me directly: Maedi Tanham Carney, ILO Executive Director** at [maedi@ilonow.org](mailto:maedi@ilonow.org).