



# LARC

SERVING PEOPLE WITH DEVELOPMENTAL DISABILITIES

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March 13, 2020

**RE: COVID-19**

Dear Families and Guardians,

In consideration of the risks associated with COVID-19, I wanted to remind you that the health and well-being of our clients and staff are paramount.

LARC has taken steps to educate our clients and staff, and we have implemented the attached guidelines for direct support professionals as identified by The Centers for Disease Control and Prevention. These guidelines are posted at all our program locations as a reference.

Secondly, staff have been instructed to notify our 24-hour nursing staff should an individual be showing symptoms. The nurse will ensure that proper protocols are followed in getting medical attention.

Finally, as a precautionary measure for the foreseeable future, we are cancelling all non-essential programmatic activities in the community.

If you have any questions, please contact me at (708) 474-1540, or via email at [EGonzalez@larclansing.com](mailto:EGonzalez@larclansing.com).

Sincerely,

Ernie Gonzalez  
Executive Director

# CORONAVIRUS 101



## INFO FOR DIRECT SUPPORT PROFESSIONALS

Direct Support Professionals are on the front lines of supporting people with confirmed or possible infection with coronavirus disease 2019 (COVID-19) and therefore have an increased risk of exposure to this virus. Direct Support Professionals can minimize their risk of exposure when supporting possible COVID-19 patients by following CDC infection prevention and control guidelines outlined below.

The most important thing Direct Support Professionals must remember is to follow your organization's policies. It is important that you know the policies, are well versed in them and that you follow them.

### 1 WHAT IS THE CORONAVIRUS OR COVID-19?

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

### 2 WHAT ARE THE SYMPTOMS?

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

- fever
- cough
- shortness of breath

### 3 IS THERE A VACCINE?

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.

### 4 HOW DO I PROTECT MYSELF AND THE PEOPLE I SUPPORT?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Wash your hands often with soap and water for at least 20 seconds.** Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

### 5 WHAT HAPPENS IF I FEEL SICK?

Stay home when you are sick.

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

### 6 IS THERE A TREATMENT?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

### 7 HOW DOES THE CORONAVIRUS 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 also may be 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, but this is not thought to be the main way the virus spreads.

### 8 WHAT SHOULD I DO IF I GET SICK?

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

