



# CORONAVIRUS/COVID-19 FAQs FOR FAMILIES AND PARENTS OF STUDENTS WITH DISABILITIES

## **Dear Families and Parents of Students with Disabilities,**

During this time there are some important things to remember. Any actions taken by a district or school regarding closures are for the safety of all students and school personnel working with students. As districts and schools are determining the most appropriate steps to ensure student and staff safety, we want to take this time to provide guidance relating to students with disabilities and their services. It is extremely important for families and schools to collaborate and communicate regarding services for students with disabilities.

## **What will happen to my child's services when school is canceled for all students due to COVID-19?**

1. If a school closure causes educational services for all students to stop, then the school/district is generally not required to provide services to the affected students eligible for special education services during that same period of time (See OSEP Letter to Pergament, December 2013). This general standard is especially true in cases where the school district will still provide the required minimum of school days.
2. After an extended closure, districts are responsible for reviewing how the closure impacted the delivery of special education and related services to students eligible for special education services. Students may need additional services or extended school year services to make up missed services.
3. If annual IEP reviews or eligibility reviews are due during a school closure, please work with your school closely to meet as soon as school is back in session or through alternate means, such as video or audio conference calls.

## **What will happen to my child's services when a school is closed but educational services continue to be provided to all students?**

1. If a district has extended school closures but continues to provide educational services to all students, the district will remain responsible for the free appropriate public education (FAPE) of its students eligible for special education services with an individualized education program (IEP).
2. Districts should be communicating with parents and guardians prior to, during, and after a school closure regarding their child's IEP services. Districts and schools will work to ensure that all students receive services to the most appropriate extent possible.
3. Although special education or related services may need to be adjusted, IEP teams should work to ensure that a student on an IEP receives services comparable to all other students. Services might include schoolwork packets, online learning, or some other learning adapted to the student's needs and location.
4. After an extended closure, districts are responsible for reviewing how the closure impacted the delivery of special education and related services to students eligible for special education services. Students may need additional services or extended school year services to make up missed services.
5. If annual IEP reviews or eligibility reviews are due during this time, please work with your school closely to meet as soon as school is back in session or through alternate means, such as video or audio conference calls.

## **What will happen to my child's services if school remains open but my child is sick and sent home?**

1. Students who are sick and who need to stay at home for more than ten days may need to receive homebound instruction.
2. The IEP team must meet to determine how to provide services for your child. This may include schoolwork packets, online instruction, or some other type of learning adapted to the student's needs and location.

## **Additional guidance**

Oklahoma State Department of Education: <https://sde.ok.gov/sites/default/files/FAQS%20FOR%20PUBLIC%20SCHOOLS%20-%20COVID-19.pdf>

Office of Special Education Program: [https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-covid-19-03-12-2020.pdf?utm\\_content=&utm\\_medium=email&utm\\_name=&utm\\_source=govdelivery&utm\\_term=](https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-covid-19-03-12-2020.pdf?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

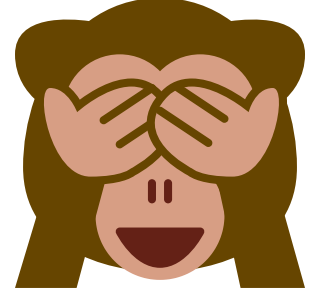
# COVID-19 Prevention Recommendations



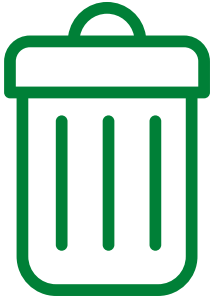
**Wash your hands for 20 seconds**



**Cover your mouth with a tissue or sleeve when coughing or sneezing**



**Avoid touching your face**



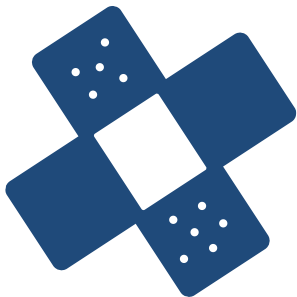
**Use tissues and throw them away**



**Clean items around you like doorknobs, tables, and phones**



**Know the risks of traveling to other towns, states, and countries**



**Stay home if you are feeling sick**



**Stay home if you have family members who are sick**



**Call before visiting your doctor**



State of California—Health and Human Services Agency  
**California Department of Public Health**



**COVID-19 PUBLIC HEALTH GUIDANCE  
FOR INDIVIDUALS WITH ACCESS AND FUNCTIONAL NEEDS  
March 9, 2020**

This guidance is based on what is currently known about the transmission and severity of coronavirus disease 2019 (COVID-19). The California Department of Public Health (CDPH), will update this guidance as needed and as additional information becomes available.

This document is intended to be statewide guidance to help both individuals and caregivers inform their decision making. Decisions by individuals and caregivers should be determined by the specific circumstances in local jurisdictions.

**Background**

COVID-19 is a respiratory illness caused by a novel virus that has been spreading worldwide. Community-acquired cases have now been confirmed in California. We are gaining more understanding of COVID-19's epidemiology, clinical course, immunogenicity, and other factors as time progresses, and the situation is changing daily. CDPH is in the process of monitoring COVID-19, conducting testing with local and federal partners, and providing guidance and resources to prevent, detect and respond to the occurrence of COVID-19 cases in California.

At this time, community transmission of COVID-19 has occurred in California. Individuals with Access and Functional Needs should prepare for possible impacts of COVID-19 and take precautions to prevent the spread of COVID-19 as well as other infectious diseases, including influenza and gastroenteritis.

**Illness Severity**

The complete clinical picture with regard to COVID-19 is not fully understood. Reported illnesses have ranged from asymptomatic to severe, including illness resulting in death. Older people and people with certain underlying health conditions including heart disease, lung disease, and diabetes, for example, seem to be at greater risk of serious illness.



## INDIVIDUAL & CAREGIVER PREVENTION MEASURES

Individuals and caregivers can take steps now to slow the spread of respiratory infectious diseases, including COVID-19. CDPH recommends implementing the following steps:

- Review and update your personal emergency plan. [A Personal Emergency Plan](#) for people with Access and Functional Needs is available on the California Health and Human Services Agency website.
- Stay home when sick.
  - If you have an elevated temperature, remain at home until fever has been gone for at least 24 hours without the use of fever-reducing medicines such as acetaminophen.
  - Seek immediate medical care if symptoms become more severe, e.g., high fever or difficulty breathing.
- Use “respiratory/cough etiquette”.
  - Cover cough with a tissue or sleeve. See [CDC's Cover Your Cough page](#) for multilingual posters and flyers, posted at the bottom of the webpage.
  - Provide adequate supplies within easy reach, including tissues and no-touch trash cans.
  - Wear a facemask if you are sick and when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.
- Wash hands frequently for at least 20 seconds.
  - Encourage hand washing by individual, caregivers, family, and friends.
  - Provide hand sanitizers containing at least 60% alcohol to supplement hand washing.
  - Routinely clean frequently touched surfaces.
- Maintenance of Durable Medical Equipment.
  - Make sure to clean medical supplies and equipment frequently and in accordance with product manufacturer guidance.
- Routine cleaning of high-touch surfaces.
  - Examples: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks.

- Clean with household cleaners and EPA-registered disinfectants that are appropriate for the surface, following label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
  - [Environmental Cleaning and Disinfection](#) recommendations can be found on CDC's website.
- See CDC's web page on [Preventing the Spread of Coronavirus Disease 2019](#) for more guidance regarding the prevention of disease in an individual's home, residential communities and adult day centers.
- Make sure you have access to the following entities:
  - Any 24/7 health lines provided by your health providers and health plans.
  - Specialty health care providers if needed.
  - Community-based organizations, transportation providers, health plans, care coordinators, nurse hotlines, telehealth services, etc. should you need assistance.
  - Necessary food and supplies delivery.
- Develop plans with service providers who make regular home visits to minimize exposure (personal assistant, attendant services, home health, hospice, independent living counselors, etc.).
- Consider the use of phone check-ins, video chat check-ins, use of neighbors for health and safety checks to minimize exposure.
- Understand the emergency plans of facilities visited on a daily or regular basis, such as dialysis centers, blood treatment centers, or chemo and other infusion therapy sites.

## **INDIVIDUALS AND CAREGIVERS WITH STAFF**

Ensure your employees are prepared and are taking all necessary precautions. This includes American Sign Language (ASL) interpreters, personal care assistants, and anyone else regularly providing assistance to an individual. Resources are available

- Employees with a fever should not work.
- Facility employees who are ill should be excluded from work for at least 24 hours after a fever is resolved without antipyretics and follow federal Centers for Disease Control and Prevention (CDC) and/or local health

department guidelines for returning to work.

- Once facility employees return to work, reinforce the importance of performing frequent hand hygiene as a standard precaution.
- Recommend excluding employees, students, and volunteers who are not critical to providing care from working in areas experiencing outbreaks of COVID-19.

The comprehensive guidance from the CDC, [Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities](#), applies to all who anticipate close contact with persons with possible or confirmed COVID-19 in the course of their work. This guidance discusses prevention steps for:

- 1) People with confirmed or suspected COVID-19 (including persons under investigation) who do not need to be hospitalized.
- 2) People with confirmed COVID-19 who were hospitalized and determined to be medically stable to go home.
- 3) Recommended precautions for household members, intimate partners, and caregivers in a nonhealthcare setting.

## **ADULT DAY PROGRAMS AND ADULT DAY HEALTH PROGRAMS**

The California Department of Public Health and the Department of Social Services have issued this [guidance related to Adult and Senior Care Programs](#).

### **Prevent the introduction of respiratory germs INTO facilities.**

- Limit visitors to the facility by not allowing those with symptoms of fever and/or respiratory infection.
- Limit visitors to the facility by not allowing those who have a travel history over the course of the last 14 days to an area identified by the CDC as Level 3 Travel Health Notice (see [Evaluating and Reporting Persons Under Investigation](#) for an updated list of areas).
- Recommend excluding those who have been in close contact with someone diagnosed with COVID-19 from the facility for 14 days from the day of their last exposure.
- Ensure sick leave policies allow employees to stay home if they have symptoms of respiratory infection.
- Employees with any fever and/or respiratory infection symptoms should not be at work.

- Consider screening employees for respiratory infection symptoms before they start their shift.

**Prevent the spread of respiratory germs WITHIN facilities.**

- Keep clients and employees informed.
  - Describe what actions the facility is taking to protect them, including answering their questions and explaining what they can do to protect themselves and their fellow residents.
- Designate a time to meet with your staff to educate them on COVID-19 and what they may need to do to prepare. The following may be useful resources to share information about COVID-19:
  - [How COVID-19 Spreads](#)
  - [Clinical management of COVID-19 patients](#)
  - [Infection prevention and control recommendations for COVID-19](#)
- Minimize congregate living activities and outside programming.
  - Ensure that residents are eating their meals in their rooms instead of in congregate settings.
  - Minimize the number of congregate activities especially if your county has community-transmission cases.



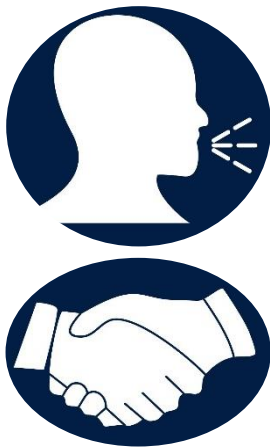
# COVID-19 Information By and For People with Disabilities



## What is COVID-19?

- It is a new illness spreading around the world.
- It's nickname is coronavirus.

## How do you get it?



- Someone with COVID-19 gives you their germs.
- When they cough or sneeze, their germs get in the air, on you, and on things.
- Germs get into your body through your mouth, nose, and your eyes.

## What happens if you have it?



A fever of 100.4°  
or higher

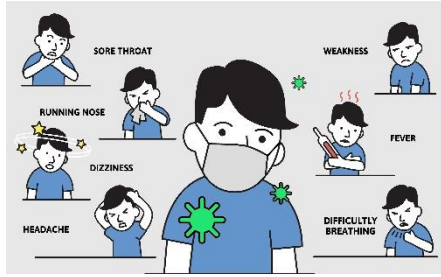


Coughing



Hard time breathing





If these things happen to you, it does not mean you have coronavirus. Lots of people get a fever or cough. You could just have a cold or the flu.

### **If I am sick, when should I call a doctor?**



- Call if you have been out of the country.
- Call if you have been with someone who has the virus.
- Call if you have been at a place where people with COVID-19 got medical treatment.

***Call your doctor, do not go to the office.***

### **How sick do you get?**



- Most people do not get very sick. It is like having a cold or the flu.
- Some older people may get really sick. Some people with disabilities may end up in a hospital.

## How can I stay healthy, or not get it?

### Wash your hands.



- Use lots of soap and water.
  - Wash for at least 20 seconds. If it helps, count to 20.
  - Wash after using the bathroom or being in public (like going to a store).
- If soap and water are not available, use hand sanitizer. Know that washing well with soap and water is still better.



### Cough or Sneeze into your elbow.

Coughing and sneezing into your elbow stops germs from going into the air and onto your hands.

### Try not to touch your face



- Do not rub your eyes.
- Do not touch your mouth.
- Do not touch your nose.

Remember, this is how germs get in your body.



If you have to touch your face, do it with a tissue or in the shower.

### **Try to keep your hands busy:**



- Tap your knee.
- Click a pen.
- Use a fidget spinner.
- Use hand sanitizer.
- Doodle.
- Squeezing a stress ball.
- Play a game on your device.

### **If I am sick, what should I do?**

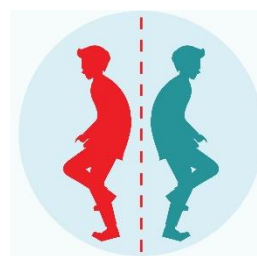
Call your doctor. Do NOT go to a hospital or Urgent Care.



Stay Home



Use tissues,  
then throw  
them away



Avoid  
contact with  
others



Keep objects  
and surfaces  
clean

Call your doctor again if you are getting worse. Call back if you are having trouble breathing. Do what your doctor says.

## If my staff person is sick, what should I do?



- Doctors say if you are sick stay home. Do not go to work. A sick staff person should stay home until they are well.
- Tell your team. Tell your case manager.

## What do I do if someone I live with gets sick?

Someone else living in your home could get coronavirus or think they have these germs in their body.



- Stay at least 6 feet away from the sick person.
- Do not touch surfaces or food that the sick person has touched.
- Keep washing your hands well.
- **Call your case manager.** There may be someplace else you can stay for a few days.

## How do I say hello to my friends?



- No handshaking. No hugging. No fist bumps.
- Smile, bump elbows, text, call, message

## Where can I go these days?



### Stay away from large groups.

- No movie theaters or malls
- Try to avoid public transportation.
- Go to the grocery store during the day when it is not crowded.

### Do not share food or drinks.



## Why is it important to do all of this?



- You don't want your grandparents to get sick, do you?
- Some people with disabilities get sick really easily. You would feel awful if you got your friends or family sick.

## Is there a shot to get so I do not get sick?



No. There is not a shot or vaccine to stop the coronavirus.

## Is there a medicine?



- There is no medicine for COVID-19.
- Take medicine used when you have a cold or flu.
- Drink lots of water. Get plenty of rest.



## **What do I say to my friends if they get scared, or very nervous?**



- Talk to someone you trust.
- You can show them this booklet for ideas on what to do.

## **I have a job. I am worried about missing work.**



- If you are sick, you need to stay home.
- Health comes before money.
- Tell your boss you do not feel well.
- If you are worried about money, talk to your family, friends or team.

## **Make a plan in case you have to stay at home.**



- ☐ Who can go food shopping for you?
- ☐ Who will call to check in on you?
- ☐ What to do if your staff calls in sick?
- ☐ Make sure you know your doctor's phone number.

**Talk to your self-advocacy group, friends, family, or support staff about your worries and concerns.**



If you have been near a person with Coronavirus, you may be asked to stay home. A person can have coronavirus in their body and not feel sick. It takes a few days to get sick. This virus spreads very easily. You don't want to give it to others.



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