

NAMI Lake County, OH

COVID-19 Action Plan

Current Status

NAMI Lake County, OH (NLCO) has created the COVID-19 Action Plan in light of recent positive cases in Cuyahoga County. As of March 10th, our affiliate will continue with business as usual in accordance with the Ohio Department of Health and the CDC due to being currently (3/10/2020) classified as “low public risk”.

NLCO is monitoring closely and will follow protocols that are in place by the CDC found [here](#). This implementation is effective immediately.

General Prevention

Preventive actions you can take to help prevent the spread of all respiratory diseases include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue or your sleeve, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC’s recommendations for using a facemask.
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating and after blowing your nose, coughing or sneezing; or if hands are visibly dirty. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Staff Illness

- Employees with a fever (100.4 or higher using an oral thermometer) must stay home until they are free of fever and any other respiratory symptoms for at least 24 hours without the use of fever-reducing or cough medicines.
- Any employee that becomes sick with a fever and cough illness at work must go home immediately. Opportunities for working remotely will be provided.

Group-Related Activities

- We ask that all facilitators and participants follow the *General Prevention* protocol.
- Anyone, including facilitators and participants, with a fever of 100.4 or higher using an oral thermometer must not attend NAMI Lake County, OH programming until free of fever and any other respiratory symptoms for at least 24 hours without the use of fever-reducing or cough medicines.

To review the current status of COVID-19 in Ohio, go to

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Novel-Coronavirus/2019-nCoV>

Due to COVID-19 occurring nearby, NAMI Lake County, OH will follow the guidelines of the Ohio Department of Health and Lake County General Health District. NAMI Lake County, OH will take all precautions necessary to maintain programming until it is no longer advised.

If the status of the illness risk level changes in the State of Ohio, we will abide by the following protocol.

Risk Level: Moderate

Staff & Board

Staff to be strongly advised to implement any changes the CDC reports. Using caution and good hygiene will continue to be practiced when attending meetings and community events.

Facilitators & Volunteers

NLCO Staff will continue to update volunteers and facilitators of any changes made if risk levels are increased. NLCO will provide resources such as sanitizing wipes for both surfaces and hands. Staff will provide language, if necessary, at the beginning of group meetings/education classes about the virus.

Risk Level: High

Staff & Board

NLCO office will shut down

n. Staff will be encouraged to work from home and to practice safe hygiene and habits to reduce risk of exposure - all in accordance with CDC/ Ohio Department of Health guidelines.

Facilitators & Volunteers

All groups will be canceled for the next 2 weeks or as deemed necessary by County and State officials. Facilitators and volunteers will be informed. If necessary, a conference call will be scheduled and Program Leaders will facilitate call with updates from both NAMI National and/or ODH

Wide Spread State-Wide | Risk Level: Severe

All operations will shut down; events, support groups and classes will be canceled/postponed at least 3-5 weeks from starting the date risk level increased or as deemed necessary per State, County officials and CDC. We will await further instruction from NAMI National HQ and government officials.

BELOW ARE SOME FREQUENTLY ASKED QUESTIONS ABOUT 2019 NOVEL CORONAVIRUS (COVID-19):

What is COVID-19?

COVID-19 is a respiratory illness. It is caused by a virus called 2019 novel coronavirus. This virus was first reported in December 2019 in Wuhan City, Hubei Province, China. It is different from any other coronaviruses that have been found in people before.

What is the source of COVID-19?

COVID-19 likely came from an animal because the first cases were linked to a large seafood and animal market, suggesting a possible zoonotic origin to the outbreak. However, more information is needed to figure out the possible role that animals may play in transmission of COVID-19.

What are the symptoms and complications of COVID-19?

Most people confirmed to have COVID-19 infection have had severe acute respiratory illness with symptoms of fever, cough, sore throat and shortness of breath.

How does the virus spread?

COVID-19, like other coronaviruses, is thought to spread from an infected person's respiratory secretions, such as through coughing. However, the precise ways the virus spreads are not currently well understood. COVID-19 has spread from ill people to others through close contact, such as caring for or living with an infected person.

Have there been cases in the United States (U.S.)?

The first case in the United States was announced January 21, 2020 in Washington state. Please refer to the CDC's Situation Summary for the most current information.

Am I at risk for COVID-19 in the U.S.?

At this time, the CDC considers the risk to the general population to be low, and the virus is not currently spreading in the community in the U.S. All cases in the U.S. so far have had a travel history to Wuhan, China or are close contacts of those cases with travel history. This outbreak began in early December 2019 and continues to expand in scope and magnitude. Surveillance is in the early stages and we expect more cases to be confirmed in China and beyond its borders. CDC is monitoring airports for symptomatic travelers and continues to closely monitor the situation in China. Preliminary information suggests that older adults and people with underlying health conditions may be at increased risk for severe disease from this virus.