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Keeping families strong by providing relief and advocacy!

June 19, 2020

Dear Companions/Caregivers,

This is an updated version of the letter posted in May. Please re-read the Symptoms and Emergency Warning Signs if you read the May letter.

We want to thank you all again for continuing to work and provide an essential service to our children, adults and families. Below are a few helpful tips from the CDC to help keep you and the family you are working with safe. If you have any questions please don't hesitate to reach out.

Before you go to work please check that you aren't exhibiting any of the following Symptoms:

- Fever
- Cough
- Congestion or runny nose
- Shortness of breath
- Chills
- Sore throat
- Muscle or body aches
- Fatigue
- Nausea or vomiting
- New loss of taste or smell
- Diarrhea
- Headache
- Symptoms can range from mild to severe illness and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Call the Stable Life Office if you are unable to report to work due to any of the above symptoms.

Emergency Warning Signs

Seek medical care immediately if someone has emergency warning signs of COVID-19:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Before you go into the clients' house:

- Ask if anyone in the home is exhibiting any of the symptoms of Covid-19 (listed above).
- Ask if anyone in the home has been in close contact with anyone known to have Covid-19
- It is OK to work if the answer to both of those questions is "No".
- If either response is a "Yes" then please contact Stable Life office prior to continuing into the residence.
- Be sure you have your face mask and have it on prior to entering the home.
- Be sure to use hand sanitizer prior to entering the home.
- Keep social distancing of 6 feet or more.

Things to do in the home to help reduce the risk of exposure:

- Wear a face mask and have your client wear a face mask (if possible).
- Keep social distancing of 6 feet or more (if possible).
- Upon arrival wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. Be sure to wash hands after blowing your nose, coughing, sneezing, using the restroom, and before eating or preparing food.
- 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 cough/sneeze into your elbow.

If you begin to show any symptoms while at work:

- If a parent/guardian is at home, notify them and leave for the day. Contact Stable Life.
- If a parent/guardian is not home then attempt to notify them immediately and isolate yourself to the best of your ability, keep your face mask on. Attempt to maintain at least a 6 foot distance from any person in the home. Please notify Stable Life.

What to do if a family reports to you they have been diagnosed with Covid-19:

- Do not proceed with your next scheduled shift and notify Stable Life.

If you become aware that you have been in contact with someone who has been diagnosed with Covid-19, call or email Stable Life immediately.

If you need masks, a face shield, gloves, hand sanitizer please let the office know and we will supply you with what you need.

Keep healthy and safe.

We appreciate all that you do!

Thank you,

Gail