

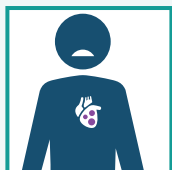
COVID-19 Public Health Recommendations for People with Intellectual and Developmental Disabilities, Older Adults and People with Underlying Health Conditions

July 12, 2021

According to the Centers for Disease Control and Prevention (CDC), people with disabilities, including people with intellectual and developmental disabilities, older adults and people with underlying health conditions may have a higher risk of severe illness from COVID-19. Underlying medical conditions that may increase the risk of severe COVID-19 illness for people of any age are:



- Chronic lung disease or moderate to severe asthma
- Serious heart conditions
- Conditions that can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications



- Severe obesity (body mass index [BMI] of 40 or higher)
- Diabetes



- Sickle cell disease
- Chronic kidney disease and those who are undergoing dialysis
- Liver disease



Oregon Health Authority (OHA) bases recommendations on what is currently known about the transmission and severity of COVID-19. These recommendations help inform people with disabilities, including physical, intellectual and developmental disabilities, people with access and functional needs, and caregivers who make decisions and protect their health.

People with Disabilities and People with Intellectual and Developmental Disabilities (ID/DD)

People with disabilities, including physical, intellectual, and developmental disabilities, are at higher risk of COVID-19 and adverse health outcomes due to:

- **Higher risk of other medical conditions.** Adults with disabilities, including physical, intellectual and developmental disabilities, are three times more likely to have heart disease, stroke, diabetes or cancer than adults without disabilities. People with intellectual and developmental disabilities (ID/DD) may be at higher risk for genetic conditions causing immune system dysfunction, pneumonia due to feeding-related difficulties, obesity and other conditions affecting the heart and lungs. These medical conditions increase the risk of severe illness from COVID-19.
- **Reduced access to medical care and support services.** People with physical, intellectual, and developmental disabilities face challenges in accessing in-person care at hospitals and clinics. Telehealth services can reduce transportation barriers but may create other challenges such as obtaining high-speed internet, accessibility services for those with communication (e.g., Deaf or blind) or ID/DD needs, and transportation to other support services.
- **Greater proportions of people with disabilities in shared living spaces,** including assisted living, congregate care settings and living with extended family members. A large proportion of those with physical disabilities or ID/DD depend on in-person caregiver support, which can make risk mitigation strategies such as physical distancing more challenging.
- OHA's testing guidance identifies people with disabilities as a group that can be offered COVID-19 testing regardless of whether they have symptoms or exposure.
https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2267_R.pdf

References:

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Keeping physical and mental health

Older adults and people with underlying conditions can stay safe and healthy if you take steps to protect yourself.

Besides taking everyday precautions, **avoid:**



Public gatherings



People who are sick



Cruise ships



Non-essential travel

You may feel more anxiety during times of uncertainty. Physical distancing can create or intensify mental health issues due to the decrease in daily human interaction. Maintaining connections with others is important. If possible, you can use interactive technology such as phone and video chats to stay in touch.

If you need non-emergency help:

- Use the **Disaster Distress Hotline:**

1-800-985-5990

Text TalkWithUs to 66746

TTY 1-800-846-8517

TTY dial 711

Spanish

1-800-985-5990, then press “2”

Text Hablanos to 66746

- Call 211 for COVID-19 information, including local mental health resources. 211info also has information about programs to meet basic needs such as food, shelter, health care and more, available in all counties.

- » You may also text your ZIP code to 898211.
- » *Language interpreters are available by phone. Text and email are available in English and Spanish.*
- » TTY dial 711.
- » Go to <https://www.211info.org/contact>.



- Call for local mental health support.

Following is a list of mental health services by county in Oregon:

www.oregon.gov/oha/HSD/AMH/Pages/CMH-Programs.aspx.

In an emergency always call 911.

What to do if you feel sick

The main symptoms of COVID-19 are:



Fever



Cough



Shortness of breath

Call your health care provider or [local health department](#) if you believe you are sick. They can help you:

- Decide if you need an appointment, and
- Plan to enter a clinic without spreading the virus.

If you don't have a doctor:



- Call 211 for a list of clinics near you, or
- Call your local urgent care center for an appointment.



Your health care provider will help determine if you need testing.

If you are an older adult and you have any health concern, call your health care provider.

What to do if you think you had exposure to COVID-19

If you think you had exposure to COVID-19, and you get symptoms of it, stay away from other people so you don't get them sick. **Call your doctor or a clinic for instructions.**

What to do in an emergency

If it's an emergency or your symptoms are severe (e.g., trouble breathing), call 911.

If you are able, tell 911 and the hospital about any known exposure to someone with COVID-19.

For more details on COVID-19 testing basics, go to <https://govstatus.egov.com/or-oha-covid-19-testing>.

Everyday actions to follow

Everyone should follow these everyday steps to prevent the spread of all respiratory illnesses:

- Wash hands often for at least 20 seconds with soap and warm water. If not available, use hand sanitizer with 60–95% alcohol content.
- Cover coughs and sneezes with elbow or tissue. If you use a tissue, throw the tissue away and wash your hands right away.
- Do not touch your face.
- Stay at least six feet away from people who you do not live with.
- Wear a cloth, paper or disposable face covering when you go out.
- Clean and disinfect objects and surfaces that you often touch.
- Clean medical supplies and equipment often and use as the product states.



Self and caregiver preparations

You and your caregivers can take steps now to slow the spread of respiratory infectious diseases. This includes COVID-19. Take time to review and update your personal emergency plan. This can include the following:

- Know the medicines you take and keep at least a two weeks' supply. You may be able to do so by talking to your primary care provider or insurance company. Some insurers, such as Medicaid fee-for-service, have relaxed refill rules. Read more at <https://dfr.oregon.gov/insure/health/understand/Pages/coronavirus.aspx>.
- Stock up on other medical supplies and non-perishable food items to minimize trips to the store. Online shopping is an another alternative to reduce or eliminate trips to the store.
- Limit gatherings with family members outside your household to allow you to protect yourself. This includes crowded settings such as non-essential air travel and large local family gatherings.
- Arrange for back-up caregivers and transportation.
- Know your important numbers.
 - » Any 24/7 health lines of health providers and health plans
 - » Specialty health care providers
 - » Support service numbers:
 - Community-based organizations
 - Care coordinators
 - Transportation providers
 - Nurse hotlines
 - Health plans
 - Telehealth services
 - » Food, medicines and supplies delivery.

- Develop plans with service providers who make regular home visits to minimize exposure, for example:
 - » Personal assistant
 - » Attendant services
 - » Home health
 - » Hospice
 - » Independent living counselors.
- Understand the emergency plans of facilities you visit on a daily or regular basis, such as:
 - » Dialysis centers
 - » Blood treatment centers
 - » Chemo
 - » Other infusion therapy sites.



Call before you go to discuss how you can protect yourself.

Residential and in-home care

State guidance and policies for in-home care and residential settings (facilities or group homes) continue to evolve and change as the pandemic progresses. If your loved one is living in a care facility, do the following:

- Ask about the health of residents often.
- Follow visitor restrictions.
- Know what the facility's protocol will be if there is an outbreak there.

Guidance

Oregon Department of Human Services and Oregon Health Authority guidance is available at the following links:

Office of Developmental Disabilities Services

<https://www.oregon.gov/dhs/SENIORS-DISABILITIES/DD/Pages/COVID19-Info-for-DD-Residential-Settings.aspx>

COVID-19 resources

- The Center for Disease Control and Prevention's COVID-19 website: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Oregon Health Authority's COVID-19 website: <http://healthoregon.org/coronavirus>
- Local Public Health Authority Directory: www.healthoregon.org/lhddirectory
- DHS COVID-19 web page: <https://www.oregon.gov/DHS/COVID-19/Pages/Home.aspx>
- DHS ODDS COVID-19 web page: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/ODDS-COVID-19-Information.aspx>

Resources on the ODDS web page include:

- » Case manager information
- » Provider information
- » General public notices, including a simple video explaining COVID-19 <https://www.youtube.com/watch?v=MJ8eeC-tVD4&feature=youtu.be>
- » Sign up for email updates.
- Administration for Community Living (ACL) <https://acl.gov/COVID-19>
- Governor's Office COVID-19 web page <https://www.oregon.gov/gov/pages/index.aspx>

For SEIU 503 members

- Learn what SEIU is doing for its members here: https://seiu503.org/member_news/coronavirus-resources-for-seiu-members/

For people who are Deaf and hard of hearing

- COVID-19 resources: <https://www.amphl.org/blog/2020/3/15/covid-19-resource-list>

Plain language booklet

- Plain Language Booklet on Coronavirus, developed by the Self Advocacy Resource and Technical Assistance Center (SARTAC):
 - » <https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>
 - » Spanish: <https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19-spanish-version/>

For families of children and youth with special health care needs

- Parent and caregiver guide to helping families cope with COVID-19:
<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- NW Disability Support NWDSA/ABI offers [COVID-19 related resources](#) for people living with disabilities, disability competence support, accessible resources and materials, trainings, general information, videos, and links to state and federal resources. They offer bilingual support, that includes resources, training, and information in Spanish.

English main line 503-238-0522

For older adults and people with chronic health conditions

- Common questions and answers about COVID-19 for older adults and people with chronic health conditions:
<https://acl.gov/sites/default/files/common/AOA%20-%20Alliance%20for%20Aging%20Rsch%20-%20Natl%20Fdn%20for%20ID%20-%20203-12-20.pdf>

For people living with HIV

- Frequently Asked Questions: Coronavirus (COVID-19) and HIV:
 - » <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARETREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv.pdf>
 - » Spanish: <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARETREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv%20SP.pdf>

Americans with Disabilities Act (ADA)

- Q&A about the ADA, the Rehabilitation Act, and COVID-19:
<https://content.govdelivery.com/accounts/USEEOC/bulletins/281dd9d>
- For questions and concerns on ADA-related and access-related topics pertaining to COVID-19:
 - » Northwest ADA Center
 - ADA Hotline: 1-800-949-4232
 - nwadactr@uw.edu

Food support

- Oregon Food Bank locations:
<https://www.oregonfoodbank.org/find-help/find-food/>
- Where to find school meals in Oregon during COVID-19 closures:
<https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/COVID-19-Food-Resources.aspx>
- Supplemental Nutrition Assistance Program (SNAP)
 - » Call or email a DHS office to access an application. Find your local office at <https://www.oregon.gov/DHS/Offices/Pages/Self-Sufficiency.aspx>.
 - » You can also apply online at <https://apps.state.or.us/onlineApplication/>.
- Aging and Disability Resource Connection (ADRC) of Oregon:
<https://www.adrcforegon.org/consite/index.php>

Questions comments and concerns

You can send questions, comments and concerns about this guidance or about COVID-19 and people with disabilities to oregon.masscare@dhsosha.state.or.us.

You can send comments or concerns about state policies around COVID-19 issued by Governor Kate Brown to Constituent Services in the Governor's Office at 503-378-4582. You may also use an online form to submit them. Go to: <https://www.oregon.gov/gov/pages/request-assistance.aspx>.

Acknowledgments

With gratitude to California Governor's Office of Emergency Services for sharing their guidance.

Significant input to this guidance was provided by the Disability Emergency Management Advisory Council (DEMAC) of Oregon. Thank you!