In light of COVID-19 spread in Iowa, the Access 2 Independence (A2I) staff has been monitoring the spread of COVID-19 and has taken steps to prepare locally. They put the health and needs of their consumers and staff first and foremost and their policies are a reflection of such. They are sharing this information as a way to communicate to their consumers and staff that they are taking COVID-19 very seriously.

**A2I policy on COVID-19**

1. We have gone to a handshake free policy until the end of flu-season.
2. Frequently touched services will be wiped down regularly with Clorox wipes.
3. A UV phone sanitizer has been purchased for our staff to sanitize their cellphones.
4. A handwashing sign has been posted in our restroom.
5. Staff are not to come to work if they are symptomatic.
6. A sign has been posted on our office doors not to come in if you are sick or experiencing flu-like symptoms - we will work with you to either reschedule or hold a meeting on the phone.
7. We are working with partner agencies to determine if groups, presentations, and events will move forward or be postponed/canceled and keep you updated.

Our policy is precautionary so that we can continue to provide services and support to our consumers and the community with health and safety in mind.

**Coronavirus disease 2019 (COVID-19) FAQs**

What is COVID-19? A respiratory illness that can spread from person to person.

How does is spread? The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through coughing or sneezing or touching a surface/object that has the virus on it.

What are the symptoms? Mild to severe respiratory illness with fever, cough, and shortness of breath.

Who is at risk of serious COVID-19 illness? Older adults, people of all ages with serious chronic medical conditions like heart, lung, or kidney disease.

What can I do to prevent the spread of respiratory diseases (cold, flu, and COVID-19)?

* Avoid close contact with people who are sick.
* Avoid touching your eyes, nose, and mouth.
* 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.
* Wash your hands frequently for at least 20 seconds.

If you are at higher risk, the Center for Disease Control and Prevention (CDC) recommends you:

* Stay at home as much as possible if COVID-19 is spreading in your community.
* Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time. Visit the website to view the [CDC Plan Ahead and Be Ready guide](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.cdc.gov_coronavirus_2019-2Dncov_prepare_get-2Dyour-2Dhousehold-2Dready-2Dfor-2DCOVID-2D19.html-3FCDC-5FAA-5FrefVal-3Dhttps-253A-252F-252Fwww.cdc.gov-252Fcoronavirus-252F2019-2Dncov-252Fcommunity-252Fhome-252Fget-2Dyour-2Dhousehold-2Dready-2Dfor-2DCOVID-2D19.html&d=DwMFaQ&c=ZQs-KZ8oxEw0p81sqgiaRA&r=gF91hRypEUdkBdCQGLYRZA&m=olIbCME3mixFDDWZK_Y_EB0-SOG8JBrw0erTGvKxSOU&s=hU8jXiIZgrP2sOWungkyX8Wr88kH_7hwcdYUAira3bw&e=).
* When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
* Avoid crowds, especially in poorly ventilated spaces.
* Avoid cruise travel and non-essential air travel.
* Stay up to date on CDC Travel Health Notices.
* Plan now for what you will do if you, or people you rely on for support, become ill.

If you have any questions or concerns about your preparation for COVID-19, don't hesitate to reach out to Access 2 Independence staff.

Additional comments from ILRU:

* Keep a distance of 6 feet or more.
* Limit gatherings to no more than 10.

**Resources**

Administration for Community Living: "What do Older Adults and People with Disabilities Need to Know?" [https://acl.gov/COVID-19](https://urldefense.proofpoint.com/v2/url?u=https-3A__acl.gov_COVID-2D19&d=DwMFaQ&c=ZQs-KZ8oxEw0p81sqgiaRA&r=gF91hRypEUdkBdCQGLYRZA&m=olIbCME3mixFDDWZK_Y_EB0-SOG8JBrw0erTGvKxSOU&s=UVmKirhBseukzYkwSf5mYJbQVlIvRysop1kNLFeA3kQ&e=)

Center for Disability Rights: Action Steps for Attendant Service Users in Response to Coronavirus Disease 19 (COVID-19) [http://cdrnys.org/blog/programs-services/action-steps-for-attendant-service-users-in-response-to-coronavirus-disease-2019-covid-19/](https://urldefense.proofpoint.com/v2/url?u=http-3A__cdrnys.org_blog_programs-2Dservices_action-2Dsteps-2Dfor-2Dattendant-2Dservice-2Dusers-2Din-2Dresponse-2Dto-2Dcoronavirus-2Ddisease-2D2019-2Dcovid-2D19_&d=DwMFaQ&c=ZQs-KZ8oxEw0p81sqgiaRA&r=gF91hRypEUdkBdCQGLYRZA&m=olIbCME3mixFDDWZK_Y_EB0-SOG8JBrw0erTGvKxSOU&s=GXM3vgjkcKRe_Dcyzut0Wy5_LN8iA4wcg1lzfmK2Rts&e=)

Centers for Disease Control and Prevention: Comprehensive guide to coronavirus disease 2019 (COVID-19) [https://news.nnlm.gov/gmr/2020/02/covid-19-coronavirus-for-public-libraries/](https://urldefense.proofpoint.com/v2/url?u=https-3A__news.nnlm.gov_gmr_2020_02_covid-2D19-2Dcoronavirus-2Dfor-2Dpublic-2Dlibraries_&d=DwMFaQ&c=ZQs-KZ8oxEw0p81sqgiaRA&r=gF91hRypEUdkBdCQGLYRZA&m=olIbCME3mixFDDWZK_Y_EB0-SOG8JBrw0erTGvKxSOU&s=hH9Yu-5_bOzrM06Ja8xOl-5hvyPQd96dds0cc8XwndM&e=)

The Center for START Services: COVID-19 Resources (Resources geared toward supporting individuals with IDD and their families, including resources for language access and translated materials are being updated daily) [https://www.centerforstartservices.org/covid-19-resources](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.centerforstartservices.org_covid-2D19-2Dresources&d=DwMFaQ&c=ZQs-KZ8oxEw0p81sqgiaRA&r=gF91hRypEUdkBdCQGLYRZA&m=olIbCME3mixFDDWZK_Y_EB0-SOG8JBrw0erTGvKxSOU&s=qojwl7hkDxTO0G1JzNz6L5deUjDWS5te1bln1_MYqZg&e=)

Video: What You Need to Know About Coronavirus (In ASL) What You Need to Know About Coronavirus (In ASL) [https://www.youtube.com/watch?v=Uu7PRKGK1\_s&feature=youtu.be](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.youtube.com_watch-3Fv-3DUu7PRKGK1-5Fs-26feature-3Dyoutu.be&d=DwMFaQ&c=ZQs-KZ8oxEw0p81sqgiaRA&r=gF91hRypEUdkBdCQGLYRZA&m=olIbCME3mixFDDWZK_Y_EB0-SOG8JBrw0erTGvKxSOU&s=rCXnslLXbChO2taHQzMMJE8uhs4323e-plNq_o1Ov5U&e=)

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