

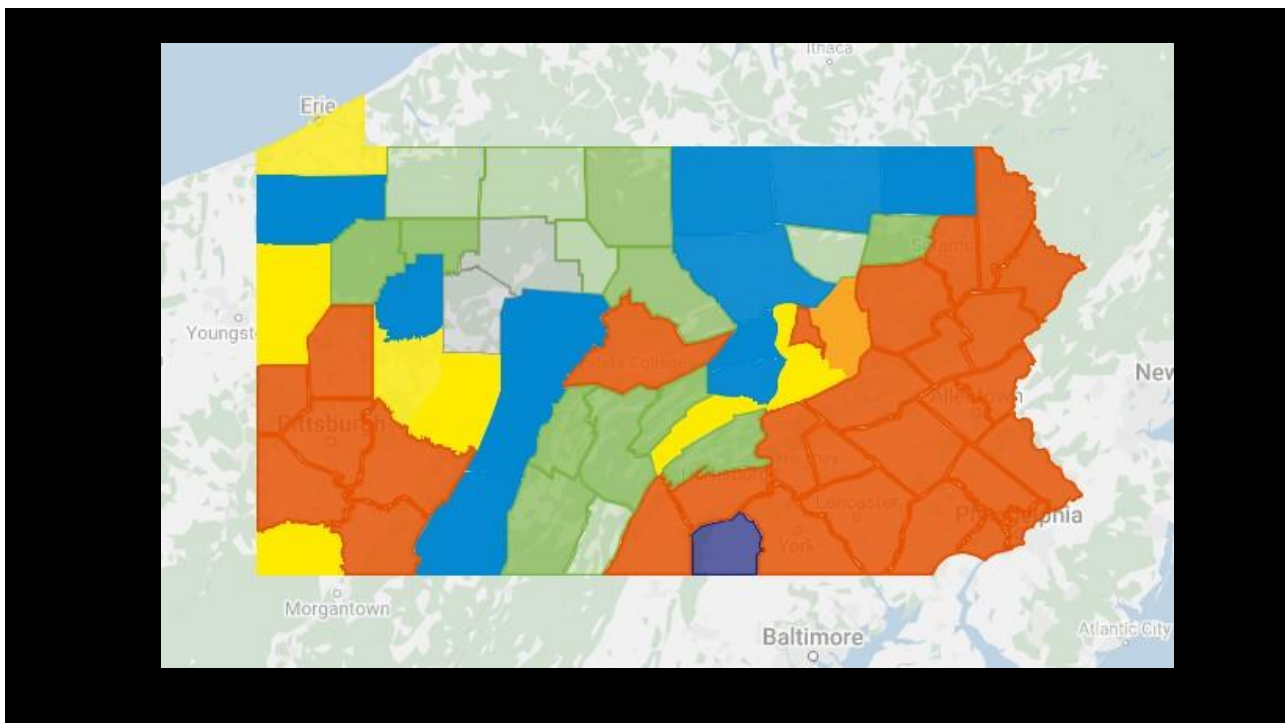


COVID-19 Update

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What are the symptoms of coronavirus?

- Symptoms of the COVID-19 can include:
 - Fever
 - Cough
 - Shortness of breath
- The symptoms may appear in as few as two days or as long as 14 days after exposure. Reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying. Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

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Emergency warning signs for COVID-19

- If you or someone you are caring for develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face
- *This list is not all inclusive.

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Steps To Protect Yourself

- Clean your hands OFTEN
- Wash your hands with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Social distancing – 6 feet away from others
- Wear a cloth mask when out of the home
- Stay At Home Order – Statewide on April 1.

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Questions about COVID-19?

- Call 1-877-PA-HEALTH (1-877-724-3258)
- Live, daily briefings from the PA Department of Health:
 - www.pacast.com/live/doh/
 - www.governor.pa.gov/live/
 - www.facebook.com/pennsylvaniadepartmentofhealth

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Additional Resources

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AIDinPA.org



Health Care Quality Units
Autism Services, Education, Resources, and Training

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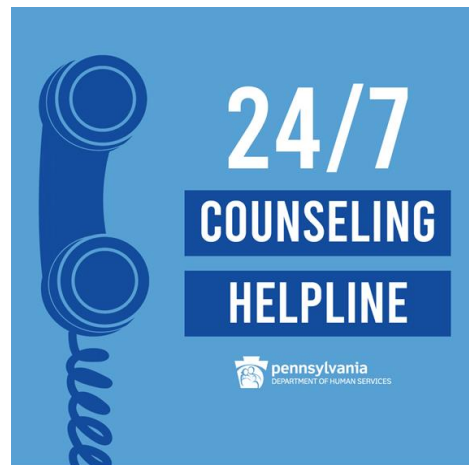


- Health Care Quality Units (HCQUs)
 - <https://www.myodp.org/mod/page/view.php?id=7699>
- Autism Services, Education, Resources, and Training (ASERT)
 - <https://paautism.org/resource/coronavirus-resources/>



The Statewide Support & Referral Helpline

- The toll-free, round-the-clock support line is officially operational.
- Dial 1-855-284-2494.
- For TTY, dial 724-631-5600.



- Many other resources also remain available to Pennsylvanians in need of support, including:
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Nacional de Prevención del Suicidio: 1-888-628-9454
- Crisis Text Line: Text “PA” to 741-741
- Veteran Crisis Line: 1-800-273-TALK (8255)
- Disaster Distress Helpline: 1-800-985-5990
- Get Help Now Hotline (for substance use disorders): 1-800-662-4357
- Pennsylvania Sexual Assault Helpline – 1-888-772-7227
- National Domestic Violence Helpline – 1-800-799-7233

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<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



www.health.pa.gov



<https://www.myodp.org/mod/page/view.php?id=26808>

