

The New Jersey Department of Human Services
**Division of Mental Health and Addiction
Services**

1

**CORONAVIRUS DISEASE
(COVID-19)**

**UPDATE for Contracted
Providers**

March 12, 2020



Today's Webinar Will Provide Information on...

2

- COVID-19
- Prevention, Planning, and Preparation
- Signs, Symptoms, Testing, and Treatment
- Guidance Documents
- Common Questions
- Important Resources

What is a novel coronavirus?

Novel (meaning “new”) coronavirus is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness in some people.

How does novel coronavirus spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

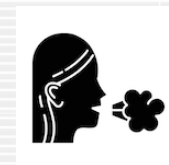
- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes
- In rare cases, contact with feces (poop)

How severe is novel coronavirus?

Health experts are still learning about the illness caused by the new virus. People infected have had illness that has ranged from mild (like a common cold) to severe pneumonia that requires medical care in a hospital. So far, deaths have been reported mainly in older adults who had other health conditions.

What are the symptoms?

People who have been diagnosed with novel coronavirus have symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus. Symptoms may include fever, cough, and shortness of breath.



Who is at risk for novel coronavirus?

Currently, there is a widespread outbreak in Wuhan, China. At this time, the risk in the U.S. to the general public is low. At this time, there are a small number of cases in the U.S. To limit the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate anyone they think may have the virus.

Travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

How can I prevent from getting novel coronavirus?

If you are traveling overseas (to China, but also to other places) follow the CDC's guidance at wwwnc.cdc.gov/travel.

Right now the novel coronavirus has not been spreading widely in the United States, so there are no additional precautions recommended for the general public. Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with people who are sick
- Stay home while you are sick and avoid contact with others
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing



Currently there are no vaccines available to prevent novel coronavirus infections.



How is novel coronavirus treated?

There is no specific treatment for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some people develop pneumonia and need medical care or treatment in a hospital.

Prevention

5

- Hand washing and disinfecting of frequently used surfaces are two of the most important things that we can all do to protect ourselves and prevent the spread of the disease.
- Wash hands frequently with soap and water for at least 20 seconds, especially before eating; after going to the bathroom; and after blowing your nose, coughing, or sneezing; and after touching surfaces in public places.
- When soap and water are unavailable, use a hand sanitizer that contains at least 60% alcohol.

Prevention: Proper Handwashing

6

Follow Five Steps to Wash Your Hands the Right Way:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Prevention: Cleaning & Disinfecting

7

- Review the CDC's detailed recommendations for homes, healthcare facilities and other settings:
www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html#disinfect
- Clean and disinfect frequently used surfaces and objects using EPA SARS-CoV-2 qualified products, following label instructions on use and contact time:
www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

Prevention: Avoid Spreading & Contracting

8

- Avoid touching eyes, nose, and mouth with unwashed hands.
- Cover nose and mouth with a tissue when coughing or sneezing, and then throw the tissue into a trashcan, and wash your hands.
- Review the CDC's guidance on what to do if you have a respiratory infection, like COVID-19 or the flu, or are in contact with an individual who does:
www.cdc.gov/coronavirus/2019-ncov/community/index.html

Signs and Symptoms

9

- COVID-19 presents with signs and symptoms that may be indistinguishable from much more common respiratory viruses.
- At this time, respiratory illnesses are still more likely to be due to common viruses (e.g., influenza, common cold) than COVID-19.
- If a community has cases of COVID-19, local health officials will help identify those individuals and will follow up on next steps.

Signs and Symptoms

10

- The following COVID-19 symptoms may appear within 2 to 14 days after exposure (www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf):
 - ✦ Fever
 - ✦ Cough
 - ✦ Shortness of Breath

Testing

11

- Contact a health care professional if you, your loved one, employee, or an individual in your care develops these symptoms—especially if they have been in close contact with a person who has travelled internationally in the last 14 days; who is known to have COVID-19; or if they live in or have recently been in an area with ongoing spread of COVID-19.
- If you are seeking COVID-19 testing from a hospital or physician's office, call them first to explain your symptoms and ensure they can perform the test.

Treatment

12

HOW IS NOVEL CORONAVIRUS TREATED?



There is no specific treatment for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some people develop pneumonia and need medical care or treatment in a hospital.

For more information: <https://www.nj.gov/health>

DMHAS Guidance: Planning and Preparation

13

- **Today, 3/12/20, the DMHAS has issued the following guidance documents:**
 - Coronavirus Disease 2019 (COVID-19) Guidance For Contracted Community Providers of the DMHAS:

<https://www.nj.gov/humanservices/dmhas/information/stakeholder/COVID%20Preparedness%20Document%20for%20Providers.pdf>

<https://www.nj.gov/humanservices/dmhas/information/stakeholder/OTP%20Preparedness%20Communication.pdf>

<https://www.nj.gov/humanservices/dmhas/information/stakeholder/COOP%20Checklist%20and%20Instructions.xlsx>

Planning and Preparation: Providers

14

- Use the Planning Checklist and recommended planning document provided by DMHAS.
- Update emergency management plans for infectious disease and COVID-19 response.
- Identify essential functions.
- Identify essential vs. non-essential staff roles and plan for staff coverage through cross-training.

Planning and Preparation: Providers

15

- Have an emergency communication plan so that accurate information can be quickly shared.
- Review communication plan for contacting consumers should the need arise.
- Know when and who to notify about a suspected case of COVID-19 or other infectious disease, including notification of local and state health officials.

Planning and Preparation: Residential Providers

16

- As always, maintain extra food (non-perishables) and water in case your usual routine must change.
- For individuals taking prescription medications, ensure there are refills available. If not, contact your health care provider, pharmacist, or insurer to obtain.
- If possible, identify a room or area that can be used to separate someone who is sick. A health care provider may make this recommendation based on the person's diagnosis.

FAQ

17

Are State offices still open?

- Yes, State offices are open as usual. Although working conditions may change in the future based on direction from the federal or state officials, all critical functions will continue to be performed.

Will reimbursement of services occur if services cannot be provided FTF?

- The DMHAS will review funding options if services are temporarily reduced or halted.

FAQ

18

Can telehealth/telemedicine be used ?

- The DMHAS is exploring options to make telehealth more accessible.

FAQ

19

Will enforcement of licensing and other program guidelines change?

- All licensing and program guidelines remain in effect, and routine licensing will continue unless or until there are recommendations otherwise from federal, state or local authorities.

How do I report incidents to the DMHAS ?

- Continue to report incidents using the typical process of submitting an email to Dmhas.incidentrept@dhs.nj.gov and contact your county UIR coordinator.

FAQ

20

If someone in my community has COVID-19, can we go into the community or group settings?

- The CDC recommends taking everyday precautions when evaluating your daily routine. Local governments and public health authorities may issue guidance on community events in your specific area. You should also review the guidance that the CDC has released for at-risk individuals to see if it applies to you or someone in your care:
www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html
- At this time there are no statewide restrictions on community activity or gatherings. However, the Governor; New Jersey Department of Health; or other federal, state and local public health agencies may issue new requirements or recommendations in the days, weeks and months ahead.

FAQ

21

Is there a way to purchase hand sanitizer, personal protective equipment (PPE) and similar supplies?

- At this time, these items are only available through the normal retail channels. The Division will advise if federal, state or local partners are able to make them available in the future.
- Please be aware that use of PPE without proper training can increase the risk of infection and transmission.

FAQ

22

How do I ask a public health question about COVID-19?

- Administrators for New Jersey businesses who want additional guidance on how to manage the risks posed by COVID-19 are invited to contact the Department of Health at 1-800-222-1222 or via email at NCOV@doh.nj.gov.
- The hotline is available 24/7 and the best, fastest way to get answers to your questions about COVID-19. Trained healthcare professionals are standing by to answer questions about coronavirus. By email, please allow up to 48 hours for a response.

FAQ

23

How will the State keep individuals, families, and providers up-to-date as the situation evolves and changes?

- Please refer to the Department of Health's COVID-19 webpage: www.nj.gov/health/cd/topics/ncov.shtml
- The Division will periodically update its website, send out information in emails, and schedule webinars as needed.

Important Resources

24

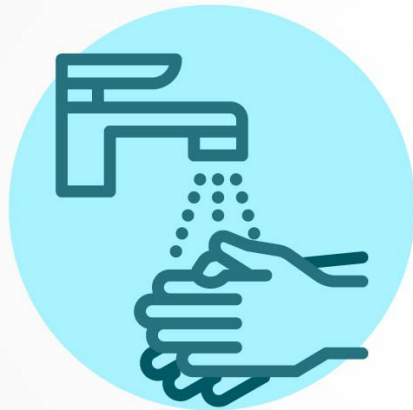
- Review the most up-to-date information
 - NJ Department of Health:
www.nj.gov/health/cd/topics/ncov.shtml
 - ✦ 24-Hour Hotline: 1-800-222-1222
 - Contact Information for all local health departments in NJ:
 - ✦ <http://localhealth.nj.gov>
 - U.S. Centers for Disease Control & Prevention:
 - ✦ www.cdc.gov/COVID19
 - Subscribe to the CDC's COVID-19 newsletter:
 - ✦ <https://tools.cdc.gov/campaignproxyservice/subscriptions.aspx>

And Remember...

25

FOLLOW THESE SIMPLE STEPS TO **STAY HEALTHY**

**WASH YOUR
HANDS**



**COVER YOUR
COUGH**



**STAY HOME
WHEN SICK**



#PREVENTCORONAVIRUS

Thank You

26

Please submit your
questions to
dmhas@dhs.nj.gov