



Agency Afterschool Respite and Agency Weekend Recreation
Receipt of COVID-19 Information Form
October 21, 2020

The Centers for Disease Control and Prevention^{1 2} (CDC) maintains a website to provide information about COVID-19. Families, guardians, providers and other stakeholders are encouraged to review the CDC links below for more information as they continue to be updated. Currently, the CDC website provides the following information:

How COVID-19 is thought to spread

- Mainly person to person, through respiratory droplets produced when infected persons cough, sneeze, or talk.
- These droplets can land in mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Spread is more likely when people are in close contact with one another (within about 6 feet).
- It may be possible that people can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

Those at risk of exposure

Everyone, regardless of disability, is at risk for being exposed to COVID-19 and getting sick. Certain populations, including those who are older or have underlying medical conditions are more likely to become severely ill, which means that they may require hospitalization, intensive care, a ventilator to help them breathe, or may even die.

People with the below medical conditions **are at an increased risk** for severe illness at any age:

- Cancer;
- Chronic kidney disease;
- COPD (chronic obstructive pulmonary disease);
- Immunocompromised state (weakened immune system) from solid organ transplant;
- Obesity (body mass index [BMI] of 30 or higher);
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies;
- Sickle cell disease;
- Type 2 diabetes mellitus.

Based on the information available at this time, people with the following conditions **might be at an increased risk** for severe illness from COVID-19:

- Asthma (moderate to severe);
- Cerebrovascular disease;
- Cystic fibrosis;
- Hypertension or high blood pressure;
- Liver disease;
- Neurologic conditions, such as dementia;
- Pregnancy;
- Pulmonary fibrosis (damaged/scarred lung tissues);
- Smoking;
- Thalassemia (a type of blood disorder);
- Type 1 diabetes mellitus.

¹ www.cdc.gov/coronavirus/2019-ncov/faq.html

² https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fpeople-at-higher-risk.html

- Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines;

Per the CDC, certain disability groups might be at an increased risk of becoming infected.

- People who have limited mobility or cannot avoid close contact with others who may be infected;
- People who have trouble understanding information or practicing measures like hand washing & social distancing;
- People who may not be able to communicate symptoms of illness.

How to reduce the risk of getting COVID-19

It is especially important for people at increased risk of severe illness from COVID-19, and those who live with them, to protect themselves from getting the virus. The best way for someone to protect themselves and help reduce the spread of COVID-19 is to:

- Limit your interactions with other people as much as possible;
- Take precautions to prevent getting COVID-19 when there is interaction with others;
- Wear face coverings.

Face coverings are a critical preventive measure and should be worn in public settings and when around people who don't live in the same household. They are **most** essential when social distancing is difficult. If an individual does not tolerate a face covering or it is not medically advisable to wear one, measures to reduce the risk of COVID-19 spread must occur, including social distancing, frequent hand washing, and cleaning and disinfecting frequently touched surfaces³.

Your service provider is taking precautions to lower the risk of transmission of COVID-19, but cannot entirely eliminate any risk. Your provider can relay what precautions they are taking to lower the risk of transmission. Department of Children and Families policies related to COVID-19 can be found at <https://www.nj.gov/dcf/coronavirus.html>. Parents and guardians are encouraged to consider risks and talk with program staff about screening and prevention strategies that may be used.

If you or someone you know has questions about COVID-19 risk, it is recommended that you consult your health care provider or contact the New Jersey Department of Health either by visiting their COVID Information Hub at <https://covid19.nj.gov/> or by calling 1-800-962-1253.

By signing this document, the youth's parent or guardian (and the youth if over 18) acknowledges receipt of this information and will consider it in their decision to elect Agency Afterschool Respite and Agency Weekend Recreation. Electronic signatures are acceptable.

Name of Youth (Please Print):

CYBER Number:⁴

Name of Parent or Guardian: (Please Print):

Signature of Parent or Guardian: _____

Date: _____

Signature of Youth age 18 or older: _____

Date: _____

³ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

⁴ Service providers can provide the CYBER Number if you do not have it