

# Coronavirus (COVID-19) Information

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Please know Diabetes Youth Services takes you and your child's health and wellness seriously. DYS is paying close attention to novel coronavirus 2019 (COVID-19) protocols being issued by the CDC, Governor Mike DeWine of Ohio, Governor Gretchen Whitmer of Michigan, and the applicable county health departments. DYS leadership will monitor the day-to-day updates regarding the spread and status of Covid-19 when evaluating whether or not to cancel or postpone future programs and activities.

If DYS cancels a program, event or camp we will refund deposits/payments.

DYS also is in contact with the Diabetes Education and Camp Association, as well as the American Diabetes Association. Like many other camps, DYS will make a decision on whether or not to hold our summer camps in early May.

Please look for future emails regarding updates for DYS events.

## Questions?

Please contact Linda Mays, Executive Director at [linda@dys4kids.org](mailto:linda@dys4kids.org) or (419) 291-1236

## **Effective health and wellness tips to minimize exposure and spread:**

- If you are sick or have any (even mild) symptoms such as mild fever, cough, etc. please stay home. If these symptoms worsen please contact your nearest hospital or primary care physician in advance and let them know you are coming with these symptoms.
- Avoid contact with people who are sick.
- Avoid touching your eyes, face, mouth, and nose.
- Wash your hands with soap and water for at least 20 seconds as often as possible.
- Clean and disinfect frequently touched objects and surfaces in your immediate area.
- An alcohol-based hand sanitizer should be seen as an extra layer of cleaning and should never be viewed as a replacement to frequent handwashing.

What should I do if my child or I feel sick?

The best course of action for anyone demonstrating symptoms is to stay at home and away from others. The CDC provides some excellent recommendations:

**Stay home except to get medical care**

People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

### **Separate yourself from other people and animals in your home**

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.

### **Call ahead before visiting your doctor**

If you have a medical appointment, call the healthcare provider and tell them that you or your child have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.