

HEALTH

Staff: Lanny Mommsen

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AGING AND DISABILITY SUMMIT:

▶ **Theme: Aging Well
in Alaska**

October 5-9, 2020

12:30-3pm

- ▶ Daily “Coffee Chats”
- ▶ Presentations:
 - ▶ Elder Panel
 - ▶ Legislative Panel
 - ▶ COVID-19: Aging Persons with Intellectual Developmental Disabilities
 - ▶ Building Natural Supports, Aging in Place
 - ▶ Changing Guardianship Statutes.

STATEWIDE DISABILITY PRIDE CELEBRATION:

▶ **July 20-26, 2020**



▶ Special Guests:

- ▶ Temple Grandin
- ▶ Zack Gottsagen
- ▶ Judy Heumann
- ▶ Sqirmy and Grubs
- ▶ Micah Fialka-Feldman
- ▶ Lydia X.Z. Brown
- ▶ Erik Howk from Portugal. The Man
- ▶ Stand Up For Mental Health
- ▶ Alaska Self Advocates



EVERYONE

♥ HAS A ♥

STORY



BE KIND WEAR A MASK

KEEP IN MIND SOME PEOPLE WITH DISABILITIES MAY NOT BE ABLE TO WEAR ONE

Some people with disabilities may not be able to wear masks due to health and safety concerns. Individuals who state they have a disability that prevents them from safely wearing a mask should be allowed to enter an establishment if doing so does not place others at risk or offered reasonable modifications to access the establishment's services. Reasonable modifications may include curbside pick-up, delivery, or telephone/video appointments.

Modifications may not be an option if:

- It would fundamentally alter the service provided.
- It would create undue burden such as significant difficulty or expense.
- The individual poses a direct threat to the health or safety of staff and/or customers

More information at: covid19.alaska.gov



COVID-19: Plans for Families with Children

Families with children should create a plan for what will happen if the caregiver or caregivers in the family become ill with COVID-19. A COVID-19 Family Plan should establish a Circle of Support which includes family members, friends, and other trusted people who can help care for children.

What to do if you are sick

COVID-19 is a very infectious disease and those with COVID-19 should limit how much they interact with others. The State of Alaska recommends that individuals with any symptoms, even mild, get tested as quickly as possible (by calling their provider or local public health or tribal health clinic). Those who test positive, or who have symptoms and are waiting for COVID-19 test results, should self-isolate from others in their household (in a separate room and with a separate bathroom, if possible).

Single parents, households in which the other parent/caregiver is away, households in which both parents/caregivers are sick, parents who are breastfeeding an infant, and others can have difficulties self-isolating. The CDC recommends that when a household member with COVID-19 cannot self-isolate, that they wear a cloth face covering or mask around others, and that they wash hands and disinfect surfaces and door handles often.

If the children have health conditions that put them at greater risk, or if the parent/caregiver becomes too sick to care for the children, it is important to have a plan for alternate care of the children, which includes a Circle of Support.

1 Identify your Circle of Support

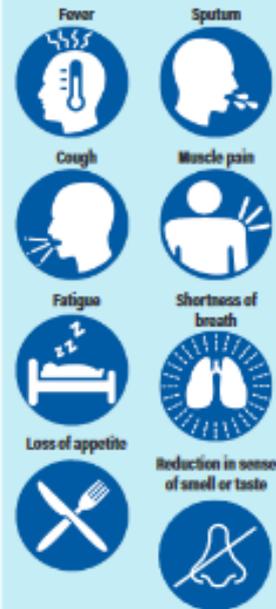
A Circle of Support is a group of people that a parent or caregiver can call upon to provide short- or long-term child care in case they become sick, or have other complications which restrict them from caring for their child.

For many families, grandparents are the go-to people to help with children. But people over the age of 60 are at a high risk of severe illness from COVID-19. Other go-to caregivers in a family's life may also have health issues that put them at a greater risk of having severe illness if they contract COVID-19.

During COVID-19, parents need to identify a Circle of Support that includes people who are NOT at a higher risk of developing severe illness from COVID-19. Family members like aunts, uncles, cousins and older siblings may be included in the Circle of Support. Family friends the child is familiar and comfortable with can be part of the Circle of Support, or the parents of your children's friends. What is important is that:

- Your child feels safe and comfortable with them
- You trust them
- They are not in a high-risk category for COVID-related complications (page 3)
- They are close by

Symptoms of COVID-19





QUESTIONS ?

