# Direct Support Professionals (DSPs)
Things You Can Do to Prepare for and Prevent COVID-19

Symptoms of COVID-19, which generally appear two to 14 days after exposure, include fever, coughing, and difficulty breathing. Most people who become sick do not require hospitalization, but older adults, people with chronic health conditions, and people with compromised immune systems are more likely to require advanced care.

CALL FIRST

If you have symptoms of COVID-19 or you are exposed to a person who has symptoms, call a health professional to discuss if in-person medical evaluation is needed **before** going to the doctor's office or hospital.
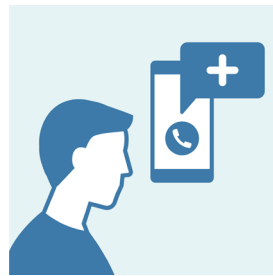
USE PROTECTIVE EQUIPMENT

Currently, the CDC recommends the use of standard, contact, and airborne precautions, including eye protection and other personal protective equipment by DSPs when providing services for someone who is suspected or confirmed of having COVID-19.
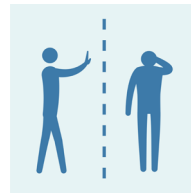

If you or the person you are providing services to has mild or moderate symptoms associated with COVID-19, but does not meet the threshold for testing, consider advising the person to:

Stay home

Practice hand hygiene

Limit close contact with other people (social distancing)

Not share utensils, dishes, or drinking cups

Other Things You Can Do

- Prepare for a surge in call-offs due to staff that become ill.
- Communication is key. Make sure to document all signs, symptoms, and healthcare events (such as going to doctor's office) so all staff members are informed and have correct data.
- Avoid contact with people who are sick as much as possible.
- Get adequate sleep and eat well-balanced meals. Discuss what is going on with the people you support. Explain why sleep and healthy eating is even more important in times like these.
- Wash your hands and encourage the people you support to wash hands frequently using water and soap for 20 seconds or longer. Dry hands with a clean towel or air dry.
- Cover your mouth with a tissue or sleeve when coughing or sneezing.
- Use gloves when touching dirty clothes.

Ohio | **Department of Developmental Disabilities**