



Resource Center
for Independent Living

318 3rd St NW
East Grand Forks, MN 56721

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Options: Interstate Resource Center for Independent Living Special Edition COVID Newsletter



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COVID Pandemic Collaboration

Options in collaboration with the Minnesota Department of Health is working together to better inform people with disabilities on important matters related to the present pandemic. Due to this relationship you may see some advertising running across the airwaves referring to Options as your regional COVID Community Coordinator.

Just as we have been there to assist you prior to the pandemic we are here now to help you find the resources to fulfill your needs surrounding the pandemic. This does not mean we are authorities but it does mean we, in collaboration with the Minnesota Department of Health, can certainly help you get the information you need through our combined networks and resources as you navigate through the pandemic.

Throughout this newsletter you will find timely information about a verity of topics our editors have felt are important for your safety.

The types of tests for COVID, testing locations, and procedures taken for testing is changing as new and better procedures are identified. You can have tests that

swab various locations within your nasal passages, saliva tests or around the corner, home-testing kits. Some types of tests are provided inside your clinics or hospitals, while others are drive-up or drive-thru. Testing locations may also be provided through large community testing sites within a community center facility such as a National Guard building. These may change and rotate with information provided through the Minnesota Department of Health or Public Service Announcement.

Most of the medical service providers found within our region have set up a process for their patients to be tested so it is important for you to call and ask the representative what their processes are related to your individual circumstance. When you call to discuss your situation, please include information about your disability so they can evaluate the proper testing method compared to accommodations you may need to recommend the best test. Ask questions related to the accommodations you need and how they will accommodate you. If you need help brainstorming types of accommodations you need based on your disability or don't know where to start, please call Options.

Stay Home if You Might Have Been Exposed to COVID-19

From the National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

Quarantine or isolation: What's the difference?

Quarantine keeps someone who might have been exposed to the virus away from others.

Isolation keeps someone who is infected with the virus away from others, even in their home.

Who needs to quarantine?

People who have been in close contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within

3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

What counts as close contact?

You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more.

- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils. They sneezed, coughed, or somehow got respiratory droplets on you.

Vaccines

As the vaccination roll-out is currently underway in Minnesota, it is important for you to pay attention on where you fit in. If you do not have frequent contact with your medical provider and have an underlying condition or a disability which is negatively impacted by COVID-19 pay particular attention to directives so you can insure if you are on a priority listing you know about it.

According to the Centers for Disease Control and Prevention some vaccines which were subsidized during their development should be offered to the public without a charge. As things transpire though some medications may not fit this scenario so you should always be an informed user of your medical services and ask your provider if there will be a cost. If there will be a charge you should insure your medical insurer will take care of it.

The first vaccine approved at the time of this printing needs to be kept very cold and not all medical facilities have the freezers in order to maintain the low temperature needed. Because of this many people in rural areas may have to wait for some of the other medications to be approved before they can be inoculated especially if you are unable to leave your home. Because processes will be developed and modified as things change you will need to be vigilant paying particular attention to the Minnesota Department of Health Public Service announcements and Governor's updates. If you have questions you can call here or call your County's Health Department Representative.

If you have any of these symptoms, STOP!



Fever



Difficulty breathing



Loss of taste or smell



Muscle pain



Nausea, diarrhea, or vomiting



Chills



Cough



Runny nose or congestion



Sore throat



Headache



Fatigue

Mental Health Resources During the COVID Pandemic

The COVID-19 pandemic is causing a tremendous amount of stress, fear and anxiety for many people. It's important Minnesotans have access to the mental health care resources they need to stay well during this challenging time.

State agencies are working together to ensure these services are available, and they are also connecting people with private organizations that can provide support.

This includes telemedicine resources (which replace clinic visits) and other well-being supports to help families and individuals cope.

COVID Cares Stress Phone Support Service. Any Minnesotan experiencing stress can call 833-HERE4MN (833-437-3466) for free telephone support from 9am to 9pm every day.

For more mental health resources, visit <https://mn.gov/covid19/for-minnesotans/get-help/mental-health.jsp> or call the National Alliance on Mental Illness (NAMI) of Minnesota at 1-888-626-4435.

Mask Safety



Use the straps or ties to put on your mask.



Make sure it covers your mouth and nose.



Try not to touch the front while you wear it.



Clean your hands before and after touching your mask.

What to Do If You Are Sick

From the Minnesota Department of Health Website

- Stay home if you are sick.
- If you are older or have certain underlying medical conditions, it is helpful to let your health care provider know you are sick. They may have specific advice for you.
- Seek medical care right away if your symptoms get worse or you have difficulty breathing. Before going to the doctor's office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.

How long to Stay Home if Sick

If you have COVID-19, stay home until all three of these things are true:

- You feel better. Your cough, shortness of breath, or other symptoms are better.
and
- It has been 10 days since you first felt sick
and
- You have had no fever for at least 24 hours, without using medicine that lowers fevers.

Talk to your health care provider if you have questions.

If a lab test shows you have COVID-19, someone from the health department will give you more information and answer your questions.

If a lab test shows you do not have COVID-19 but you have symptoms, stay home until your symptoms are better and you do not have a fever.

Symptoms of COVID-19 can be similar to other illnesses. It is important to follow your health care provider's advice before going back to work, school, or other settings.

People with symptoms or people who were in close contact with someone who has COVID-19 should consult their health provider to learn what steps to take next, whether it's testing, quarantine or isolation.

Going to the Doctor

- Call ahead before going in to see a health care provider.
- If you are older or have underlying medical conditions, it may be helpful to let your health care provider know you are sick. They may have some specific advice for you.
- Some people with COVID-19 have worsened during the second week of illness.
- Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing). Call ahead and tell them your symptoms.
- Low oxygen levels can be an early warning sign that people need medical care. For more information, see Oxygen Levels, Pulse Oximeters, and COVID-19.

Caring for Someone Who Is Sick

- If someone in your household gets sick, do your best to keep them away from others in the house. Have one person take care of the person who is sick. Stay 6 feet away from the person who is sick as much as you can.
- The person who is sick should wear a cloth face covering when anyone else is in the room, except when sleeping. The caregiver, and everyone else in the house, may want to wear cloth face coverings when they are in the same room with the person who is sick. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is not able to remove the covering without help.
- The person who is sick should not make food or eat with others in the house.
- If a sleeping room must be shared, open doors or windows sometimes to get fresh air inside. Sleep at least 6 feet apart, hang curtains or put cardboard walls around the person who is sick, and sleep head to toe.
- If a bathroom must be shared, clean doorknobs, faucets, and other surfaces people touch a lot. Clean each time the person who is sick uses the bathroom.
- Always wash your hands when touching surfaces and items in rooms the sick person also uses. Do not touch your face with unwashed hands.

MINNESOTA COVID TESTING SITES IN SERVICE AREA

Testing site locations may change.
Call ahead to schedule testing. If you need assistance, call Options.

WHITE EARTH RESRVATION

Testing Sites and Times vary. Please call
833-989-2873 or 218-983-4684 Option 3

RED LAKE NATION

Red Lake Hospital
24760 Hospital Rd
Red Lake, MN 56671
218-679-3912

BELTRAMI COUNTY

Bemidji
Sanford Health Clinic
1611 Anne Street Clinic
Bemidji, MN 56601
218-333-5000

Blackduck

Sanford Health Clinic
81 1st Street NW
Blackduck, MN 56630
218-835-4222

CLEARWATER COUNTY

Bagley
Sanford Bagley Medical Center
203 4th Street NW
Bagley, MN 56621
218-694-6501

HUBBARD COUNTY

Park Rapids
Essentia Health
1103 1st St E
Park Rapids, MN 56470
833-494-0836

Sanford Health
110 7th Street West
Park Rapids, MN 56470
218-699-3121

KITTSON COUNTY

Hallock
Kittson Memorial Healthcare Center
1010 S Birch Ave
Hallock, MN 56728
218-843-2165

Karlstad

Kittson Memorial Healthcare Center
205 Roosevelt Ave W
Karlstad, MN 56732
218-436-2251

LAKE OF THE WOODS COUNTY

Baudette

CHI LakeWood Health
600 Main Ave S
Baudette, MN 56623
218-634-2120

MAHNOMEN COUNTY

Mahnomen

Sanford Health Clinic
410 4th Street NW
Mahnomen, MN 56557
218-935-2514

MARSHALL COUNTY

Warren

North Valley Health Center
300 West Good Samaritan Dr
Warren, MN 56762
218-745-4211

NORMAN COUNTY

Ada

Essentia Health
201 9th St W
Ada, MN 56510
218-784-5000

PENNINGTON COUNTY

Thief River Falls

Sanford Health
Thief River Falls, MN 56701
218-681-4747

Altru Clinic

1845 Hwy 59 S
Thief River Falls, MN 56701
701-780-6358

POLK COUNTY

Crookston

Altru Health System

400 S Minnesota St

Crookston, MN 56716

701-780-6358 or 218-281-9100

RiverView Health Clinic

323 S Minnesota St

Crookston, MN 56716

218-470-7983

East Grand Forks

Sanford Health Clinic
621 Demers Avenue
East Grand Forks, MN 56721
218-773-6800

Altru Clinic

607 DeMers Avenue
East Grand Forks, MN 56721
701-780-6358

Erksine

Altru Clinic
23076 347th St SE
Erskine, MN 56535
701-780-6358

Fosston

Essentia Health
900 Hilligoss Blvd SE
Fosston, MN 56542
833-494-0836

RED LAKE COUNTY

Red Lake Falls
Altru Clinic
312 International Drive
Red Lake Falls, MN 56750
701-780-6358

ROSEAU COUNTY

Roseau
LifeCare Medical Center
715 Delmore Drive
Roseau, MN 56751
218-463-2500

Warroad

Altru Clinic
412 Main Avenue NE
Warroad , MN 56763
701-780-6358 or 218-386-2020

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

Hiring Services/Repair Work In Your Home

What you need to know:

- Ask the service provider to wear a mask.
- You and other household members should wear masks.
- Stay at least 6 feet from the service provider, and limit interactions between the service provider and other household members and pets.
- After the service is completed, clean and disinfect any surfaces in your home that may have been touched by the service provider.

Taken from the Center for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/at-home/in-home-services.html>

What's An Underlying Condition

Older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Below are just some of the high-risk conditions that are important to manage to help prevent severe illness from COVID-19:

- Asthma and lung disease
- Diabetes
- Heart disease
- Various conditions that lead to a weakened immune system, including cancer treatment
- Chronic kidney disease

Taken from the Minnesota Department of Health
<https://www.health.state.mn.us/people/conditions/index.html>

COVID-19 spreads very easily from person to person

How easily a virus spreads from person to person can vary. The virus that causes COVID-19 appears to spread more efficiently than influenza but not as efficiently as measles, which is among the most contagious viruses known to affect people.

Taken from the Center for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

If You Need PPE and Cleaning Supplies, Contact Us

Do you have a disability and are looking for gloves, masks and cleaning supplies? If so, contact Options and we may be able to get you some. You can reach us at :

V/TTY 218-773-6100
Toll-Free 800-726-3692
Text-Line 701-864-0296
Fax 218-773-7119
Email options@myoptions.info

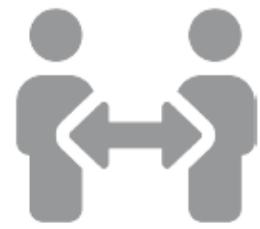
Slow the Spread



Wear a mask



Wash or sanitize your hands often



Stay 6 feet from others

HEALTH CARE AND THE AMERICANS WITH DISABILITIES ACT

You have the right to request a reasonable accommodation from your medical provider.

As adapted from a technical assistance paper from the ADA National Network, 2020

The ADA requires that health care entities provide full and equal access for people with disabilities.

This can be done through:

- **Reasonable Modifications of Policies, Practices, and Procedures.** Adjusting policies, practices, and procedures, if needed, to provide goods, services, facilities, privileges, advantages, or accommodations.
- **Effective Communication.** Making communication, in all forms, easily understood.
- **Accessible Facilities.** Ensuring physical accessibility.

Covered health care facilities include, but are not limited to: hospitals, doctors' offices, pharmacies, dentists' offices, acupuncturists' offices, etc.

A person with a disability can be a person with a mobility or physical disability, sensory (vision or hearing), intellectual, psychiatric, or other mental disability. People with medical conditions such as HIV/AIDS, epilepsy, rheumatoid arthritis, and cancer may also covered under the ADA.

Reasonable Modifications of Policies, Practices, and Procedure

Health care providers are required to make reasonable modifications (or changes) to policies, practices, and procedures to provide equal access to facilities and services to people with disabilities. The term "reasonable modification" is a broad concept that covers every type of disability.

Effective Communication

Health care providers must ensure that communication with patients with hearing, vision, and speech disabilities are as effective as communication with other patients. The aid or service provided depends on the method of communication used by the patient, how long and how complex it will be, and the setting where the communication will take place.

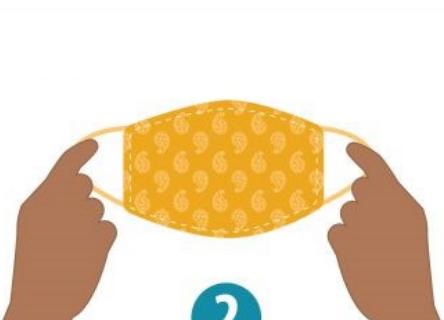
Accessible Facilities

Health care facilities must ensure that their facilities are accessible to people with disabilities. When possible, medical equipment should also be accessible. Examples: accessible examination tables, accessible imaging machines, accessible scales, and patient lifts. Health care providers must have an accessible facility that meets the 2010 ADA Standards for Accessible Design and have accessible exam/ treatment/procedure rooms available.

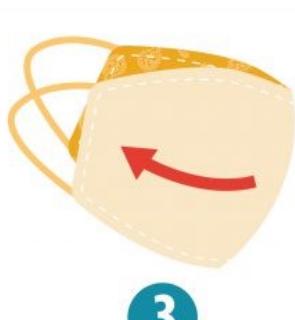
How to take off a mask



1
Carefully, untie the strings behind your head or stretch the ear loops



2
Handle only by the ear loops or ties



3
Fold outside corners together



4
Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

Coronavirus (COVID-19)

Recommendations for People with Disabilities using Personal Attendant Services

Used with permission from the Center for Disability Rights, Inc, a Center for Independent Living based in New York State, some parts were edited due to our space constraints and differences in attendant care programming.

1. Ensure you have sufficient back up attendants in case your regular attendants cannot work due to the illness affecting someone in their family or themselves. If you use a provider call and ask what their backup plans are in the event of a widespread outbreak. If it seems inadequate think about people you may call to help you and how you can start preparing now.
2. Ensure that you have the ability to get assistance if an attendant does not show up for work. They may not be able to get to you and you may need to make sure your needs are met. Start a checklist of possible resources from other providers which may be able to serve you, as well as family and friends who may be able to help for free in an emergency. Brainstorm with your provider to see if emergency fill in staff you identify could be paid by your provider.
3. Have at least a week of non-perishable food in your home at any given time. If you need help, check with local grocers to see if you can

order by phone or online and have it delivered to your home or have picked up. If financially unable seek out assistance from local organizations or food banks to build up stock.

4. Stock up on other important supplies. Bowel and bladder care items in addition to cleaning, toiletries, and other supplies. These are similar supplies which are recommended to possess in a natural disaster scenario.
5. Identify a way to make sure you can get your medications in a timely manner. This may mean having friends or family assist you or using a pharmacy delivery service.
6. Plan for your pets. There may be difficulties in getting pet food or your pets may need someone to take care of them if you are hospitalized.
7. Have your attendants wash their hands and use hand sanitizer when they arrive at your home and each time prior to touching or feeding you.
8. Regularly clean, sanitize and disinfect surfaces that are touched in your home to prevent the spread of infection. Have your attendant do this each time they arrive.
9. Use disinfecting wipes on items that are frequently touched. These include your telephone, doorknobs, your refrigerator handle, your wheelchair controls, lifting device controls and remote controls. Place wipes near the items that should be regularly cleaned as a cue for you and your attendants.
10. Have your attendant take extra steps to avoid possibly infecting you by wearing a surgical mask if someone close to your attendant like a member of their household becomes sick. You both should be extra vigilant about cleanliness.
11. If your attendant becomes sick, urge them to seek medical care and utilize your backup attendants.
12. Take immediate steps to avoid infecting your attendants if you, one of your attendants, or a member of your household begins to feel sick. Protecting their health supports your own independence. Ensure everyone washes their hands and uses hand sanitizer regularly. As a person with a disability, it may be difficult for you to cover a cough or sneeze, so we encourage you to wear a surgical mask if you are sneezing or coughing. It is important to use a surgical mask correctly. The following link explains how to properly use one. <https://www.sfcdc.org/communicable-disease/healthy-habits/ how-to-put-on-and-remove-a-face-mask/>
13. If someone in your household becomes sick, take steps to avoid infecting other people. If possible, have them stay in a separate room of your home to get well. Regularly clean, sanitize and disinfect shared spaces, particularly the bathroom to avoid spreading the infection.
14. If you become sick, seek medical care immediately. As people with disabilities we are at greater risk from illnesses like these.
15. If you cannot be supported at home, contact your doctor and notify Options so we can make sure you are able to get back home when your situation is resolved. Many of us know people with disabilities who have been institutionalized when they sought medical care, so some people are reluctant to seek medical support.

STAY SAFE MN



Resource Center for Independent Living

In cooperation with the Minnesota Department of Health

Your **COVID Community Coordinator**

Resource center for people with disabilities

Mission Statement

Options is a non-profit organization committed to assisting individuals with disabilities to live independently in the communities of their choice and to eliminate barriers of attitude, architecture and communication from the environment.

Contact Info

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Toll-Free 800-726-3692
Text-Line 701-864-0296
Fax 218-773-7119
Email options@myoptions.info

On the Web

www.MyOptions.info
www.OptionsOutdoors.org
Facebook.com/optionsRCIL

Vision Statement

Options sees a world where people with disabilities: enjoy the same human and civil rights as citizens without disabilities; live, attend school, work and play in an integrated accessible community; are respected citizens and community leaders; and face no attitudinal, architectural or communication barriers.

Text us Your Questions on our Text-Line at 701-864-0296

If you would like this newsletter in alternative formats, such as audio, braille or digital, please contact Mike or email options@myoptions.info.

If you would like to receive this newsletter and other publications by email submit your request to options@myoptions.info or call us.

The production of this newsletter is funded by the Minnesota Department of Health, funding of which can not be construed as an implied endorsement of content or factualness.

While the Information contained in this issue has been presented with all due care, Options IRCIL and its funding partners do not warrant or represent the Information as being free from errors or omissions.

This newsletter is for informational purposes only; it does not constitute legal advice or medical advice, and should not be construed as such.

Always seek advice from qualified medical or legal professionals with questions which you may have to insure it is applicable to your situation.