



Housing Authorities, Owners, and Sponsors
State Congregate and Elderly Housing

Notice: OPRHS 20-002

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Subject: Coronavirus Update

The State of Connecticut, Department of Housing is committed to taking critical steps to ensure the all Congregate and Elderly Housing residents are protected from communicable disease, including Coronavirus Disease (COVID-19).

To prevent the spread of Coronavirus Disease (COVID-19) in Congregate and Elderly Housing facilities where the majority of the residents are those who are at higher risk due to age and health conditions, **effective immediately**, the State of Connecticut, Department of Housing is strongly encouraging that all such facilities impose restrictions on all visitors **except** when a current health state (e.g.; end of life) is in question. The facilities may allow a visitor(s) to a resident who is on hospice or end-of-life care as long as the appropriate personal protective equipment (PPE) is used in accordance with Center for Disease Control and Prevention (CDC) guidance documents and when the resident meets the criteria based on exposure to COVID-19.

We are asking that additional steps be taken to help prevent and delay the spread of COVID-19:

- Anyone returning from a Level 2 or 3 country (China, Iran, Italy, Japan and South Korea) to self-monitor for 14 days upon their return to the United States;
- Avoid attending events or meetings with larger numbers of people with arm's length to each other, encourage those who are at higher risk due to age (70 or older), cardiovascular disease, diabetes, cancer, heart disease, or chronic lung diseases like COPD, as well as those with severely weakened immune systems, not to attend the events;
- Direct property cleaning contractors to increase the use of disinfectants when cleaning the property and to increase the frequency of disinfectants cleaning, especially focusing on common touch points;
- Advise people who think they have COVID-19 to call their healthcare provider, they should not go directly to a healthcare facility without first calling a healthcare provider (unless they are experiencing a medical emergency);
- If they haven't already, encourage them to get a flu shot;
- Wash hands thoroughly and often throughout the day. Use warm water and soap. If soap and water are not available, use an alcohol-based hand gel;
- Cough or sneeze into your elbow. Viruses can spread by coughing or sneezing on other people or into your hands;
- Avoid touching eyes, nose, or mouth. Germs spread this way;

- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious foods;
- Keep surfaces (especially bedside tables, surfaces in the bathroom, and toys for children) clean by wiping them down with a household disinfectant.

Also, Housing Authorities, Owners, and Sponsors of Congregate facilities are strongly encouraged to establish and have a plan of action in place should a resident contract Covid-19. The plan should include but not be limited to sequestration of the individual(s), distribution of daily meals, and continuation of light housekeeping.

For the most up to date information from the State of Connecticut, as well as guidance and other resources visit ct.gov/coronavirus.