



**STATE OF CONNECTICUT**  
**DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES**  
*A Healthcare Service Agency*

NED LAMONT  
GOVERNOR

MIRIAM E. DELPHIN-RITTMON, Ph.D.  
COMMISSIONER

**MEMORANDUM**

**To:** DMHAS Staff  
**From:** Miriam E. Delphin-Rittmon, Ph.D.  
**Date:** March 17, 2020  
**Subject:** DMHAS COVID-19 Staff Update #2

As COVID-19 continues to spread across the country and the state, DMHAS is continuously reevaluating operations across the DMHAS statewide system to protect the health and safety of the people we serve and the dedicated staff who serve them. At this time, the following services will continue:

- Mobile crisis
- Assertive Community Treatment (ACT)
- Inpatient services
- Residential services

DMHAS is adjusting outpatient services, Young Adult Services and Community Support Programs so client care can continue while promoting social distancing. These adjustments, which will be happening over the next few days, may include:

- Having clinicians work from home and do phone check-ins of clients. State-operated facilities will maintain a small multidisciplinary team on-site;
- Using mobile teams for community-based administration of IM medication; and,
- Closing wellness centers and social clubs, and providing individuals telephone check-ins.

Here are other ways to promote social distancing in our everyday work to help prevent the spread of COVID-19 and other respiratory illnesses:

- Maintain 6 feet between others whenever possible;
- Encourage patients to wash their hands upon entry to the facility. Staff should also wash their hands when entering the facility and frequently during their shift;

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- During times where individuals typically congregate, such as meal times, try to disperse people as much as possible (allow eating in day halls and other areas not typically used for dining to increase space between people);
- Wipe and disinfect surfaces (tables, chairs, etc.) regularly and between client use;
- Use vans rather than cars for transport to increase distance between drivers and passengers when possible. Wipe down and disinfect vehicles after use.

In addition, DMHAS is working to implement brief health screenings for staff and patients entering all State-operated facilities. If you would like to use or modify the screening tools the agency is using you can find them on the DMHAS COVID-19 website at <https://portal.ct.gov/DMHAS-COVID-19>.

All staff are encouraged to take these steps to monitor their health:

- Take your temperature with a thermometer twice a day—once in the morning and once in the evening—to monitor for low-grade temperature elevation (>99.9°F, >37.7°C).
  - Note that the Centers for Disease Control and Prevention (CDC) continues to list a temperature of 100.4°F (38°C) as a criterion for suspected COVID-19 infection, but low-grade fevers are frequent in the early stages of illness.
- Watch for the following symptoms to increase detection of possible COVID-19 infection:
  - Cough OR
  - Trouble breathing OR
  - Fatigue or malaise OR
  - Muscle aches (myalgia)

If you have any of these symptoms, you should stay home and avoid interactions with others.

The health and safety of our staff and the people we serve is our top priority. We will continue to reassess the steps we are taking and make changes as necessary. We know this is a difficult time for us all and appreciate all you are doing to continue providing quality care and services to people across the DMHAS system of care.

***Remember- “Wash your hands and if you are sick stay home”.***