Supporting Residents in Group Living Situations during COVID-19

This document provides interim guidance specific for congregate or shared living residents with behavioral health disorders during the outbreak of Coronavirus 2019 (COVID-19). Congregate living includes and is not limited to homeless shelters, residential facilities, domestic violence shelters, recovery homes, etc. In addition to monitoring for signs of COVID-19, residents need to continue managing their mental health, addiction recovery, and primary care needs through continued supports available.

**Phase 1: Follow State Orders**
- Remain at the residence except for essential tasks and exercise
- Maintain social distancing of at least 6 feet from others
- Wash hands often for at least 20 seconds
- Cover coughs and sneezes
- Clean and disinfect frequently touched surfaces
- Report sore throat, fever, dry cough, or shortness of breath
- If there is contact with someone who has tested positive with COVID-19, follow quarantine instructions in Phase 2 for 14 days

**Phase 2: Quarantine 2: or Isolation for Mild Symptoms**
- Contact primary care provider, local health department, telehealth, guardian and/or family
- Quarantine in a single room with own bathroom if possible for 14 days
- Identify who and how to contact someone when help is needed
- Eat in your own room or arrange alternative schedule to eat separate from those who are not being quarantined or isolated
- Designate time to be outside when others are not
- If symptoms become severe, move to Phase 3: Transfer
- Move to Phase 4: Recovery when feeling better

**Phase 3: Transfer for Severe Symptoms**
- Severe symptoms include: difficulty breathing, pain or pressure in chest, sudden dizziness or confusion, severe or persistent vomiting or diarrhea, flu-like symptoms improve but then return with fever and/or worsening cough
- Call or have someone call 911 for transfer from the facility. Be sure to tell the operator this is a confirmed or potential case of COVID-19
- Follow instructions from emergency personnel and continue isolation until transfer
- Move to Phase 4: Recovery upon returning home

**Phase 4: Recovery**
- Quarantine or Isolation at home until:
  1) resident is free of fever
  2) other symptoms have improved for at least 72 hours
  3) a minimum of seven (7) days have passed since symptoms first began

**Ohio Crisis Text Line:** text keyword “4HOPE” to 741 741

**Disaster Distress Helpline:**
1-800-985-5990
(1-800-846-8517 TTY)

**Ohio Department of Mental Health and Addiction Services helpline:**
1-877-275-6364

**Quarantine** means separating and restricting the movement of people who were exposed to a contagious disease to see if they become sick.

**Isolation** means separating sick people with a contagious disease from people who are not sick.