



Fall Term 2020 Guidelines

Welcome to the fall term at AutismUp! We continue to stay focused on the steps needed to re-open and stay open. As always, safety is our number one concern! We have taken all the necessary protective measures as outlined by Federal and State guidelines. We appreciate your efforts to follow our guidelines around physical distancing, wearing face coverings, hand washing protocols and overall good hygiene. We have screening surveys to mitigate the safety risks. Please ask us for our social stories to help assimilate to the new expectations at AutismUp. We want you here and we want you to stay healthy! So, please bear with us as we re-adjust to these new rules.

These guidelines highlight ways in which we all can work together in our shared commitment to keeping our community healthy. We are all in this together, and together we will make sure our AU families get the support and services they need while staying healthy.

With gratitude,
Sarah Milko, Executive Director

Our commitment to help prevent the spread of COVID-19

I promise to:

- Stay home when feeling ill and if I or someone I live with has tested positive for COVID-19
- Stay home if I have a temperature of 100.0+ F
- Stay home if I have travelled recently to a state that is a “hot spot” for COVID-19
- Practice physical distancing, staying at least six feet away from others if at all possible
- Wear a face covering when around people and to regularly wash / sanitize my face covering(s)
- Wash my hands with soap and water upon entering the building and regularly while there
- Utilize the hand sanitizers when I cannot wash my hands
- Avoid touching my face, especially my mouth, nose, and eyes
- Enter the building through the main door and exit the building per instructions
- Follow AutismUp staff instructions at all times

AutismUp promises to:

- Continue to take our community’s safety and wellbeing as our priority
- Provide a face covering to anyone who requests them
- Provide disinfecting supplies and enhanced cleaning, especially for high touch surfaces
- Provide regular communication in this time of rapid change
- Provide resources from reliable sources regarding COVID-19
- Enforce enhanced cleaning, personal hygiene, masking and physical distance protocols
- Continue to serve our community through these difficult times

Contact Craig Jones at cjones@autismup.org for programming related questions.

Contact Kathleen Wihlen at kwihlen@autismup.org for employee related questions.

Physical / Social Distancing

During the Fall Term we have scheduled only in-person Personal Training sessions and limited Family Gym times. While the AutismUp schedule will result in much less traffic in the Golisano Autism Center (GAC) we cannot speak for the other providers. Regardless we strongly encourage all members of our community visiting the GAC to follow Social Distancing Guidelines at all times.

These guidelines include trying to maintain 6 feet of distance between you and other people. We understand during Personal Training sessions this may be difficult at times. We plan on providing AutismUp Staff with the appropriate PPE especially if a participant is not able to wear a mask during the entire session. At times, the caregiver who accompanies the participant may be asked to assist for social distancing purposes.

During the Family Gym time, Family Members and Caregivers are required to provide all support and engagement opportunities when applicable. Family Members are responsible for behavioral management interventions when needed. AutismUp Staff Members will be stationed in the Gym during all Gym Time Activities to provide supervision while ensuring all health and safety guidelines are followed at all times.

Utilizing Personal Protective Equipment

AutismUp Staff and visitors will be required to wear face coverings **at all times throughout the GAC**. Participants and Family Members/Caregivers do have the option to remove their face covering while in the Gym when involved in activities (if you are not participating in an activity you will be required to keep your mask on.) If a mask is taken off in the Gym to workout, please put it back on when visiting other areas of the GAC. We also strongly encourage everyone to utilize proper hygiene by washing their hands prior and following each Personal Training session or Family Gym Time. Hand sanitizing stations are located throughout the GAC when washing hands is not readily accessible.

We are all in this together

This term may present challenges that none of us could expect so we appreciate everyone's patience and understanding as we work through this "new normal" together. Safety is our number one priority. If we feel that certain individuals are not able or willing to abide by our safety rules, we may ask that individual not to return until he / she can demonstrate safe behaviors.

Screening Questions

In an effort to limit the transfer of COVID-19, please help us to administer the required screening process.

If you work for AutismUp	If you are visiting AutismUp
Every day that you expect to come to the office you will be required to complete the screening survey electronically or with an AutismUp staff designee.	Once you arrive at the Golisano Autism Center please wait in your car and you will be contacted by the Manager on Duty who will ask everyone the following screening questions.

1. Have you been diagnosed with COVID-19 in the last 14 days?
2. Have you been in close contact with a person diagnosed with COVID-19 in the last 14 days?
3. Have you travelled internationally in the past 14 days?
4. Have you travelled to another state in the past 14 days?
If you answered yes, what states have you travelled to?
Please refer to <https://coronavirushealth.ny.gov/covid-19-travel-advisory> for the most current coronavirus "hot spots."
5. Do you currently have a temperature above 100.0 F?
6. Do you currently have a sore throat?
7. Do you have body aches or chills?
8. Do you currently have a cough?
9. Are you currently experiencing shortness of breath or having difficulty breathing?
10. Have you recently experienced a loss of taste or smell?
11. Do you have a loss of appetite?
12. Do you have nausea, vomiting or diarrhea?

If you respond "Yes" to ...

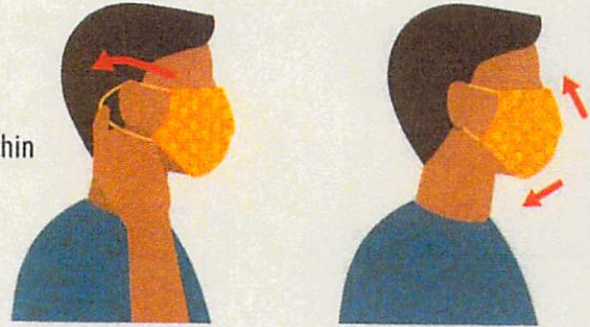
- Question 1 we ask that you contact your primary physician & follow the necessary steps including not returning to AutismUp for at least 14 days.
- Questions 2 – 4 we ask that you immediately follow NYS guidelines and self-quarantine at home for 14 days.
- Questions 5 – 12 we ask that you stay / go home and do not return to AutismUp for at least 3 days once the symptom(s) have passed.

How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)