



Health & Wellness: Prepare Your Program for Coronavirus (COVID-19)

DSUSA Member Organizations,

As the Coronavirus (COVID-19) expands across the United States, there is a chance that programming and events within the DSUSA Member Network may be impacted. As such, we wanted to provide some direction and resources around the topic.

Detailed information about transmission, symptoms, current situation and preventative measures to be taken can be found at the [CDC Website](#). The CDC's National Institute for Occupational Safety and Health (NIOSH) has also released [guidance for businesses](#) to prevent workplace exposures.

In general, we recommend you take some of the following steps to safeguard the health and wellness of your participants, volunteers, and staff:

Be Prepared:

- Encourage participants/volunteers/staff who are sick, or display symptoms, to stay home.
- Encourage good hygiene practices that including washing hands, using surface disinfectants and hand sanitizers, and adopting a "no hand shake" policy.
- Ensure that your sick leave policies are flexible and offer telecommuting options, if available.
- Advise participants/volunteers/staff to take steps prior to traveling, including checking the [CDC's Travelers' Health Notices](#) website .
- Explore practices such as flexible work sites and work hours, and cross-training employees in essential roles to minimize workplace disruption.

Be Thoughtful:

- How might programs/events be impacted?
- How might travel be impacted?
- Who is most at risk?
- Can remote work be accomplished by staff?

Disabled Sports USA values the programming delivered on a daily basis by our Members Network, but above all we value the health and well being of everyone involved.

Stay healthy and safe!

Disabled Sports USA
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