

# TADISO TIMES

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## IMPORTANT NEWS.....

Please be sure Tadiso has your current phone number. If there is any type of emergency in the community, Tadiso may have to contact you to report to the clinic to pick up take home medication.

Also, tune your TV to WPXI or KDKA, for updates.



With St. Paddy's Day falling on a Saturday this year, the fourth most popular drinking day is bound to be extra unlucky for those who choose to get behind the wheel after drinking.

75% OF FATAL drunk driving accidents on St. Patrick's Day will involve a driver who has over 2 times the legal limit for blood alcohol content.

Don't push your luck this St Paddy's Day. Plan your sober ride home in advance.

## CORONAVIRUS COVID-19 from the CDC and the PA Department of Health

### What is coronavirus?

Coronaviruses are a large family of viruses, some causing illness in people and others circulating among animals, including camels, cats and bats. The 2019 novel coronavirus (COVID-19) is a new virus that causes respiratory illness in people and can spread from person-to-person.

### How can the Coronavirus spread?

Human coronaviruses spread just like the flu or a cold:

- Through the air by coughing or sneezing;
- Close personal contact, such as touching or shaking hands;
- Touching an object or surface with the virus on it;
- Occasionally, fecal contamination.

### How can I help protect myself?

- Cover coughs or sneezes with your elbow. Do not use your hands!
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Clean surfaces frequently, including countertops, light switches, cell phones, remotes, and other frequently touched items.
- Contain: if you are sick, stay home and contact your PCP.

### What are the symptoms of coronavirus?

Symptoms of the COVID-19 can include:

- Fever
- Cough
- Shortness of breath

The symptoms may appear in as few as two days or as long as 14 days after exposure. Reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying.

### FOR TADISO PATIENTS:

**If we do not have your current phone number, we can not reach you in the event of an emergency. If we have to give take home medication, we need your current phone number.**

**Update your phone number NOW. Call your counselor or tell the dispensing nurse.**

**If you are sick, stay home and call your PCP.**

### More on Black History Month

During the month of February, Tadiso recognized Black History Month with displays in the patient lobby and the employee lunchroom. Thanks to the committee who organized the activities. A special thank you goes out to patient Mr. P for planning the exhibit in the patient lobby. He volunteered his time putting the exhibit together and meeting with the committee to plan the event.

## Germ Farm



**Scrub'em!**

# THE RECOVERY SUPPORT PROGRAM AT TADISO

In 2016, Tadiso began hiring Recovery Support Specialists (RSS) who have real life experience with substance use. Currently, we have 18 employees in this department.

## What does an RSS do ?

RSS services are not treatment in the clinical sense of the term; rather, RSS services are intended to enhance the treatment continuum by helping to prevent relapse and promote sustained recovery. If a patient relapses, the RSS can help minimize the negative effects through early intervention. The primary function of the RSS is to help individuals gain access to needed resources in the community by assisting them in overcoming barriers and helping them bridge gaps between their needs and available resources. The RSS will be responsible for outreach, support, and guidance for Tadiso patients. New patients can get assistance applying for transportation services to the clinic and applying for other necessities such as food and shelter. Other services will include outreach, mentoring, peer support and guidance. A RSS will work closely with patients during, and after their treatment experiences to support and assist them in their recovery, in understanding and navigating the system of care, as well as to encourage and guide any necessary connections with other service systems.



## How can I contact an RSS??

If you are interested in RSS services, contact your counselor and request a RSS.



## CLOSING ON EASTER

Will you get take home medication??

Tadiso plans to close the clinic on Easter Sunday, April 12, 2020. If you would like to receive take home medication, produce a NEGATIVE UA in March.

Then enjoy Easter with your family and forget about rushing to the clinic.



## COVID—19

There is currently no vaccine to prevent coronavirus disease (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- **Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom and before eating. Teach your children how to wash hands!!**

