



As a behavior healthcare provider, my #1 job is to keep you safe. Safe from harm. I have been listening, watching, and reading intensively about the Coronavirus world-wide since our first case in Illinois on January 21st, 2020.

Here are some resources for you:

- What You Can Do To Keep Yourself and Your Family Safe <https://www.cdc.gov/coronavirus/2019-ncov/protect/index.html>
- How to Get Your Household Ready <https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html>
- What's Happening in Illinois? <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/preventing-spread-communities>
- What can Illinois residents do to prepare and stay safe <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/preventing-spread-communities/household>

Gov. JB Pritzker issued a disaster proclamation March 9, 2020 regarding COVID-19 that gives the state access to federal and state resources to combat the spread of this newly emerged virus and asked us to observe [Social Distancing](#) to help stop the spread along with other mandates in a [press conference on March 12th, 2020](#).

The Department of Labor OSHA3990 guidelines for Social Distancing recommends: "Employers should explore whether they can establish policies and practices, such as flexible worksites (e.g., telecommuting) and flexible work hours (e.g., staggered shifts), to increase the physical distance among employees and between employees and others if state and local health authorities recommend the use of social distancing strategies."

Following the Illinois Department of Public Health Guidelines, performing a risk assessment using the U.S. Guidance for the COVID-19 disease, and after contacting the management of our outpatient facility to gain a deep understanding of the policies in place for the public, Gruener

Consulting is moving all scheduled counseling appointments to telemental health until April 2, 2020. We may lift or extend this policy given the rapidly changing information.

Here is what Gruener Consulting is doing for you:

- Asking our management company and leasing agent to provide written documentation of their cleaning and infectious disease reporting policies
- Training all current clients on telemental health
- Offering extended hours for telemental health services
- Contacting BCBS IL and Optum for our current clients for their telemental health services
- Increasing communication with our clients
- Monitoring local information about COVID-19 in the State of Illinois, Chicago and the Western Suburb communities
- Encourage personal protective measures among other businesses that share our office space (e.g., stay home when sick, handwashing, respiratory etiquette)
- Clean and disinfect frequently touched surfaces daily our office space when in use by Gruener Consulting
- Canceling larger groups or gatherings

Here's what we ask of you:

- Stay home if you are sick, have a family member who is sick, or have been exposed to the COVID-19 virus
- Contact Catherine Gruener through your online portal with any questions