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## COVID-19 | MEMBER PROTOCOLS & INFORMATION

### National Alliance for Recovery Residences Updated Information - April 10<sup>th</sup>, 2020

Our community is learning a great deal about adversity, resilience, and living in times of change. NARR (National Alliance for Recovery Residences) has reviewed recommendations about COVID-19 from a variety of reliable resources, and we are implementing the protocols herewith as an effort to keep our recovery community safe during this pandemic. Together we can survive and thrive!

### Coronavirus Background

This virus is highly contagious. From the Centers for Disease Control: "The virus is thought to spread mainly from person-to-person between people who are in close contact with one another (within about 6 feet). This occurs through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs." It can be transmitted by individuals who do not have symptoms and the virus can live on surfaces for up to three days. Your hands can pick up the virus from contaminated surfaces, and you can become infected if you then touch your mouth, nose or eyes without first washing your hands.

Symptoms include fever, cough, and difficulty breathing. Although symptoms are mild for many, the virus is fatal for some. Factors increasing risk of adverse or deadly reactions are age (mainly over 70), compromised immune system, heart or lung disease, and other indicators of poor general health.

### Virus Weakness

The virus has a fatty coating which soap and alcohol will dissolve, killing the virus.

### Improving Your Immune Resistance to the Virus

**Dr. Wiley Patterson, MD & Dr. Dorothy Byrne, PhD, LPC-S,CHt, RDN, LD, CAS, RM**

- VITAMIN C 1000 mg 5 times a day.
- VITAMIN D3 3000 - 8000 IU once daily.
- ZINC SULFATE 100 mg daily.
- N-Acetyl Cysteine 1000 mg twice a day.
- BIOTIN 5000 micrograms twice a day. If symptomatic with current airborne allergies, take 5000 mcg once an hour until you dry up, then resume twice a day.
- POWER LYSINE 3000 mg (3 grams) Per Day in divided doses. The Whole Foods power lysine has 1500 mg per capsule, so 2 capsules a day, one in morning & one at night, gives you the 3000 mg (3 gm). I don't advise longer than 2 weeks. Can use this at start of infection to minimize symptoms.

### Lots of Rest

THIS IS PROBABLY THE MOST IMPORTANT PART.  
PHYSICAL AND EMOTION STRESS WEAKENS YOUR IMMUNE SYSTEM

## Sources for Accurate and Helpful Information

### **NARR - National Alliance for Recovery Residences**

<https://narronline.org>

### **Best practices and resources guide for residents, providers and staff members of recovery residences.**

<https://drive.google.com/file/d/1E4uLjz1hRX01y2-8S-dD3rt5Llgtwyc/view>

### **EPA - Environmental Protection Agency**

Ensure that you have appropriate cleaning and containment supplies including disinfectant materials, disposable rubber gloves, facial tissues, etc.

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

### **CDC - Center for Disease Control**

- Primary information source on COVID-19 and national developments.
- Background on the virus and disease, informational posters, news updates, and information on protecting us and the people we serve.

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

### **CDC - Print Resources**

[https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc&CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunication%2Ffactsheets.html](https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc&CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunication%2Ffactsheets.html)

### **Process for Verified or Presumptive Positive COVID-19**

<https://drive.google.com/file/d/1pvZesz3gnOlKws5mjYiQjllQkvx2uu2/view>

### **Online AA Meetings ATX**

[https://docs.google.com/document/d/1g\\_LF2EFvSHgy14wFHamhuM7oamdUCyxQRRWFrAHCoMs/edit](https://docs.google.com/document/d/1g_LF2EFvSHgy14wFHamhuM7oamdUCyxQRRWFrAHCoMs/edit)

### **Netflix - Coronavirus Explained | Documentary**

<https://www.netflix.com/search?q=coronavirus&jbv=81273378&jbp=0&jbr=0>

## MEMBER REQUIREMENTS AND COMMUNITY EXPECTATIONS

The following precautions are recommended by public health experts and are particularly relevant to individuals sharing living quarters or working in residential settings.

- Precautions are important not only for your own protection but also for the protection of those with whom you come in contact – many of whom are at elevated risk from this virus. You can become a carrier and transmit the disease to others without being aware that you have been exposed to the virus.
- Do not assume someone is virus-free just because they do not have symptoms. This virus has spread unchecked for many weeks, and we do not yet know how prevalent it is or which communities have high numbers of contagious individuals.
- DO NOT invite visitors to the residence. Secure the permission of your housemates and Recovery Management before extending invitations.
- **SPONSORS DO NOT NEED PERMISSION TO ENTER RESIDENCE.** It is required that your Sponsors wear a **Face Mask at ALL TIMES in HAUS.**
- Maintain a safe distance from others – six feet or more is recommended. Replace handshakes and hugs with other forms of greeting that do not involve person-to-person contact.
- Avoid touching your face with unwashed/unsanitary hands to avoid transferring the virus to your nose, mouth or eyes and increasing the likelihood of infection.
- **MANDATORY: Upon ENTERING HAUS** - Wash your hands thoroughly (at least 20 seconds) with soap and hot water. Do this as often as possible, especially after touching surfaces that could be contaminated. i.e. Unpacking groceries or opening a package from Amazon.
- Cough or sneeze into a tissue, or into your elbow/sleeve if tissues are not available.
- Do not share dishes, cups, glassware or silverware with others. Immediately place used items promptly in dishwasher for disinfecting after each use.
- Recovery Haus Management will be issuing additional disinfecting measures on the haus chore chart and will be discussed at the haus meeting. This is in addition to standard cleaning by maid service, and includes countertops, bathroom fixtures, faucets, switches and doorknobs, railings, and any surfaces of equipment that are touched regularly.
- These circumstances are stressful and destabilizing. Self-care is vital, as is staying connected to your program of recovery. Public health precautions include increased physical separation, but that does not mean emotional and interpersonal isolation. Use your phone, text and email to stay connected to others. Skype, Facetime Google Hangouts/Duo, Zoom and other platforms provide connections to others through video chat. If your usual recovery groups are interrupted, seek out alternatives including online meetings.
- This is a great opportunity to BE of SERVICE. Members who find it difficult to engage in outside activities, whether due to compromised immune systems, or just from fear can be assisted by other members in connecting to new relationships and recovery activities and can be assisted in necessary day-to-day activities like shopping.
- Monitor local news and public health sources for current information.

- Be kind to your Littermates. A charitable attitude can go a long way toward helping others who may be struggling.

## Visitors/Vendors

- **DO NOT** invite visitors to the residence. Secure the permission of your housemates and Recovery Management before extending invitations.
- **SPONSORS DO NOT NEED PERMISSION TO ENTER RESIDENCE.** It is required that your Sponsors wear a Face Mask at ALL TIMES in HAUS.
- **ALL VISITORS MUST:**
  1. Wear a Face Mask upon entering residence.  
(Face Masks are Available at Entrance)
  2. Fill out COVID-19 Visitor Questionnaire Form.
  3. Have their temperature taken.

## New Member Admissions

- We are addressing the potential risks arising from new residents. A resident coming directly from a treatment center will be accepted assuming the treatment center reports no cases or symptoms present.
- Anyone coming from outside of a treatment center must:
  1. Contact Physicians Premiere ER Central Location and Schedule an Appointment for COVID-19 Antibody & Nasal Swab Tests:  
5525 Burnet Rd. Unit A  
Austin, TX 78756  
PHONE: 512.371.0911
  2. Upon a negative antibody test (1hr turnaround), member will be allowed admittance into community. Nasal Swab Test results take 1.5-3 days for results and will be monitored also.
- Be sensitive to the fact that our current circumstances are likely to drive many more people to seeking recovery, including many who do not have safe places to live. They need our help too.

## Members in Public

- **ALL MEMBERS MUST WEAR MASKS IN PUBLIC UNTIL FURTHER NOTICE.**

Herd immunity is the end goal here and simply wearing face masks and washing hands greatly increases the chances of catching coronavirus.
- Masks will be provided by Haus Management and must be cleaned following instructions on CDC posted CDC diagram.
- Use hand sanitizer in public wherever provided and wash hands whenever possible.
- Regularly disinfect vehicle steering wheel, switches, knobs, trunk lid handles, etc...
- Avoid crowds and events where safe distances cannot be maintained. Avoiding unnecessary interaction with others protects you, and it also ensures that you do not transmit the virus to others.
- Maintain a safe distance from others – six feet or more is recommended. Replace handshakes and hugs with other forms of greeting that do not involve person-to-person contact.

## Recovery Haus Management

- Verbal/Written Warnings & Corrective Measures

Use discretion with issuing verbal/written warnings to members for not adhering to the policies set within these COVID-19 protocols. If a member habitually does not comply with our COVID-19 standards, it can be grounds for termination of membership at Harmony Haus Sober Living.

- Ensure that you have appropriate cleaning and containment supplies including disinfectant materials, facial tissues, soap, face-masks, visitor questionnaires, etc...
- Be prepared to provide resources to residents such as for filing unemployment, lists of 12-Step Zoom Meetings, Physicians Premiere ER Information: 5525 Burnet Rd. Unit A, Austin, TX 78756, 512.371.0911
- Manage Expectations with Members Therapeutic Alliance & Families by providing these protocols during communications. Simply text the PDF version of this document available in the share drive.

## PROCESS FOR VERIFIED OR PRESUMPTIVE POSITIVE COVID-19

### Member Showing Symptoms

#### IMMEDIATELY:

1. Isolate Presumptive Positive COVID-19 Member Outside Facility.
2. IF MEMBER IS HAVING TROUBLE BREATHING – CALL 911
3. Recovery Haus Manager – Put on PPE N95 Face Mask & Gloves.  
(Containment Bag Should be in Vehicle AT ALL TIMES)
4. Call Doctor at Physicians Premiere ER PHONE: 512.371.0911
5. Call Leadership PHONE: 512.962.3018.
6. Assist the member getting to Physicians Premiere ER, wearing a N95 Face Mask & Gloves.  
5525 Burnet Rd. Unit A  
Austin, TX 78756  
PHONE: 512.371.0911

### Community Instructions After Presumptive Positive COVID-19 Member Incident

#### IMMEDIATELY:

1. Inform Community Members in Group Chat of Presumptive Positive COVID-19 Member.
2. Instruct ALL COMMUNITY MEMBERS to Implement Use of PPE in Containment Bag.
3. Instruct ALL MEMBERS TO PUT ON N95 Face Masks & Gloves and go to Physicians Premier ER for Antibody and Nasal Swab Testing.  
5525 Burnet Rd. Unit A  
Austin, TX 78756  
PHONE: 512.371.0911
4. All Members Must COMPLY or WILL NOT BE ALLOWED BACK IN HAUS
5. Recovery Haus Manager – Put on PPE N95 Face Mask & Gloves
6. Head to Physicians Premiere ER on Burnet and Call Doctor & Inform Leadership
7. If Possible, Assist Members Traveling to Physicians Premiere ER, Wearing PPE  
5525 Burnet Rd. Unit A  
Austin, TX 78756  
PHONE: 512.371.0911

8. Upon a negative antibody test (1hr turnaround), members will be allowed admittance back into facility. Nasal Swab Test results take 1.5-3 days for results and will be monitored.
  9. Members with Negative Antibody Test will be allowed back in the house after entire Haus has been unoccupied for a total of 5 hours. This allows for any Airborne droplets of coronavirus produced when an infected person coughs or sneezes to settle for disinfecting.
  10. Members returning to house will be required to disinfect entire haus to include: All surfaces, switches, knobs, banisters, floors, carpets, etc...
- Verified presumptive Positive COVID-19 Member with symptoms will be isolated to the greatest extent possible.
  - This may require temporary moves of members to designated areas within the residence for quarantine/isolation/social distancing.
  - We have one room and one bathroom designated as needed.
  - Depending on totality and severity of coronavirus outbreak, an off-site location to be disclosed after incident and upon direction from Medical Counsel may be acquired and used for isolation while recovering.

## PROCESS FOR SELF-ISOLATION IN THE RECOVERY HAUS

### 1. SELF-ISOLATION

- The member will wear a facemask whenever they leave their room and door is to remain closed at all times. If anyone needs to be in the same room as the quarantined member, they will need to also wear a face mask/face hood.
- If at any point the member is having trouble breathing, call 911 and let the operator know there are symptoms of COVID-19. In some instances, the member may be asked to go to the hospital, please call Physicians Premier ER, 512.371.0911, let them know the member is coming with symptoms of COVID-19. In other cases, the resident may be asked to self-isolate.
- The member will be supported to self-isolate in an individual room.
- This means the resident will stay in a single room, only leaving the room to use the restroom or to get medical care.
- The member will follow the protocols for self-isolation listed in #7.
- Please seek medical attention if these signs appear:
  1. Trouble Breathing
  2. Persistent Pain or Pressure in the Chest
  3. New Confusion or Inability to Arouse
  4. Bluish Lips or Face
  5. This is NOT ALL INCLUSIVE. Please consult a medical professional for any other symptoms that are severe or concerning.

- The member will need to keep soiled clothes in closed laundry bag then wash laundry thoroughly when able following the steps below:
  1. Wear disposable gloves and keep the soiled items away from your body while laundering.
  2. Wash hands immediately after removing gloves.
- Member will clean and disinfect their room routinely.

## 2. BATHROOM

- There will be one bathroom designated for the member with COVID-19 or presumptive case.
- Member will be asked to use disinfectant in the bathroom and on the bathroom knobs.
- Wash hands thoroughly after using the restroom.
- All other residents will use a separate designated bathroom, ensuring the safety of everyone in the house.
- This is an opportunity to speak with each resident about acceptance, support and selflessness.

## 3. KITCHEN

- House managers will make a list for service work opportunities to provide meals/food for the member who has been diagnosed or presumptive with COVID-19
- The diagnosed member will utilize the food they have purchased for use.
- When the sick member runs out of food, we will get additional food for member.
- If the diagnosed member does not have resources for food, Harmony Haus will provide food, nourishment, and essentials during quarantine.
- The diagnosed member will make a list of what they would like to eat.
- The diagnosed member will be provided with meals by the other members and the Recovery Haus Manager.
- The food will be brought to the door of the diagnosed member's room, using paper products and plastic silverware whenever possible.
- Encourage the diagnosed member to drink lots of fluids to stay hydrated.
- Wash hands thoroughly before and after food preparation as well as after the food has been delivered.
- When paper products are not available, the dishes, cups and silverware will be picked up with gloves and immediately put in the dishwasher.
- This is an opportunity to discuss service work and the benefits.

#### 4. PROPERTY EXTERIOR/OUTSIDE

- Once a member begins to feel better, they will start to feel cooped up.
- We must follow the protocols listed in #7 as when to stop self-isolation.
- The diagnosed member will notify the Haus Manager when they want to go for a walk or a car ride.
- The diagnosed member can leave the Haus to go for walks or drive (if they have their own car). The member will need to physically distance themselves 6-feet wearing a face mask at all times.
- The Haus Manager will notify all other members to go into their respective rooms while the diagnosed member is leaving the Haus.
- The same will happen when member returns.

#### 5. PARTICIPATING IN RECOVERY SUPPORTS & ACTIVITIES

- The diagnosed member will call the Haus Manager or another member's phone to participate in recovery meetings held at the Haus.
- The member will be supported to participate in virtual recovery meetings, meditations, FB Live activities and teletherapy/counseling.
- For recovery activities that are occurring at the Haus, the Haus Manager will put the diagnosed member's materials outside of the door of the member for them to participate as well.
- The Haus Manager will Face Time or conference call the diagnosed/presumptive member to comply with physical distancing, not socially excluding.

#### 6. PROCESS FOR CHECKING IN ON THE MEMBER

- The Haus Manager will check in on the sick member throughout the day virtually.
- Regularly ask them about symptoms and make sure the person isn't getting sicker and in need of medical care.
- Each time a meal is delivered ask the resident about symptoms.
- Inform the member to call Physicians Premiere ER, 512.371.0911 or 911 if they begin to feel worse or need medical attention.
- Error on the side of caution if the symptoms are worsening, call medical professionals immediately

#### 7. ISOLATING MEMBERS CAN STOP ISOLATING UNDER THE FOLLOWING CONDITIONS:

- A. **IF YOU WILL NOT BE TESTED** to determine if you are still contagious, you can leave home after these three things have happened:
1. You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers) **\*\*\*AND\*\*\***
  2. Other symptoms have improved (for example, when you cough or shortness of breath have improved) **\*\*\*AND\*\*\***
  3. At least 7 days have passed since your symptoms first appeared.



- B. **IF YOU WILL BE TESTED** to determine if you are still contagious, you can leave home after these three things have happened:
1. You no longer have a fever (without the use of medicine that reduces fever) **\*\*\*AND\*\*\***
  2. Other symptoms have improved (for example, when you cough or shortness of breath have improved) **\*\*\*AND\*\*\***
  3. You received two negative tests in a row, 24 hours apart. You doctor will follow CDC guidelines.

Remember we will get through this as a team. Meeting the needs of each of our members is our primary goal. As specific situations arise, we will discuss to find a workable solution. We are not afraid of difficult times, each and every one of us have battled through Substance Use Disorders and have found freedom in recovery. We have a program to deal with our feelings, this is the perfect opportunity to put it to good use! You are compassionate, caring and kind. Continue propelling oneself forward with taking your lives back from a position of strength!

MEMBER SIGNATURE	PRINT MEMBER NAME	DATE
HARMONY HAUS MANAGER SIGNATURE	PRINT MANAGER NAME	DATE