

March 12, 2020

Important notice from the Department of Developmental Services about  
**Changes to Day Programs for People at High Risk  
for Serious Illness Due to COVID-19**

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**What to know**

**Please do not go to your day program if you are at high risk or feel sick.**

Staying home can help lower your risk of getting or spreading COVID-19.

**Who is at high risk**

You are at high risk if you have:

- A weakened immune system.
- Trouble with your lungs or breathing.
- A hard time getting over being sick.

You are also at high risk if you live in:

- An adult home for people with special health care needs.
- A home that provides continuous nursing.

**Your options**

You can request services be offered in a different way, for example by phone or video

**Questions?**

Please contact your local regional center. If they cannot help you, please email [DDSC19@dds.ca.gov](mailto:DDSC19@dds.ca.gov).

**Learn more:**

See the enclosed notice about Governor Gavin Newsom's declared State of Emergency due to the COVID-19 outbreak.

Link to full text of the Department of Developmental Services directive:  
[Guidance for Consumers in a Day Program at High Risk for Serious Illness to Stay Home](#)