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Arkansas Department of Health

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Governor Asa Hutchinson

Nathaniel Smith, MD, MPH, Secretary of Health

To: Arkansas Barbers, Body Artists, Cosmetologists, Massage Therapist, and Spas
From: Dr. Nate Smith, Secretary of Health
Date: March 23, 2020
Regarding: **Directive to Barbers, Body Art Establishments, Body Art Schools, Cosmetology Establishments, Massage Therapy Clinics/Spas, and Medical Spas**

The Secretary of Health, in consultation with the Governor, has sole authority over all instances of quarantine, isolation, and restrictions on commerce and travel throughout Arkansas, as necessary and appropriate to control disease in the state of Arkansas as authorized by Ark. Code Ann. §20-7-109—110 and the Arkansas State Board of Health Rules Pertaining to Reportable Disease (2019). Based on available scientific evidence, it is necessary and appropriate to take further action to ensure that COVID-19 remains controlled and that residents and visitors in Arkansas remain safe.

While the CDC public health emergency recommendations do not apply to the day-to-day operation of certain business operations at this time, there are no reasonable assurances of recommended social distancing and safety in Barber Shops, Body Art Establishments, Body Art Schools, Cosmetology Establishments, Massage Therapy Clinics/Spas, and Medical Spas. In order to slow the spread of COVID-19, all Barbers, Body Art establishments, Body Art schools, Cosmetology establishments, Massage Therapy Clinics/Spas, and Medical Spas should close for in-person operations. Maintaining any related schools' distance education/learning is acceptable.

This directive to Barbers, Body Art Establishments, Body Art Schools, Cosmetology Establishments and Massage Therapy Clinics/Spas, and Medical Spas is made in an attempt to reduce introduction of the virus into new communities and to slow the spread of infection in communities already affected by the virus. This directive and mandate is subject to change as the COVID-19 pandemic progresses.

This directive will be in effect as of March 25, 2020 at 12:00 p.m.



COVID-19 | JUST THE FACTS

What is coronavirus disease?

COVID-19 is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. It is a new strain that was not previously seen in humans. COVID-19 is its formal name.

How is it spread?

- Through droplets from coughing and sneezing.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.

What are the symptoms?

Illnesses can be mild, or in some cases be severe enough to require hospitalization. Symptoms of this respiratory illness can include • Fever • Cough • Shortness of breath. Severe complications can include pneumonia in both lungs, multi-organ failure and in some cases death. For more symptoms go here:

<https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>.

Who is at greater risk of getting COVID-19?

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure. Those at greater risk of having severe symptoms, including death are:

- Older adults (anyone over the age of 60)
- People who have chronic medical conditions like:
 - Heart disease
 - Diabetes
 - Lung disease

If you are at greater risk of getting very sick from COVID-19, you should:

- Wash your hands often or use hand sanitizer when you can't wash your hands.
- Keep space between yourself and others and avoid shaking hands.
- When in public, stay away from others who are sick, limit close contact.
- Avoid crowds as much as possible.
- Avoid cruise travel and non-essential air travel.
- During a COVID-19 outbreak in your community, stay home as much as possible.
- Stock up on essential supplies, including medications.

How Is Coronavirus related to smoking and vaping?

When someone's lungs are exposed to the flu or other infections, the negative effects of smoking or vaping are much more serious than among people who do not smoke or vape. Because exposure to tobacco and tobacco products impairs the body's ability to fight off infection, people should stop smoking, vaping and avoid secondhand exposure as much as possible.

What should I do if I think I have COVID-19?

Seek medical advice if you • Develop symptoms AND • Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

What can I do to protect myself?

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing, going to the bathroom and before eating or preparing food. • Avoid touching your eyes, nose, and mouth with unwashed hands. • Stay home when you are sick. • Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

⇒ To get the most up-to-date information about cases in Arkansas go to www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus

⇒ ADH has activated a call center to answer questions about Covid-19. That number is **1-800-803-7847**. After normal business hours, urgent calls needing immediate response, please call 501-661-2136.

I HEARD THAT...

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.



**X
NO**

Is COVID-19 more common in certain race or ethnicity groups?

Respiratory illnesses can make anyone sick regardless of their race or ethnicity. People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

**X
NO**

Are African Americans immune from COVID-19?

African Americans are not immune from contracting COVID-19. While African Americans' distrust of the health care system is widely reported in many studies, the potential to contract this new virus is real. Misinformation such as this could have deadly implications and should not be spread.

**X
NO**

Is COVID-19 only found in areas with hot and humid climates?

From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.

**X
NO**

Will spraying alcohol or chlorine all over your body kill COVID-19?

Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth).

**X
NO**

Was the virus made in a lab?

No evidence suggests that the virus is man-made. Occasionally, a disease outbreak happens when a virus that is common in an animal such as a pig, bat or bird undergoes changes and passes to humans. This is likely how the new coronavirus came to be.

**X
NO**

Will a face mask protect me from contracting COVID-19?

There is no need to wear a face mask if you are not sick. Face masks are recommended for people who have a respiratory infection to block droplets from spreading when they cough or sneeze. Certain models of professional, tight-fitting respirators (such as the N95) can protect health care workers as they care for infected patients.

**X
NO**

Is there a cure for COVID-19?

There is no cure for COVID-19. Treatment for the virus right now involves addressing the symptoms, including lots of rest and taking medicine for fever. Health officials have said any vaccine for COVID-19 could be over a year away.

**X
NO**

Is COVID-19 the same as the flu?

While Coronavirus and influenza virus are similar, they are from different families of viruses. Both COVID-19 and the common flu are viral infections. Neither is a bacterial infection, so they can't be treated with antibiotics.

**X
NO**

Will the flu shot prevent me from getting COVID-19?

No, the flu shot won't protect you from the virus that causes COVID-19. Contracting the flu can make you more susceptible to other illnesses, including COVID-19, so getting a flu shot is still recommended.

RESOURCES:

- ⇒ Any Little Rock area students, regardless of where they are enrolled, will be able to pick up a lunch between 10:30 a.m. and 12:30 p.m. at most LRSD schools. Go to LittleRock.gov/covid19 or lrsd.org to find the nearest school providing meals.
- ⇒ If you are a college student attending a school that has been closed due to COVID-19 and need assistance finding temporary housing, contact Metropolitan Housing Alliance at 501-340-4821.

Stop the Spread of COVID-19



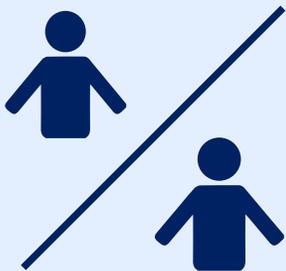
How to Home Quarantine



Remain at home and avoid all public activities. This means **do not** go to work, church, school, stores, nor any public events or places.



Do not have visitors in your home.



If you live in a home with other people, **stay in a separate room**. If that is not possible, wear a face mask when you are in the same room and stay at least 6 feet away from them.



Wash your hands and use an alcohol-based hand sanitizer often. Do not share personal items such as dishes, cups, forks, spoons, towels, etc.



Do not leave your home except to get medical care. If you need to see a doctor for reasons other than a medical emergency, please call your medical provider ahead of time to make proper arrangements.

911

In the event of a medical emergency, call 911. Tell them that you are in home quarantine due to possible novel coronavirus exposure. Keep a face mask on until a health care provider asks you to remove it.



Do not use any public transportation (buses, taxis, ride share services, or airplane).



Check yourself for fever twice a day. This means taking your temperature in the morning and before bed at night. Write it down on a piece of paper.

Taking Care of Your Behavioral Health



What is social distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be canceled.

What is quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

What is isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel anxiety, worry, or fear, concern, uncertainty or frustration, loneliness, anger, or boredom.

Ways to support yourself

If you have any of the reactions or feelings listed above, you can implement some of the following tips:

- Control how much news you take in. Keep yourself up to date, but do not overwhelm yourself with information.
- Do not be afraid to ask your healthcare provider questions.
- Contact your utility providers to discuss or request alternative payment plans for your monthly bills, if needed.
- Reach out to people you trust. Communicate with friends and family through phone, email, text messages, and social media. Use Skype or FaceTime for "face to face" interactions.
- If you are feeling stressed, call your doctor and ask if you can schedule an appointment through Skype or FaceTime. If this is unavailable, call the ADH Lifeline number below. For COVID-19 related questions, call the ADH COVID-19 hotline.
- Add mindful practices into your routine, such as taking deep breaths, stretching, or meditating.
- Pace yourself between stressful activities and do something fun after a hard task.
- Maintain a sense of hope and positive thinking; consider keeping a journal to write down things you are grateful for or that are going well.

Arkansas Department of Health Lifeline Hotline: 1-800-273-8255

Arkansas Department of Health COVID-19 Hotline: 1-800-803-7847.

After normal business hours, urgent calls needing immediate response, please call 501-661-2136.



OTHER RESOURCES

Arkansas Small Business & Technology Development Center (ASBTDC):

- ASBTDC is gearing up to be set up as a virtual emergency site to help with disaster relief lending. For more information on ASBTDC, please see <http://asbtcd.org/covid-19-resources>, where they will be putting more information disaster funding assistance. You can also call ASBTDC at 1-800-862-2040 or e-mail at leadcenter@asbtcd.org.

Centers for Disease Control and Prevention:

- [Managing Anxiety and Stress](#)

Chamber of Commerce:

- The **Little Rock Chamber of Commerce** office remains open, and its team is still available at (501) 374-2001. The Chamber is working with local, state, and federal officials to help businesses take advantage of assistance and advice which has been committed at various levels. The Chamber has created a Coronavirus Resource Guide, available here: <https://www.littlerockchamber.com/economic-development/start-and-grow/coronavirus-resource-guide/>
- The **Arkansas State Chamber of Commerce** is accepting business-related questions pertaining to COVID-19: <https://www.arkansasstatechamber.com/covid-19-coronavirus-and-arkansas/>

City of Little Rock:

- The City of Little Rock's website contains information on free meals for students during school closures. <https://www.littlerock.gov/city-administration/mayors-office/covid-19-information/>

Consumer Financial Protection Bureau

- [Protect yourself financially from the impact of the coronavirus](#)

Small Business Administration (SBA) Economic Injury Disaster Loan program:

- This program has been made available to eligible businesses and private nonprofits that were impacted by the Coronavirus (COVID-19). Any such Economic Injury Disaster Loan assistance declaration issued by the SBA makes loans available to small businesses and private nonprofit organizations in designated counties of the state (county by county). SBA's Office of Disaster Assistance will coordinate with the State to submit the request for Economic Injury Disaster Loan Assistance.
- In order to receive an economic injury declaration, Arkansas must show that small businesses within individual counties have suffered substantial economic injury as a result of the disaster and are in need of financial assistance not otherwise available on reasonable terms. The method to determine impacts of the disaster is through the collection of Economic Injury Disaster Loan worksheets. These worksheets provide an estimated economic impact of each business affected.

- The Estimated Adverse Economic Impact Section of the [Economic Injury Worksheet](#) needs to be fully completed. The comments section should indicate that the economic impacts are a direct result of COVID-19. The established incident start date is January 31, 2020. The completion of this worksheet is not an application for an SBA loan; however, the completion and submittal of the worksheet to the Arkansas Division of Emergency Management will assist the state in receiving a declaration from SBA.
- Please return [the completed form](#) to the Arkansas Division of Emergency Management at businesscovid19@adem.arkansas.gov. The timely submission of the worksheets will assist in a timely SBA declaration of each county. Once a declaration is made for designated areas within the state, the information on the application process for Economic Injury Disaster Loan assistance will be made available to all affected communities as well as updated on the SBA and ADEM websites.
- Please send any questions and completed worksheets you may have to businesscovid19@adem.arkansas.gov.