

Public Health Tips for Properly Re-Opening Your Business

Would an inspection be required to reopen?

Public Health Madison & Dane County will not be requiring an inspection for restaurants or other licensed establishments to reopen.

What should I do prior to opening?

- Call to turn on any services shut off including electricity, water and trash collection.
- Review [Water Quality and Your Business: Tips for Re-opening After Closure](#) to ensure your water is safe to use.
- Run water through all pipes for several minutes to check for leaks and remove stagnant water
- Perform an assessment of physical facility including checking for:
 - Pest activity – check for pest droppings or physical damage to facility
 - Mold growth due to changes in humidity and HVAC
 - Structural problems – broken windows, ripped screens, cracked tiles, plumbing leaks
 - Test the batteries in your smoke and carbon monoxide detectors.
 - Check the HVAC system and put in a new filter
- Thoroughly clean all surfaces and equipment that has not been used. See [CDC cleaning guidelines](#).
- Review with employees [COVID-19 symptoms](#) and when they must stay home. See Public Health's [Essential, Non-Health Care Worker](#) guidance document.

How do I reopen without causing secondary wave of infections?

We recommend the following steps to help:

- Develop an employee illness plan.
- Have employees sign an [Employee Illness Agreement](#).
- Continue having employees self-monitor their temperature and symptoms every day prior to working. If employees are out sick, use [Public Health's Illness Log](#) to track illnesses.
- Continue social distancing. See our [Social Distancing Poster](#) and [Social Distancing Guidance for Businesses](#).
- Have staff wear cloth face coverings. See [our factsheet](#) and [CDC recommendations](#) for wearing cloth face covering.
- Implement glove usage if appropriate. See [our glove usage guidance document](#).

- Develop a plan for heightened cleaning of frequently touched areas. See [CDC cleaning guidelines](#).
- Ensure all handwash sinks are stocked with soap, single use toweling, and tempered water.
- Consider temporarily decreasing establishment customer capacity when in-person sales are allowed.

Are there other things a restaurant should be concerned about?

- Discard any foods that have expired, toss any foods that were inadvertently left uncovered or unsealed, and discard any foods that show signs of pest invasion.
- Ensure all coolers and freezers are maintaining temperatures before stocking with perishable items. (Turn on coolers and freezers for at least one day, if they have been turned off, prior to restocking.)
- Check that dishwashers and other sanitizing solutions are at the proper concentrations.
- Test dishwasher or sanitizing solutions concentrations throughout the day.
- Wash all dishes, utensils, and pots that have been sitting out collecting dust.
- See [Public Health's website](#) for other factsheets and posters to print out for education.

More Resources

To help prevent the spread of COVID-19 among customers and staff, personnel should feel free to print out some of our factsheets and review the following links:

- [Public Health Madison & Dane County Best Practices for Businesses](#)
- [Wisconsin Department of Health Services COVID-19 Businesses, Employers, and Workers](#)
- [CDC Interim Guidance for Businesses and Employers](#)

Water Quality and Your Business: Tips for Re-opening After Closure: Make Sure Your Building's Water System and Devices Are Safe to Use

Disinfectant may quickly dissipate from stagnant water inside of an unused building, leaving plumbing susceptible to the growth of biofilm bacteria and potential pathogens such as *Legionella*. When water is stagnant, there is the potential that heavy metals and pathogens may build up in the pipes.

Flushing the Building

To prepare your building for reopening, the first action is to flush the entire building, including all water-using appliances like ice machines, humidifiers, and dishwashers. Flushing will clear out the potentially contaminated water that has accumulated in plumbing and replace it with fresh water. The fresh water will help mitigate the problems (loss of protective scale and biofilm growth) that occurred while the water was not being used.

If staff are not knowledgeable about how the plumbing in the building works or flushing methods, consider contacting a plumber for help. Inspect any mechanical equipment that uses water, such as cooling towers, boilers, pumps, backflow preventers, etc., and determine if they are functioning properly. Clean shower heads, faucets and other fixtures that can produce aerosols that people could inhale. If water is discolored, smells, or tastes funny, collect water samples for analysis at a certified drinking water laboratory.

8-Step Plan for Preparing Your Building for Reopening

CDC has an [8 Step plan](#) with more details on preparing your building before your business or building reopens.

- 1. Develop a comprehensive water management program (WMP) for your water system and all devices that use water. Guidance to help with this process is available from CDC and others.**
 - **Water Management Program Toolkit:** This [toolkit](#) is designed to help people understand which buildings and devices need a *Legionella* water management program to reduce the risk of Legionnaires' disease, what makes a good program, and how to develop it.

- **Preventing Legionnaires' Disease: A Training on *Legionella* Water Management Programs:** Take this [training from CDC](#) and partners on creating a water management program to reduce risk of Legionnaires' disease.
- **Hotel Guidance:** [Considerations for Hotel Owners and Managers: How to Prevent Legionnaires' Disease.](#)
- **Operating Public Hot Tubs for pool staff and owners:** [Guidance for Operating Hot Tubs.](#)
- **Healthcare Facilities:** Water management programs in healthcare facilities are an important way to help protect vulnerable patient populations as well as staff and visitors. See the [CDC Guidance From Plumbing to Patients.](#)
- **Preventing Occupational Exposure to *Legionella*:** The National Institute for Occupational Safety and Health (NIOSH) has a [factsheet on Preventing Occupational Exposure to Legionella](#) in workplaces.

2. Ensure your water heater is properly maintained and the temperature is correctly set

- Determine if your manufacturer recommends draining the water heater after a prolonged period of disuse. Ensure that all maintenance activities are carried out according to the manufacturer's instructions or by professionals.
- Make sure that your water heater is set to at least 120°F. Do not turn the heater off as water temperature is important to prevent microorganisms from growing in the water heater and being aerosolized.
- Higher temperatures can further reduce the risk of *Legionella* growth, but ensure that you take measures to prevent scalding if you water heater is set to >130°F.

3. Flush your water system

- Disconnect hoses and close valves to prevent backflow or siphoning of contaminants back into plumbing.
- Flush hot and cold water through all points of use (e.g., showers, sink faucets)
 - Flushing may need to occur in segments (e.g., floors or individual rooms) due to facility size and water pressure. The purpose of building flushing is to replace ALL water inside building piping with fresh water.
 - Flush building zone by zone. The first zone to be flushed should be the one nearest the building supply and then working outward from the supply.
 - Cold water lines should be flushed before hot water.
 - Remove all aerators from faucets before turning on water.

- Run water through all outlets. Parts of the water system most important to flush to prevent sickness are: Drinking fountains, ice machines, refrigerators with ice machines, faucets used for drinking water or food preparation, kitchen sink sprayers, and showers.
- Flush until the hot water reaches its maximum temperature.
- Run water through each line for a minimum of 10 minutes.
- Replace all point-of-use filters, including filters in appliances like a refrigerator.

4. Clean all decorative water features, such as fountains.

- Be sure to follow any recommended manufacturer guidelines for cleaning.
- Ensure that decorative water features are free of visible slime or biofilm.
- After the water feature has been re-filled, measure disinfectant levels to ensure that the water is safe for use.

5. Ensure hot tubs/spas are safe for use.

- Check for existing guidelines from your local or state regulatory agency before use.
- Ensure that hot tubs/spas are free of visible slime or biofilm before filling with water.
- Perform a hot tub/spa disinfection procedure before use: [CDC Guidance](#) (start at Step 4).

6. Ensure cooling towers are clean and well-maintained.

- Ensure that cooling towers are maintained (including start-up and shut-down procedures) per manufacturers guidelines and industry best practices
- Ensure that the tower and basin are free of visible slime or biofilm before use
 - If the tower appears well-maintained, perform an online disinfection procedure.
 - [Guidance on disinfection procedures](#) from the Cooling Technology Institute.

7. Ensure safety equipment including fire sprinkler systems, eye wash stations, and safety showers are clean and well-maintained. Regularly flush, clean, and disinfect these systems according to manufacturers' specifications.

8. Maintain your water system

- Consider contacting your local water utility to learn about any recent disruptions in the water supply. This could include working with the local water utility to ensure that standard checkpoints near the building or at the meter to the building have recently been checked or request that disinfectant residual entering the building meets expected standards.
- After your water system has returned to normal, ensure that the risk of *Legionella* growth is minimized by regularly checking water quality parameters such as temperature, pH, and disinfectant levels.
- Follow your water management program, document activities, and promptly intervene when problems arise.

For more details see the [guidance](#) developed by the CDC to help businesses safely reopen after being closed for an extended period or contact your local municipality water utility if you have further questions.

Legionella Concerns

What to do if you have closed your facility or have low occupancy?

A reduction in water usage can be a contributing factor to *Legionella* growth. It is important for you to take steps now and prior to reopening to prevent the growth of *Legionella* in your establishment.

Legionella is a bacteria that causes respiratory diseases such as Legionnaire's disease and Pontiac fever. The Wisconsin Department of Health Services has more information about *Legionella* [on their website](#).

Continue maintaining your building water systems to prevent the growth of *Legionella*, as it can grow within many parts of a building's plumbing system.

What can you do now to prevent *Legionella* growth?

- Develop a water management program for your facility using the [CDC Legionella toolkit](#).
- Flush hot and cold water fixtures in unoccupied rooms and low-use areas on a weekly or biweekly basis.
- Avoid turning down or setting back the temperature setting of water heaters.
- Review [DATCP's guidance document on Legionella prevention](#) and the [CDC Guidance for Building Water Systems](#) for more detailed prevention information.

Learn more with these industry-specific resources

- Health Care Facilities – [CDC Reduce Risk from Water](#)
- Pool and Hot Tubs – [CDC Operating Public Hot Tubs for pool staff and owners](#)
- WhirlPool Maintenance – [DATCP FAQ about Facility Operations](#)
- Hotel and Other Lodging - [Considerations for Hotel Owners and Managers: How to Prevent Legionnaires' Disease](#)

COVID-19 & Reopening your Business to Curbside Pickup

Keeping workers and our community safe is most important as we incrementally phase in services after COVID-19 closure. By opening up services strategically and incrementally, we can continue to prevent the spread of COVID-19 and keep staff and others safe.

What is allowed for businesses with the new Orders?

Per the [Emergency Order #28 Safer at Home](#), non-essential businesses may fulfill deliveries, mail parcels, or receive parcels (including returns by mail), and also provide curbside pick-up of goods and materials starting at 8:00 am on Friday, April 24, 2020. [The Safer at Home FAQs](#) will remain in effect until 8:00 am on Tuesday, May 26, 2020. Other online services, programing, and minimal operations may continue; however, in-person services at businesses must remain closed.

Are there other requirements for businesses when re-opening?

- Businesses must comply with social distancing requirements between all individuals including employees, customers, and members of the public.
- Must restrict the number of workers present to no more than that necessary to perform essential business operations.
- Must increase standards of facility cleaning and disinfection to limit worker and patron exposure to COVID-19, as well as adopting protocols to clean and disinfect in the event of a positive COVID-19 case in the workplace.
- Adopt policies to prevent workers from entering the premises if they display respiratory symptoms or have had contact with a person with a confirmed diagnosis of COVID-19.

What is required by the Orders for curbside pick-up?

Curbside pick-up is one of the first services to be allowed beginning April 24, 2020. This service is considered safe as long as the [#28 Safer at Home Orders](#) are followed. When performing curbside pick-up, the Orders require the following:

- All operations for curbside pickup must be performed by one worker in a room or confined space.
- Customers must order online or by phone for curbside pick-up.
- Goods must be pre-packaged by the manufacturer, distributor, or store.
- Pick-ups must be scheduled to ensure social distancing.
- No customer signature is to be required.

- Business and workers must comply with the following:
 - Maintain 6 feet between people. Workers must comply with Social Distancing Requirements per [Section 16 of the Orders](#).
 - Frequently wash hands with soap and water for at least 20 seconds or use hand sanitizer.
 - Cover coughs or sneezes into sleeve or elbow (not hands).
 - Regularly clean high-touch surfaces (doorknobs, handles, tabletops) using [CDC cleaning guidelines](#).
 - Do not shake hands.
 - Follow all other [DHS](#) and the [U.S. Centers for Disease Control](#) public health recommendations.

What other public health best practices are recommended for curbside pick-up?

- Schedule pickup times, asking for description of vehicle or other pick-up details.
- Have worker wash hands and/or sanitize both immediately prior to and after pick-ups.
- Consider having workers wear a face covering. See [our factsheet](#) and [CDC recommendations](#).
- Have workers wear gloves for putting materials into single-use plastic bags or packaging for pick-up.
- Instruct customers to remain in their vehicle, open their trunk, and have worker place items in trunk to avoid contact, or designate a pick-up area or table.
- Post signs where pickup is to occur reminding customers to remain in vehicle, and windows up to promote social distancing. For customers not in automobiles, consider other ways to handle pick-up without having customer contact (i.e. text message, table with labeled bag for on-foot pick-up). See our [Social Distancing Poster](#) and [Social Distancing Guidance for Businesses](#).
- Keep bathrooms closed to customers at this time.
- Reuse of plastic bags or packaging material is discouraged at this time.

What are businesses not allowed to do?

- No door to door solicitation.
- No customers allowed in facility for sales or restroom use.
- Unless returns are done by mail, no returns of merchandise by customers is allowed at this time.

Requirements for specific businesses

- **Aesthetic or optional exterior work.** Minimum Basic Operations may include aesthetic or optional exterior residential construction and lawn care, if all the operations are performed by one person in a room or confined space, including a car or truck. No more than one employee or worker may be on the site at a time. Services may not require a signature by the recipient. Aesthetic or optional exterior work requiring more than one person on the site are prohibited.
- **Arts and craft stores.** Arts and craft stores may offer curb-side pick-up as described in [the Orders](#). More than one staff member, but no more than the minimum number of staff necessary, may work at the store solely for filling orders for materials for making personal protective equipment (i.e. homemade facemasks). The additional staff allowed in this section may not sell, package, or assist in any way with the sale of items not necessary for making personal protective equipment.

What are the recommendations for cleaning in the workplace?

- Perform daily environmental cleaning using [EPA-approved disinfectants](#). Read the sanitizer label and follow usage directions. Be sure to measure the concentration of the sanitizer with test strips to make sure the active ingredient is available.
- All surfaces such as equipment, counters, tables, chairs, bathrooms, and doors should be cleaned as needed and sanitized often. Wash, rinse, and sanitize high touch surfaces more frequently throughout the day.

What personal hygiene practices are recommended for workers?

- All workers shall perform proper hand hygiene upon first arriving to work, after the restroom, before and after eating, and frequently throughout the day followed by an approved alcohol-based hand sanitizer.
- Wash hands and/or sanitize both immediately prior to delivery service and after any interaction with others. If servicing multiple clients, make sure to wash your hands in-between clients.
- All workers shall wash their hands frequently and thoroughly with soap and water for at least 20 seconds. Make sure each handwashing station is stocked with soap, paper towels, and warm, running water.
- Even with proper handwashing, workers should consider using an additional barrier such gloves to prevent direct hand contact with potentially contaminated items. See our [glove fact sheet](#) for guidance.

- All workers shall cover coughs and sneezes with a tissue. If a tissue is not available, workers can sneeze into their shirtsleeve, but not into their hands. Discard tissues into a lined garbage bin and wash hands immediately with soap and water after each cough or sneeze.
- Remind workers to avoid touching eyes, nose, and mouth to help slow the spread of germs.
- When not performing services, practice social distancing and maintain 6 feet or greater from clients and other employees, as much as feasibly possible.

What does Public Health recommend regarding employee illness policies?

- All employees should self-monitor prior to reporting to work. Self-monitoring requires an assessment of your overall health. Monitor whether you have a fever, cough, or shortness of breath, or have been exposed to someone diagnosed with COVID-19. All employees should notify their supervisor and stay home if they are sick. Review your sick leave policies and expand upon paid leave options for your workers, if possible. See Public Health Madison & Dane County [Guidelines for Essential, Non-health Care Workers](#).
- Employees that have been exposed and are self-quarantining for 14 days must complete the full 14-day quarantine from the date of last exposure, and be symptom-free before returning to work.
- If an employee has been diagnosed with COVID-19 and will not have a test to see if they are still contagious, all of the following criteria must be met before they can leave their home and return to work:
 - No fever for at least 72 hours (3 days) without the use of fever-reducing medication
 - Other symptoms have improved
 - It has been at least 7 days since they started to feel sick
- If you have employees at higher risk for coronavirus such as people 60 or older, people with underlying health conditions (heart disease, lung disease, or diabetes) or those with weakened immune systems or those who are pregnant, it is highly recommended to assign them to non-public-contact duties.

How can we prevent the spread of COVID-19 among workers and our community?

- Pre-screen worker's temperature and assess symptoms prior to them starting work.
- Ensure social distancing at workplace to the extent possible.
- Perform heightened cleaning and disinfecting of all work spaces.

- Implement glove usage if appropriate. See our [glove fact sheet](#) for guidance.
- All workers are highly encouraged to wear a cloth face covering at all times while at work to slow the spread of COVID-19. This is especially important if there has been a COVID-19 exposure at your workplace. To support this at your workplace:
 - Create a policy for cloth face coverings at your business.
 - Require laundering of reusable face coverings before each daily use.
 - Implement the additional information from CDC on the use of face coverings, including washing instructions and information on how to make homemade face covers.
 - Remember the cloth face coverings recommended by CDC are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance. See the Wisconsin Department of Health Services for more information under the “Should I wear a cloth face mask?” section.
 - See [our factsheet](#) and [CDC recommendations](#) for wearing cloth face covering.

What is required of essential, non-health care workers and non-essential workers?

- With community spread and limited testing, it is *required* that non-health care workers who have been exposed to a person who tested positive, or was diagnosed by a medical professional with COVID-19, follow the Wisconsin Department of Health Services’ guidance to stay home.
- DHS also recommends that employees should:
 - Notify employer.
 - Self-monitor for fever, cough, and shortness of breath for 14 days after your last contact with the sick person.
 - See our factsheet [Guidelines for Essential, Non-Health Care Workers](#).

More Resources

To help prevent the spread of COVID-19 among customers and staff, personnel should feel free to print out some of our factsheets and review the following links:

- [Public Health Madison & Dane County Best Practices for Businesses](#)
- [Wisconsin Department of Health Services COVID-19 Businesses, Employers, and Workers](#)
- [CDC Interim Guidance for Businesses and Employers](#)

CLOTH FACE COVERS

Another tool to help slow the spread of COVID-19



Cloth face covers help prevent transmitting the virus through talking, coughing, or sneezing. Use these along with social distancing and other preventive measures to slow the spread of COVID-19.

Wear a cloth face cover if you leave your home.

The CDC recommends that everyone wears basic cloth face covers in public. This is for essential activities that may be hard to keep the recommended 6 feet, like:

- The grocery store
- The pharmacy
- Doctor's appointments
- Outdoor activities, like crowded trails in parks

Cloth face covers protect others.

People who are not showing symptoms can spread COVID-19. Cloth face covers help prevent someone who may have the virus but doesn't know it from giving it to people around them.

Staying home is still the best protection.

Continue staying home as much as possible and practicing other everyday prevention measures like:

- Washing your hands often
- Not touching your face
- Staying at least 6 feet away from others
- Disinfecting high-touch surfaces often

You can make your own cloth face cover.

Face covers can be made of materials you might already have, such as bandanas, scarves, t-shirts, sweatshirts, or towels. The CDC has [simple instructions on how to make your own](#).

Wearing one is easy. Here's how:

- Cover your nose and mouth
- Fit it snugly against the side of your face
- Secure with ties or ear loops
- Include multiple layers of fabric
- Make sure you can breathe through it
- Make sure it can be laundered and machine dried

Cloth face covers aren't for everyone.

- Anyone who has trouble breathing or is unable to remove the cover themselves should not wear one.
- Children under age 2 should not wear one.

Wash cloth face covers after each use.

Ideally, wash daily with detergent and hot water and dry on a hot cycle. Always wash your hands before and after touching your face or cloth face covers.

Save masks for healthcare workers.

N-95 and surgical masks are in short supply, and need to be saved for workers on the front lines.

Donate face covers and masks.

If you would like to donate to Wisconsin's coronavirus response, [visit this website](#).

FOR MORE INFO: [cdc.gov](https://www.cdc.gov)

USING GLOVES IN THE WORKPLACE

Employers should complete risk assessments to see if gloves are a necessary precaution for them.



Will wearing gloves prevent the spread of COVID-19 in my workplace?

Coronavirus can survive on surfaces for varying amounts of time. Wearing gloves can provide a barrier from coronavirus if worn properly but can also give a false sense of security.

Coronavirus spreads through tiny droplets when someone coughs, sneezes, and talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Gloves won't protect you from getting infected this way.

Also, if you touch something where a contaminated droplet has landed, with or without gloves, and then touch your face, you can still get sick. The best protection is to follow public health guidelines:

- Avoid touching your face
- Wash your hands regularly
- Stay at least six feet away from other people

Should my employees wear gloves?

Currently there is no specific guidance from CDC for workers about wearing gloves. OSHA provides [guidance](#) for specific groups, and stresses that **employers should conduct their own hazard and risk assessments**, and implement adequate controls (e.g., gloves or other PPE).

While conducting hazard and risk assessments, employers may want to consider:

- **What is the risk level for each task?** Certain tasks may be more risky and it may be decided that glove use is appropriate. For example, workers may need gloves when implementing protocols for cleaning and disinfecting frequently touched surfaces.
- **What is the available supply of gloves?** How often would gloves need to be changed and how many gloves are available?
- **What hand hygiene options are available?** Where and how often can employees wash hands or use hand sanitizer? Are more breaks possible? When developing staff schedules, consider options for additional short breaks to increase the frequency with which staff can wash hands with soap and water. Alternatively, consider providing alcohol-based hand sanitizers with at least 60% alcohol so that workers can frequently sanitize their hands.
- **What training do employees have on glove use?** The CDC has guidance on [how to remove gloves](#).
- **If gloves are not deemed “necessary,” are individuals more or less likely to touch their face when wearing gloves?** For example, do employees feel a false sense of security or does having gloves remind them not to touch their face?

If hazards are deemed high enough to warrant required glove use:

Proper training needs to be in place. Without training on the correct way to remove gloves, hands may become contaminated. For contact transmission, it is important reiterate that a person does not become infected *through* their hands. They are only infected if their contaminated hand, whether gloved or not, touches other parts of the body such as their nose, mouth or eyes.

There is concern whether gloves are beneficial for workers at lower risk of exposure due to the following:

- Gloves act like bare hands; once contaminated, it is easy for cross contamination to occur.
- Glove change and hand hygiene is required to break any cycle of contamination similar to how handwashing/hand hygiene is required for bare hands.
- Gloves should be replaced when they are torn, soiled, or there is excessive sweating from hands.
- Hands should be washed before putting on new gloves and after removing gloves.

What should I do if I want my employees to wear gloves?

Gloves can be a good practice, if used in combination with other preventive measures, with proper training, and following these guidelines:

- **Always wash your hands** before and after wearing gloves.
- **Clean any surface you might have touched** with your gloves on, such as your counter tops, keypads, phone, keys, wallet, eyeglasses, or door handles.

- **Throw away used disposable gloves**, and wash fabric gloves with soap and water before using them again.
- **Be careful to avoid contamination** when taking gloves off. Avoid touching the inside of a glove or your bare hand with the outside of a dirty glove.
- **Don't touch your face**, especially your nose or mouth.

What is the proper way to remove gloves?

The key to removing gloves is to not touch the exterior of the gloves which may be contaminated. The CDC has a [diagram](#) on how to remove gloves safely or your employees could watch this video to learn the proper way to remove gloves [Glove Removal Video](#).



FOR MORE INFO: publichealthmdc.com/coronavirus

WEARING EYE PROTECTION IN THE WORKPLACE

Goggles, safety glasses, and face shields are tools to slow the spread of COVID-19 and help protect employees.



Will wearing eye protection prevent the spread of COVID-19 in my workplace?

When an infected person coughs or talks, respiratory droplets containing virus particles can spray from their mouth or nose into another person's face. You're most likely to inhale these droplets through your mouth or nose, but they can also enter through any mucous membrane, including your eyes.

Should my employees wear eye protection?

Employers should assess the hazards to which their workers may be exposed; evaluate the risk of exposure; and select, implement, and ensure workers use controls to prevent exposure.

The US National Institute for Occupational Safety and Health (NIOSH) is part of the US Centers for Disease Control and Prevention (CDC) and has provided the following information concerning the use of goggles, face shields, safety glasses, and full face respirators for infection control purposes in their publication [Eye Protection for Infection Control](#).

CDC/NIOSH recommends eye protection to prevent occupational exposure when workers may be at risk of acquiring infectious diseases via ocular (eye) exposure. Eye protection is intended to provide a barrier to infectious materials entering the eye and is often used in conjunction with other personal protective equipment (PPE) such as gloves, gowns, and respirators.

Plexiglass sneeze guards may be used to help reduce the risk of worker exposure to respiratory droplets and surface contamination near workers.

Do prescription eyeglasses provide adequate protection?

[OSHA](#) states that "when eye protection is needed, use goggles or face shields. Personal eyeglasses are *not* considered adequate eye protection."

What types of eye protection could be worn?

Selection of appropriate protective eyewear should be made based upon the circumstances of exposure, the activity performed, results of a hazard assessment including regulatory requirements, other PPE used, and personal vision needs. Eye protection must be comfortable, allow for sufficient peripheral vision, and be adjustable to ensure a good fit.

Goggles

Appropriately fitted, goggles (indirectly-vented or non-vented are preferred for infection control) provide the most reliable eye protection from splashes, sprays, and respiratory droplets. Many styles of goggles fit over prescription glasses with minimal gaps. However, to provide the best protection, goggles must fit snugly, particularly from the corners of the eye across the brow. While highly effective as eye protection, goggles do not provide splash or spray protection to other parts of the face.

Face Shields

Face shields are commonly used as an infection control alternative to goggles. As opposed to goggles, a face shield can also provide protection to other facial areas.

Safety Glasses

Safety glasses provide impact protection but do not provide the same level of splash or droplet protection as goggles and generally should not be used for infection control purposes.

What eye protection is available for prescription lenses users?

Many safety glasses or goggles fit over prescription eyewear and can provide protection without impairing the fit of prescription eyewear. Safety glasses with side protection are available, but do not protect as well as goggles.

Contact lenses, by themselves, offer no infection control protection. However, contact lenses may be worn with any of the recommended eye protection devices. Contact lens users should rigorously adhere to [hand washing guidelines](#) when inserting, adjusting, or removing contact lenses.

Combination of eye protection and other PPE

Eye protection should be selected in the context of other PPE use requirements. Safety goggles may not fit properly when used with certain half-face respirators, and similarly, face shields may not fit properly over some prescription eyeglasses. Once PPE requirements have been decided by the employer, the selected PPE should be pre-tested to assure suitable fit and protection when used as an ensemble.

How should potentially contaminated eye protection be removed?

Eye protection should be removed by handling only the portion that secures the device to the head (i.e., plastic

temples, elasticized band, ties), as this is considered relatively “clean.” The front and sides of the device (i.e., goggles, face shield) should not be touched, as these surfaces are most likely to be contaminated. Eye protection should be placed in a designated receptacle for cleaning and disinfection.

Is it safe for others to reuse eye protection?

The eyewear described above is generally not disposable and must be disinfected before reuse. Where possible, each individual worker should be assigned his/her own eye protection to insure appropriate fit and to minimize the potential of exposing the next wearer.

How should eye protection be disinfected?

Manufacturers may be consulted for their guidance and experience in disinfecting their respective products. Contaminated eye protection devices should be reprocessed in an area where other soiled equipment is handled. Eye protection should be physically cleaned and disinfected with the designated disinfectant, rinsed, and allowed to air dry. Gloves should be worn when cleaning and disinfecting these devices.



FOR MORE INFO: publichealthmdc.com/coronavirus

COVID-19 Guidance for Essential Workers Who Do Not Work in Health Care



As of April 8, 2020, [CDC loosened some of the restrictions for critical infrastructure workers](#). However, PHMDC is requiring non-health care workers to follow [DHS stricter employee illness guidelines](#). The DHS guidelines say that if an essential non-health care worker has been exposed to a person with COVID-19, they should quarantine themselves for 14 days before returning to work. By implementing this illness policy in the workplace, further spread amongst staff may be prevented and lead to a safer and more productive workforce.

Keep an eye on your health every day

- Check your temperature before you start your shift, preferably before you leave home.
- Perform regular monitoring of symptoms (cough, shortness of breath, sore throat).
- Consider wearing a cloth face covering or mask while performing your work.
- Social distancing (staying 6 feet away from other people) should be practiced as duties permit.
- Keep working, as long as you do not have symptoms, a fever ($> 100.0^{\circ}\text{F}$), or have been exposed.

Take action if you get sick

- If you get sick with any of the above symptoms, do not go to work. If you have symptoms at any time during your shift, go home and immediately isolate yourself.
- Call your healthcare provider for testing and follow their recommendations. You can also [follow our recommendations for isolation](#).

Come back to work when you're healthy

Symptomatic people (regardless of confirmed COVID-19 test), can come out of isolation after **all 3 of these things** have happened:

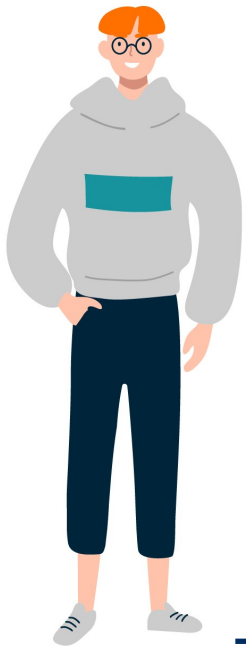
- You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) **AND**
- Other symptoms have improved (for example, your cough or shortness of breath have improved) **AND**
- At least 7 days have passed since your symptoms first appeared

If you are told that you were exposed to a person diagnosed with COVID-19

- Let your employer know that you have been exposed to COVID-19.
- Self-quarantine for 14 days. This means you should not go to work and should avoid leaving your home as much as possible.
- If you do not develop symptoms (cough, shortness of breath, sore throat) or a fever greater than 100.0°F , you can return to work after 14 days.
- If you develop symptoms during quarantine, immediately isolate yourself and follow the ***Come back to work when you are healthy*** guidelines above.

Help keep our community healthy and safe

PLEASE STAY 6 FEET (1.8 M) AWAY FROM OTHERS



6 ft

Ayúdenos a mantener nuestra comunidad sana y segura: manténgase a 6 pies (1,8 m) de distancia de los demás



6 ft

Thov pab peb lub zej zog kom txhob muaj mob (healthy) thiab teb meem (safe): Thov nyob kom deb li 6 feet (1.8 m) ntawm lwm cov neeg





THIS BUSINESS IS DEEMED ESSENTIAL

BY THE SAFER AT HOME ORDER

For the safety of our community, please only
leave home for essential trips.



**ESTE NEGOCIO SE CONSIDERA
ESENCIAL POR EL ORDEN MÁS
SEGURO EN CASA**

Por la seguridad de nuestra
comunidad, solo salga de casa para
viajes esenciales.

APRIL 10, 2020

**QLUB LAG LUAM NO YOG IB
LUB TSEEM CEEB LOS NTAWM
QHOV KEV TXIAV TXIM KOM
NYOB NYAB XEEB HAUV TSEV
(THE SAFER AT HOME ORDER).**

Rau kev nyab xeeb ntawm peb lub
zej zog, thov tsuas yog tawm hauv
tsev mus rau tej qhov chaw tseem
ceeb xwb.

Safer Shopping Tips

Consejos de compra
más seguros

Cov Lus Qhia Kev Nyab
Xeeb tom Khw



Stay home if you feel sick.

Quédese en casa si se
sientes enfermo.

Nyob hauv tsev yog tias koj
mob.



Wear a cloth face covering please.

Póngase algo que cubra su
cara por favor

Thov hnav daim ntaub npog
ntsej muag.



Stay 6 feet from others.

Manténgase a 6 pies de
los demás.

Nyob deb li 6 taw ntawm lwm
tus.



Use credit card, if possible, for minimal contact.

Use la tarjeta de crédito
si es posible para tener
contacto mínimo.

Siv daim npav rho nyiaj (credit
card), yog tias ua tau, kom kev
sib twb thiab sib kov thiaj
tsawg.