Interim Guidance for Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19

To ensure continuity of operations of essential functions, CDC advises that critical infrastructure workers may be permitted to continue work following potential exposure to COVID-19, provided they remain asymptomatic and additional precautions are implemented to protect them and the community.

A potential exposure means being a household contact or having close contact within 6 feet of an individual with confirmed or suspected COVID-19. The timeframe for having contact with an individual includes the period of time of 48 hours before the individual became symptomatic.

Critical Infrastructure workers who have had an exposure but remain asymptomatic should adhere to the following practices prior to and during their work shift:

- **Pre-Screen:** Employers should measure the employee’s temperature and assess symptoms prior to them starting work. Ideally, temperature checks should happen before the individual enters the facility.

- **Regular Monitoring:** As long as the employee doesn’t have a temperature or symptoms, they should self-monitor under the supervision of their employer’s occupational health program.

- **Wear a Mask:** The employee should wear a face mask at all times while in the workplace for 14 days after last exposure. Employers can issue facemasks or can approve employees’ supplied cloth face coverings in the event of shortages.

- **Social Distance:** The employee should maintain 6 feet and practice social distancing as work duties permit in the workplace.

- **Disinfect and Clean work spaces:** Clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment routinely.

If the employee becomes sick during the day, they should be sent home immediately. Surfaces in their workspace should be cleaned and disinfected. Information on persons who had contact with the ill employee during the time the employee had symptoms and 2 days prior to symptoms should be compiled. Others at the facility with close contact within 6 feet of the employee during this time would be considered exposed.

Employers should implement the recommendations in the Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 to help prevent and slow the spread of COVID-19 in the workplace. Additional information about identifying critical infrastructure during COVID-19 can be found on the DHS CISA website or the CDC’s specific First Responder Guidance page.
MEALS OF LOVE WORKS

❤️ Meals of Love was created in direct response to the COVID-19 pandemic.
❤️ Agencies and restaurants joined forces in Central Florida to take care of seniors, disabled adults aged 18 to 59 and anyone in a household under senior responsibility while supporting the restaurant industry.
❤️ Restaurants prepare meals in their kitchens, providing economic opportunity for the hard-hit restaurant industry.
❤️ Meals of Love will create new job opportunities in the community with meal delivery roles.
❤️ Up to 1,000 restaurant-prepared meals will be delivered safely to seniors and disabled adults' homes across Orange, Seminole, Brevard and Osceola counties.
❤️ Happy seniors and disabled adults enjoy freshly prepared restaurant meals in the comfort of their own homes!

FOR MORE INFORMATION, VISIT MEALSOFLove.ORG.
COVID-19 FAQ

Q: Where do I go if I want to be tested?
If you are sick and exhibiting symptoms (fever, cough, shortness of breath), you should seek treatment with your primary care physician or urgent care. Physicians are stringently adhering to the testing criteria set by the Centers for Disease Control and Prevention to determine if a patient qualifies for a COVID-19 test. A doctor will likely test you for other illnesses, such as the flu, before ordering a COVID-19 test.

Q: Should I go to the ER if I think I need a COVID-19 test?
Unless you are experiencing severe respiratory distress, such as shortness of breath or chest pain, you should not go to an ER for a COVID-19 test. Physicians can take a collection sample from those patients who meet the testing criteria as set by CDC. The emergency department should be used only by those having a medical emergency, such as chest pain or shortness of breath.

Q: What should I do if I think I might have COVID-19?
If you have traveled internationally or been on a cruise, you should self-quarantine for 14 days immediately upon returning from your travels, even if you aren’t experiencing symptoms. If you develop a fever, cough or shortness of breath during those 14 days, contact your physician and disclose your travel history. Your physician will advise you of next steps. If you are experiencing chest pain or shortness of breath, go to the ER.

Q: Can I get the COVID-19 test at the hospital if I’m not sick?
No, if you’re not sick, it’s unlikely that you have COVID-19. Currently all tests are designated for those who are exhibiting symptoms and meet the testing criteria set by the Centers for Disease Control and Prevention.
Q: I have a fever and cough. Will I automatically be tested for COVID-19?

No. Fever and cough are common symptoms for other illnesses, including the flu. Physicians will evaluate your symptoms, travel history, potential for exposure and other factors and determine if a test is appropriate. They will also test you for other viruses, including the flu.

Q: How can I be tested for COVID-19?

A physician must order a COVID-19 test, and will only order a test if the patient meets the testing criteria as defined by the CDC.

Q: Where can I be tested?

A physician must order a COVID-19 test. If a doctor deems it appropriate to test you for COVID-19, the sample would be collected in the physician’s office. The test itself is conducted through a lab. (This lab is not the same as the consumer-facing labs where patients go for outpatient bloodwork.)

Q: Are the results instantaneous?

No. Unlike a flu test, which can be administered on-site with quick results, the COVID-19 test takes up to seven days from the time of collection sample to results being shared with the patient. During that time, patients will be instructed to follow CDC guidelines and isolate themselves.

Q: When would I get the results and are results shared with Florida Department of Health?

It could take up to seven days for results to come back after a test is administered. Yes. They are required by law to share positive COVID-19 test results with the Florida Department of Health.

Q: Is drive-through testing available in Volusia County?

Currently, there are no plans for drive-through testing in Volusia County, but if drive-through sites become available, they will be announced.

For more information on COVID-19, visit these websites:
www.volusia.org/coronavirus
flhealth.gov/covid-19
According to the Centers for Disease Control and Prevention, older adults may have a greater chance for serious illness from COVID-19—especially people with weak immune systems or underlying chronic medical conditions like heart, lung, diabetes or kidney disease.

- Symptoms include: fever, coughing, and shortness of breath. If you develop symptoms, stay home and call your health care provider. You may be able to recover at home.
- You need emergency help if symptoms become more severe, there is chronic chest pain, breathing is difficult or your lips turn bluish.

**Protection**

- **Wash your hands** often with soap and water for at least 20 seconds. Wash after blowing your nose, coughing or sneezing. Wash after spending time in a public place. Wash before and after touching people you’re caring for. If soap and water aren’t available, use a hand sanitizer that contains at least 60% alcohol.
- **Cover your coughs and sneezes**. Use a tissue or your sleeve when coughing.
- **Practice Social Distancing**:
  - Avoid crowds and large gatherings, especially in venues with poor ventilation.
  - Don’t shake hands with people.
  - Keep at least 6 feet between you and other people.
  - Stay away from people who may be sick.
  - Try shopping during off-hours—later on weeknights or earlier on weekends—when crowds at stores are lower.
  - Avoid touching “high-touch” surfaces: elevator buttons, door handles, handrails, etc.
  - Find out if family or friends have been sick in the past two weeks BEFORE they visit. If they have been sick, reschedule at least two weeks out.

**Planning**

- **Get a flu shot** if you are showing no symptoms of illness.
- **If you depend on regular medical treatment** like dialysis, wound care, etc., talk to your health care provider about special arrangements.
- **Create a contact list** of family, friends, neighbors, health care providers, community assistance programs and drivers. Make sure phone numbers are up-to-date.
- **Stay in touch** with the people on your list and let them know you may need them for help if you become sick.

**Care**

- **Have a two–three week supply of the following**:
  - Non-perishable food
  - Medical and health care supplies
  - Prescriptions: make sure they are up-to-date

**Caregivers, help prevent the spread of COVID-19.**

**If the person you’re caring for lives in a facility:**

- Know the facility’s outbreak protocol.
- Ask daily about the health of the other residents.
- Monitor visitors. Ask if they’ve been ill over the past two weeks or if they currently have a fever. A “yes” answer means the visit needs to be postponed for at least two weeks.

**If you’re caring for someone at home,** you’ll need to prepare a separate bedroom and bathroom for them. Learn more about this type of at-home care: CDC.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html

The Florida Department of Elder Affairs is holding multiple weekly calls with the Area Agencies on Aging and the Aging Network lead and local service providers. The Comprehensive Assessment and Review for Long-Term Care Services is providing evaluations, 24-hour notices of appointments and remote medical files for individuals in homes, nursing facilities and assisted-living facilities.
What is social distancing?

Social distancing is staying away from crowds or congregations of 10 or more people with the intent of minimizing transmission of infectious disease outbreaks. This could include but is not limited to attending concerts, sporting events, religious gatherings, going to movie theaters or using public transportation such as buses and subways for travel.

People should maintain six feet of distance between each other to help mitigate the spread of COVID-19.

TIPS FOR FAMILY & KIDS

- Talk to your kids about what is social distancing and walk them around the house and point out fingerprints which may help them understand that each point of contact is an opportunity for transmission.
- Encourage family and friends to create a plan for their elderly relatives, parents or grandparents if they’re accepting and to inform them of the high risk and concerns about COVID-19.
- Cancel current travel plans and trips.

SOCIAL DISTANCING DON'TS

- Play dates for your children
- Meeting small groups for dinner or drinks
- Non-essential doctors appointments — dental and therapies
- Hair and nail appointments
- Non-essential help around the house (cleaning, cooking)

SOCIAL DISTANCING DO'S

- Facetime your friends and family often
- Keep a daily routine
- Participate in activities, but remotely, such as virtual workout classes, book clubs or streaming activity options for your kids
- Continue to pay your household staff such as a housekeeper or dog walker even though they will no longer come to your house — this will allow these individuals to stay home and safe with their families and support their own elderly parents
- Consider drive through takeouts if your family is low on food
WHAT NOT TO FLUSH
AND WHY

Wipes and baby wipes
Wipes labelled “flushable” may appear to go down the toilet without a problem, but these wipes don’t break down or disintegrate as quickly as toilet paper. Dispose of wipes in the garbage.

Pharmaceuticals
Prevent pharmaceuticals from infiltrating surface water and drinking water. Bring unused or expired pharmaceuticals to a local pharmacy.

Personal hygiene products
These products may contain materials and plastics that are very difficult to break apart. Search these items and how to dispose of them by visiting the online lookup tool at vaughan.ca/waste.

Fats, oils and grease
These cooking by-products can harden inside pipes and create sewage backup in household plumbing. Use paper towels to soak up oils and grease and dispose of them in the green bin.

Food scraps and waste
Put food waste and organic materials where they belong – in the green bin.

Paints, cleaning products and other household hazardous waste
WHEN IT COMES TO COVID-19
PEOPLE HAVE DIFFERENT RISKS

If you’re over 65 or have a serious underlying condition like

- Chronic lung disease
- Serious heart conditions
- Diabetes

You may be at higher risk of getting very sick from this disease

cdc.gov/CORONAVIRUS
PUBLIC HEALTH IS EVERYONE’S RESPONSIBILITY.

STAY HOME WHEN YOU ARE SICK.

FLORIDAHEALTH.GOV/COVID-19
Prevent COVID-19 — it’s in your hands!

Wash your hands often with soap and water. If you don’t have soap and water, use a hand sanitizer that is at least 60% alcohol based.

Cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Clean and disinfect frequently touched surfaces.

Try not to touch your face with unwashed hands.

Stay home when you're sick, and keep your children home when they're sick.

Don’t touch or shake hands with people who are sick.
THE PRESIDENT'S CORONAVIRUS GUIDELINES FOR AMERICA

DO YOUR PART TO SLOW THE SPREAD

- Do work and school **from home**
- If you work in a critical infrastructure industry, **keep your normal work schedule** and follow CDC guidance
- **Avoid social gatherings** of 10+ people
- **Practice good hygiene**
- Use **drive-thru, pickup, or food delivery options**
- **Avoid nonessential travel**, shopping trips, and social visits
- **Do not visit** nursing homes or long-term care facilities unless to provide critical help

Follow the directions of your state and local authorities. For more information, visit: [CORONAVIRUS.GOV](https://www.coronavirus.gov) [HHS.gov](https://www.hhs.gov)
Hospital and Physician COVID-19 Testing Criteria for the Elderly and Medically Frail

1. Individuals 65 or older
   OR
   Individuals with serious underlying medical conditions
   AND

2. PRESENTS WITH THESE SYMPTOMS:
   New onset fever of 100.4 or greater
   AND
   • Cough
     OR
   • Other respiratory signs including shortness of breath

TEST FOR COVID-19

WHAT LABS TO USE:
Samples may be sent to commercial labs (Quest or LabCorp)
   OR
Hospitals with COVID-19 testing capability
   OR
Department of Health Public Health Labs
We stay here for you
please stay home for us