



# COVID-19 Exposures and the Workplace

County employees play an essential role in community disaster response whether they are performing in their primary roles or as Disaster Service Workers. This document is designed for County employees to understand:

- Symptoms of COVID-19 (also known as *novel coronavirus*)
- When and how long to self-isolate when symptoms are present
- When to return to the workplace after illness or exposure

## REMINDERS

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- Protect and respect employee health information during any communications regarding symptoms, exposures, and response. Refer to Equal Employment Opportunity Commission [guidelines](#).
- If you are sick – stay home. All employees should be instructed to remain home and monitor symptoms or developing symptoms, even if there is no concern for workplace exposure.
- Follow the most current County Administrator’s Office guidelines on how to account for leave of absence resulting from COVID-19 exposures and the workplace.
- Employees should continue to follow normal [preventive actions](#) while at work and home, including cleaning hands and avoiding touching eyes, nose, or mouth with unwashed hands, and practicing social distancing.

## SYMPTOMS

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During this time of COVID-19 Public Health Order and response, all employees should monitor themselves for symptoms of illness. The most common symptoms of COVID-19 are ***fever, tiredness, and dry cough***. Some patients may have less common symptoms such as ***aches and pains, nasal congestion, runny nose, sore throat or headache***. These symptoms often come on gradually. If you have fever, cough and difficulty breathing, remove yourself from the workplace, stay at home, isolate from others, and seek medical attention if needed, by calling your healthcare provider. Unsure what your symptoms may mean? Review this helpful chart “[Is it Cold, Flu or Coronavirus?](#)” available on the Health Services website. **‡For tracking purposes, note your health status and symptom onset using the attached calendar resource tool.**

## DEFINITIONS

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**Sensitive Occupation/Services Settings (SOS)** are defined as people living and working in congregate living facilities such as skilled nursing, board and care, assisted living, and other congregate senior living facilities, shelters, group homes, residential treatment programs, detention facilities, healthcare/healthcare workers/first responders, and dialysis centers, and those receiving dialysis or chemotherapy in a facility.

**Non-Sensitive Occupations/Services Settings (Non-SOS)** are defined as all other County community service and general office facilities, internal services departments (information technology, network services, telecommunications, facilities maintenance, etc.).

**Self-monitoring** means monitoring yourself for fever (100.0 degrees Fahrenheit or greater) by taking your temperature twice a day and remaining alert for respiratory symptoms (e.g., cough, shortness of breath, sore throat).

**Active monitoring** means a public health authority assumes responsibility for establishing regular communication with potentially exposed people to assess for the presence of fever or respiratory symptoms.

**Close contact** is defined as being within approximately 6 feet of a person diagnosed with COVID-19 for a prolonged period (10 minutes or more) or having unprotected direct contact with infectious secretions or excretions of the person.

**Exposed Asymptomatic** is defined as a person who has or may have been exposed to a person diagnosed with COVID-19 but has not developed noticeable symptoms of any kind. Even though not displaying symptoms,

these persons should practice extra precaution by maintaining a safe social distance from others including at home and in the workplace.

## EMPLOYEES IN NON-SOS SETTINGS

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If you develop symptoms such as a fever, cough, or difficulty breathing, remove yourself from work, stay at home, practice safe social distancing, even from family members, and call your healthcare provider to report your concerns. Not everyone will need testing for COVID-19, especially if symptoms are mild enough to treat at home or if family members have already tested positive. If symptoms worsen, continue to stay at home and seek medical attention. Notify your supervisor that you are out ill and are following precautions due to possible COVID-19. You will get additional instruction from your departmental personnel unit.

## EMPLOYEES IN SOS SETTINGS

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If you develop symptoms and work in a Sensitive Occupation or Setting (SOS), remove yourself from the workplace immediately and isolate. Inform your supervisor that you are following precautions in consideration of possible COVID-19 by remaining home and out of the workplace. In addition, inform your supervisor of the following conditions that apply:

- You have been in close proximity to clients or patients diagnosed with COVID-19.
  - You have been in direct contact with positive, confirmed case(s) of COVID-19.
  - You may have been exposed to COVID-19 in a community setting or due to recent travel within 14 days.
- Contact your medical provider to seek testing for COVID-19. Inform your medical provider you have developed symptoms, the conditions above that apply, and that you work in a sensitive occupation or setting. Emphasize the importance of COVID-19 testing to diagnose your illness. If you test positive for COVID-19 and there are concerns for exposures in the workplace, Public Health will notify all impacted SOS departments and settings of positive tests for County employees and workers and provide guidance on necessary response.

## NEGATIVE COVID-19 TEST

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If you test negative for COVID-19, you will still need to remain home and continue to monitor your symptoms. Follow the guidance of your doctor, which may be specific to your individual health needs. If you have symptoms (defined above), stay at home for at least 3 days (72 hours) after your general symptoms have resolved and 3 days after your fever has resolved, without the use of fever-reducing medication (antipyretics such as aspirin, Tylenol). This applies to all individuals, whether they work in a sensitive occupation or not.

‡Use attached calendar resource tool.

## SYMPTOMS OF COVID-19 or POSITIVE COVID-19 TEST

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If you test positive for COVID-19, you will need to stay at home until you are well, this is called [home isolation](#). Follow instructions from your healthcare provider and Public Health.

Stay at home for at least 7 days after your symptoms like cough, body aches, sore throat began and a full 3 days after all symptoms (including fever) have resolved. For example, if all of your symptoms resolve on day 5, you can resume work on day 8, if they resolve on day 6 resume work on day 9, etc. If you still have cough and fever, stay at home an additional 3 days (72 hours) after you are free of all symptoms including fever without the use of fever-reducing medication (antipyretics such as aspirin, Tylenol). ‡Use attached calendar resource tool.

## CLOSE CONTACT / HOUSEHOLD MEMBERS (Exposed asymptomatic)

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If you have close contact with someone or a household member that has presumed symptoms or tested positive for COVID-19, you are considered an exposed, asymptomatic individual. You will most likely be instructed by your healthcare provider or Public Health to stay home (quarantine), even though you don't feel sick. There is a very real risk of transmission of the virus among household members. Inform your supervisor of a possible household exposure.

- Non-SOS employees should follow the directions from their departmental personnel contact.
- SOS employees should stay home, out of the workplace. These employees will be instructed to quarantine themselves by their supervisor or under guidance developed by the Public Health Division.

Exposed employees should monitor for any signs of illness, including a temperature of 100.0° F or more. Note that most people develop symptoms between 2-8 days after exposure; many younger people will have mild to moderate symptoms so may feel just fine. Quarantine is 14 days or 14 days after your household member no longer needs to be isolated, whichever is longer. ‡Use attached calendar resource tool.

Note that close contact is defined differently for [healthcare occupations and settings](#): being within approximately 6 feet of a person with COVID-19 for a prolonged period of time (10 minutes or more) or having unprotected direct contact with infectious secretions or excretions of the patient or client.

## CONTACT WITH SYMPTOMATIC PERSONS (Exposed asymptomatic)

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- If you have contact with a symptomatic individual, such as fever or cough, you are considered an exposed, asymptomatic individual. Monitor yourself for symptoms.
- Maintain social distancing in the community and at home. Keep social distance at work or work from home.
- If you develop symptoms or feel ill, stay home and maintain a very safe social distance from family members. Notify your supervisor you are out ill. ‡Use attached calendar resource tool.
- If you seek medical attention, call ahead for instructions and report your potential exposure to COVID-19.

## RESUMING WORK

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Deciding when you are well and can return to the workplace will depend on your symptoms and occupation. Work with your supervisor and departmental personnel contact to coordinate time off and how to resume work.

### Non-SOS Employees

Whether you had mild symptoms, presumed COVID-19 symptoms, or a positive COVID-19 test, stay at home for at least 7 days after your symptoms like cough, body aches, sore throat began and a full 3 days after all symptoms (including fever) have resolved.

### SOS Employees

Employees that work in sensitive occupations or settings will need careful evaluation before they return to their work settings. The employee's healthcare provider, occupational medical provider, or Public Health will provide instructions and [monitoring methods](#) before resuming work is recommended. Once the employee is authorized to resume work, they may be instructed to follow [special precautions](#) such as:

- Wear a facemask at all times while at work and until all symptoms are completely resolved or until 14 days after illness onset, whichever is longer
- Restrict contact with immunocompromised individuals until 14 days after illness onset
- Follow hand hygiene, respiratory hygiene, cough etiquette procedures, and social distancing
- Self-monitor for symptoms, and seek medical re-evaluation if respiratory symptoms recur or worsen

## CLEANING AND DECONTAMINATION STEPS AND PROCEDURES

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County buildings and operations are using enhanced cleaning and disinfection routines that include more frequent cleaning and special attention to “high-touch” surfaces such as door knobs, door push bars, public phones, etc. In cases where further cleaning or decontamination may be needed after a primary exposure, defined as an employee with fever and cough at work, or an employee tested COVID-19 positive\*, the following guidelines apply:

\*Employee discloses result to the County or Public Health provides guidance to SOS work settings.

### For Areas Impacted by Ill Employees:

- Close off and do not enter areas used by ill employee and wait as long as practical before cleaning and disinfecting.
- Open outside doors and windows to increase air circulation to area.

### For Cleaning:

- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, use [Products with Environmental Protection Agency approved emerging viral pathogens](#) and follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time).
- For porous surfaces and examples of products suitable for cleaning them, see [American Chemistry Council approved porous surface cleaning list](#).
- If the items can be laundered, launder items in accordance with the manufacturer's instructions using the warmest appropriate water setting for the items and then dry items completely. Do not shake dirty laundry.
- Clean and disinfect hampers or other carts transporting laundry.
- Cleaning staff should wear disposable gloves and gowns that are compatible with the disinfectant products being used for all tasks in the cleaning process, including handling trash. Additional personal protective equipment (PPE) maybe required based on cleaning/disinfectant product, follow the recommended PPE for the products to assess if need for further PPE.
- Cleaning staff should immediately wash hands after removal of gloves.

**\*If staff are unable to clean site, request specialty cleaning services through Public Works Facilities Service Center (925) 313-7052.** Examples: Servepro, Service Masters, Clean Harbors, Crime Scene Cleaners.

- County owned office and non-office buildings – contract specialty cleaning service.
- County-leased buildings – confer with property owner if cleaning staff have proper training, materials, and equipment, or is there a need to contract specialty cleaning service.
- Health Services – healthcare settings can use trained environmental services staff, if properly equipped and trained.
- Sheriff detention settings evaluate if detention services workers can conduct the cleaning with guidance, if properly equipped and trained or contract for specialty cleaning.
- Probation institution settings evaluate if institutional services workers can conduct the cleaning with guidance if properly equipped and trained or contract for specialty cleaning.

## DECISION TREE ATTACHMENT

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- See attached decision trees for Non-SOS and SOS settings.

## CALENDAR TOOL ATTACHMENT

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- ‡ See attached calendar tool for tracking symptoms and when to resume work

## REFERENCES

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Employee Exposures: Health Services Department, Public Health Communicable Disease Review March 21, 2020  
Health Services Department, Public Health Communicable Disease Review April 1, 2020  
Health Services Department, Vista Oaks Occupational Medicine Review April 2, 2020  
Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

<https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/hcp-return-work.html>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/Factsheet-for-Patients-2019-nCoV.pdf>

[https://www.eeoc.gov/facts/pandemic\\_flu.html](https://www.eeoc.gov/facts/pandemic_flu.html)

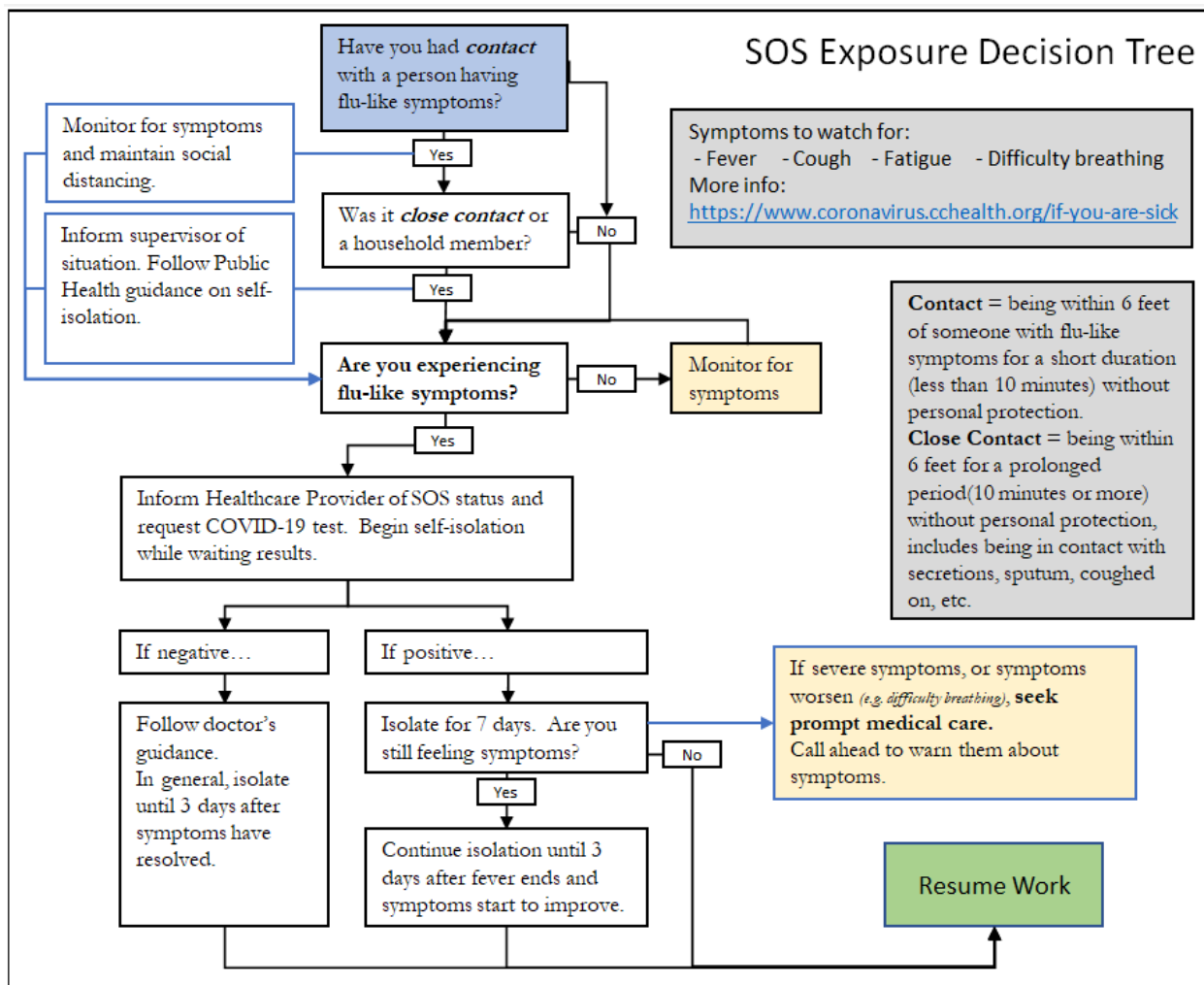
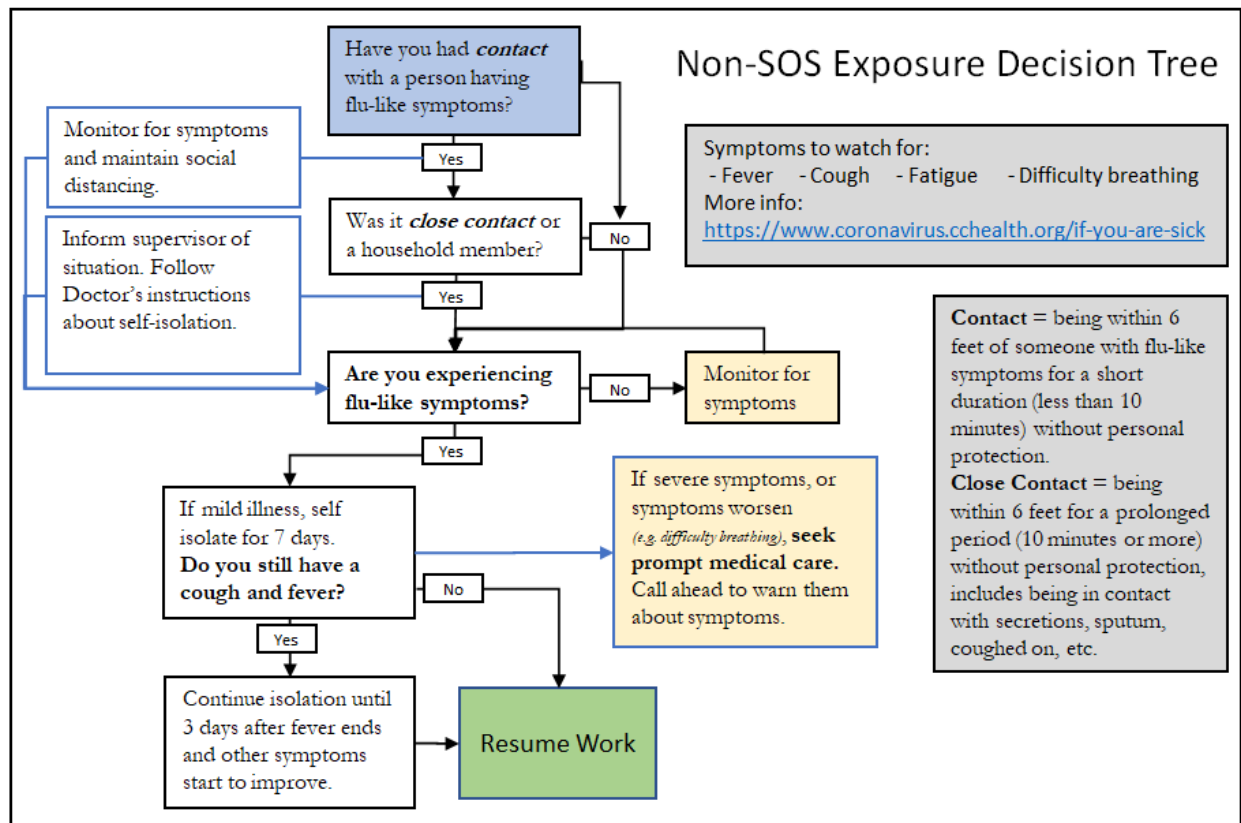
Decontamination Procedures:

Centers for Disease Control and Prevention, <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

EPA Approved Cleaning Materials (List N), <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

American Chemistry Council recommendations for porous materials, <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>

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# Calendar Resource Tool for COVID-19

| Sunday   | Monday   | Tuesday  | Wednesday | Thursday | Friday   | Saturday |
|----------|----------|----------|-----------|----------|----------|----------|
| Day ____ | Day ____ | Day ____ | Day ____  | Day ____ | Day ____ | Day ____ |
| Day ____ | Day ____ | Day ____ | Day ____  | Day ____ | Day ____ | Day ____ |
| Day ____ | Day ____ | Day ____ | Day ____  | Day ____ | Day ____ | Day ____ |
| Day ____ | Day ____ | Day ____ | Day ____  | Day ____ | Day ____ | Day ____ |
| Day ____ | Day ____ | Day ____ | Day ____  | Day ____ | Day ____ | Day ____ |

This calendar resource tool can be used to monitor your health, track your contact with symptomatic individuals, self-isolation times, and symptoms by date of onset and resolution to help you determine your health status and when it is appropriate to resume work.

## Alternate Example:

Onset of flu-like symptoms: \_\_\_\_\_  
Date

Date general symptoms have resolved:

\_\_\_\_\_ + 3 days = \_\_\_\_\_ is the date you can resume work, unless you have a fever.  
Date                      Date

Date fever resolved\* \_\_\_\_\_ + 3 days = \_\_\_\_\_ is the date you can resume work.  
Date                      Date

\*free of all symptoms including fever without the use of fever-reducing medication (antipyretics such as aspirin, Tylenol)