



COVID-19 Safe Workplace Standards

Denise Fair

Chief Public Health Officer
City of Detroit

Robert Dunne

COVID-19 Chief Medical Consultant
City of Detroit

To the City of Detroit Leadership Team:

Like the rest of the country, Detroiters are struggling to live our lives under the threat of COVID-19. That isn't likely to change for many months to come, but as a city, we have to continue to deliver the services our residents need.

It's our responsibility to deliver those services while creating workplaces that provide the best possible protection for our employees. This document outlines standard policies for all City of Detroit Departments with one clear goal: we want our employees to be just as safe on the City job site as our fellow Detroiters who stay at home.

Our results will be easy to measure and HR will do it monthly by department. Our goal is to have an infection rate among our City workers no higher than the rest of the community. For some, like firefighters and EMT's, this may not be possible because their very job requires close interactions with sick patients, but we will try. But for many jobs, I believe we can use our medical and organizational skills to create workplaces that will effectively prevent the spread of Coronavirus.

Your department is being asked to create a COVID-19 Safe Workplace policy for each work site and occupation based on six elements:

- 1) **Initial testing of each city employee for Covid-19.**
- 2) **Daily employee temperature check, health screening, and monitoring.**
- 3) **Workplace distancing and hygiene protocols.**
- 4) **Mandatory use of masks and other necessary PPE.**
- 5) **Thorough and frequent cleaning of work-sites and vehicles.**
- 6) **Ensuring a continuous adequate stockpile of necessary PPE and sanitizing supplies.**

Your department's protocols must be reviewed and approved by Chief Medical Consultant Robert Dunne prior to HR authorizing the recall of any departmental employees. **A checklist for departments to use when creating their protocols is attached as Appendix A.**

I want Detroit to have the most rigorous Covid-19 prevention practices in the country. Please follow these standards and we'll be able to give our employees the protection they deserve.



Michael E. Duggan
Mayor

I. Employee Testing

All employees must be tested for COVID-19 if they are either (1) currently working at a job site, or (2) will be returning to work at a job site.

A. Employees Currently at the Job Site (Not Working from Home)

Employees who are currently working at a City of Detroit job site must be tested for COVID-19. Departments should coordinate with the City's Human Resources Department ("HR") to schedule appointments for their employees. The HR Department will be reaching out to all employees who are currently working at a job site to help them with scheduling an appointment with the new rapid testing tent at the Coronavirus Community Care Network (CCCN) drive-thru testing site at the State Fair Grounds.

Employees can also schedule their own appointment by calling HR at 313-673-4701. No prescription is required. Test results should be available within 48 hours. Results will be provided to HR via a secure portal.

Employees who test positive for COVID-19 must be cleared by a health care provider before they return to work. The health care provider should ensure the following prior to certifying that an employee is ready to return to work:

- At least seven days must have elapsed since the positive test; and
- The individual has been free of fever, shortness of breath, and/or sore throat, without medication, for 72 hours.

If the prior conditions have been met, the employee must contact the Human Resources Department to schedule a return-to-work physical at the Rapid Test Center at 100 Mack Avenue. A COVID-19 test will be administered to clear the employee to return to work.

Employees who are currently working at a City of Detroit job site should continue to work if they are not exhibiting any symptoms. If a COVID-positive result is reported, the Detroit Health Department will contact the employee with proper instruction to isolate, and to follow up with a health care provider. HR will contact the employee's supervisor.

B. Testing Requirements for Employees Who Are Not Currently at the Work-Site, Prior to Returning to Work

All employees who are not currently working at a City of Detroit job site must be tested for COVID-19 prior to physically returning to work. Employees can be tested by calling Human Resources at 313-673-4701 and scheduling an appointment. No prescription is required. Employee results should be available within 48 hours.

Employees testing negative for COVID-19 must meet the following conditions before returning to work:

- The employee must provide a copy of their negative test results to their Human Resources Employee Services Consultant. A list of the relevant Employee Services Consultant for each department is provided as Appendix B. HR will submit the COVID-test documentation to the Occupational Medical file.
- Individuals cannot return to work if they have had fever, cough, shortness of breath, and/or sore throat within the previous 72 hours.

Employees who have tested positive for COVID-19 must be cleared by a health care provider before returning to work. The health care provider should ensure the following prior to certifying they are ready to return to work:

- At least seven days must have elapsed since the positive test.
- Individual must be free of fever, shortness of breath, and/or sore throat, without medication, for 72 hours.

If the prior conditions have been met, the employee must contact the Human Resources Department to schedule a return to work physical at the Rapid Test Center at 100 Mack Avenue. A COVID-19 test will be administered to clear the employee to return to work.

Employees are encouraged to obtain testing through the City's Human Resources department. Employees may, however, also rely on a private test to be cleared to return to work. **Employees who coordinated private testing must complete the following before returning to work:**

- The individual must inform their Employee Services Consultant that a test was taken.
- The test must have been taken within two (2) weeks prior to the return-to-work date
- The individual may not return to work until test results are available

C. Employees with Sincere Religious Objections to Testing

As outlined above, all employees must be tested as a precondition to working at a City of Detroit job site. Any religious objections to specific testing regimes, however, will be reasonably accommodated. If an employee has a sincere religious objection to a particular test, the employee should submit, in writing, an explanation for why a particular test violates that employee's sincerely held religious beliefs.

Submissions should be given to the employee's Employee Services Consultant. The City will work to reasonably accommodate employees' religious beliefs.

II. Employee Health Screening and Monitoring

A. Daily Health Screening

All employees entering City of Detroit buildings or work sites should be screened, at the beginning of their shift, by (1) having their temperature(s) taken, and (2) answering the questions on the questionnaire attached as Appendix C. Employees need not be screened more than once a day, and will receive a visual marker (e.g. stickers, wristbands, etc) signifying that they have been screened that day. Employees must display that visible marker for the remainder of the day.

Every building and workplace will have designated screeners. This screening should include gauging the employee's temperature to ensure the employee does not have a low-grade fever, which is often a first symptom of COVID-19. If an employee does not pass screening, that employee will not be permitted to enter the work site. HR will be informed, and will inform the employee's supervisor.

Department Directors are responsible for ensuring that screening is conducted as outlined above. In their departmental plans, Directors should identify the administrative staff level employees and/or security personnel who will conduct the screening outlined above, and monitor employees on their way into the workplace. For work sites where employees from multiple departments work, departments may collaborate to designate the appropriate screening personnel—but those personnel must be specifically identified in each department's plan

All screening personnel should be provided with specific instructions on how to capture, report, and properly store all data.

Department Directors should also design a system whereby they are notified when an employee displays a fever or any other symptom. Any employee appearing ill at screening should be medically evaluated. The supervisor should contact the EMS Supervisor response team at 313-316-9209 for further assessment.

B. Exposure Response

If an employee **becomes sick while on the job (e.g., begins demonstrating symptoms during the workday) that employee should be immediately evaluated by the EMS team.** The EMS team can be contacted at 313-316-9209. If the employee is safe to be sent home, that employee should not return to work until receiving a negative COVID-19 test. The testing regimen outlined in Section I of these policies should be followed for any employee who develops symptoms.

Similarly, **if an employee who has been working on-site develops symptoms of COVID-19 during non-work hours, that employee must not return to work until receiving a negative COVID-19 test.** The testing regimen outlined in Section I of these policies should be followed for any employee who develops symptoms.

Employees who begin to develop symptoms should contact their HR Employee Services Consultant to determine appropriate time off provisions.

If an employee who has been working on-site becomes sick, that information **must immediately be reported to Detroit Health Department**. If the employee tests positive for COVID-19, the employee's job-site supervisor must assist the Health Department in contact tracing.

All COVID-positive employees who have been working on-site will be continually monitored under the program outlined in Subsection C of these policies. In addition, the Detroit Health Department will continue to monitor the exposed individuals as recommended by contact tracing.

C. Health Monitoring of Isolated Employees

Departments should check in on workers who have been directed by a physician to isolate, or are placed in quarantine by health officials. Human Resources will conduct ongoing wellness checks to confirm employees' status. Employees shall respond to those phone calls, or could be subject to being recorded absent without leave.

Departments should be committed to bringing currently isolated employees back to work safely and efficiently. To that end, workers shall return to work under the following conditions:

- At least seven days must have elapsed since the positive test
- The individual has been free of fever, shortness of breath, and/or sore throat, without medication, for 72 hours.

If the prior conditions have been met, the employee must contact the Human Resources Department to schedule a return to work physical at the Rapid Test Center at 100 Mack Avenue. A COVID-19 test will be administered to clear the employee to return to work.

There may be cases where a worker is unable to isolate at home due to an immuno-compromised, sick, or elderly relative. In these cases, the worker should contact their Employee Services Consultant if they cannot isolate at home.

III. Workplace Practices and Distancing

A. Sick Policy

Anyone experiencing COVID-19 related symptoms (i.e. fever, cough, shortness of breath, diarrhea, loss of smell or taste), or who has prolonged exposure to someone that has tested positive, SHOULD NOT attempt to enter any City of Detroit facility, or report to any City of Detroit job-site.

In this instance, workers should NOT report to work. They should follow their regular call-in procedure to report their absence to their supervisor, and should contact their HR Employee Services Consultant to determine appropriate time off provisions. In addition, workers should stay at home and isolate to minimize the potential spread to others.

Workers with worsening health conditions should consult a physician.

B. Strict Physical Distancing for all Employees

The Centers for Disease Control (CDC) have identified social distancing as a key tool to prevent the spread of the virus. Social distancing is defined as being no less than six feet apart from another employer. Towards that end, the following social-distancing requirements shall be put into effect:

- Employees shall stay six feet apart from another person whenever feasible.
- Elevators will be marked with places for people to stand, at appropriate social-distancing spacing.
- Employees shall reduce the number of in-person meetings and congregations, and instead use Zoom or other video conference call vendors for a meeting.
- When working in a group atmosphere, as few employees should be assigned to a task as possible.

Employees should also adhere to state-level guidelines—including, but not limited to, executive orders from the Governor—to ensure their safety outside of work.

C. Workspace Modifications or Changes

In order to ensure adherence to physical distancing guidelines, departments should assess their workspaces for necessary modifications and changes. Modifications or changes could include:

- Creating 6-foot markings on the floor to encourage employee spacing
- Removing chairs and desks to ensure 6-foot spacing
- Limiting the number of people that can be in one room at a time, and creating clear, maximum room occupancy signage based on adequate spacing.
- Considering more appropriate spaces that allows for 6-foot spacing between employees
- The installation of plexiglass screens at counters where employees have face-to-face interaction with the public.
- Encouraging the use of kiosks to minimize cash handling.

D. Encourage Good Hand Hygiene Practices

Departments should also encourage good hygiene practices for workers, by placing signage around the workspace reminding workers to:

- Eliminate handshaking and consider an elbow greeting or bow.
- Wash hands frequently with soap and water for at least 20 seconds especially before or after going to the restroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

- When sneezing or coughing, cover your mouth and nose with a tissue and discard the tissue. If you do not have a tissue, cough or sneeze into your upper sleeve and not in your hands.
- Wash or sanitize hands after touching surfaces
- Wash or sanitize hands after removing gloves.
- Avoid touching your face.

To facilitate this requirement, Departments may use or modify the signage attached as Appendix D.

IV. Use of Personal Protective Equipment

The City of Detroit is committed to ensuring the health and safety of all employees and its residents. Therefore, Departments should supply all employees with personal protective equipment, including surgical masks, while at work.

A. Daily Use of Surgical Masks for Employees

Department supervisors are responsible for issuing masks to all City of Detroit employees. **All employees are required to wear a surgical mask while reporting to work to reduce the spread of the virus.** Employees should be issued a mask at the beginning of their shift, and are required wear the mask throughout the day unless they are alone in a closed office or vehicle.

Masks can be re-used by employees provided the masks do not get soiled, wet, or exposed to employees that test positive for COVID-19. Whenever an employee requires a new mask, they should notify their supervisor. Employees are not required to return the mask at the conclusion of their shift.

Employees are required to wear the mask and eye protection in the following circumstances:

- When interacting with other employees
- Driving in a car with another individual in the passenger seat.

Employees are reminded that while surgical masks provide important protection in daily activity, social distancing and hand hygiene are the most important steps to take to prevent the spread of COVID-19.

B. Daily Use of N-95 Masks by Employees Interfacing with the Public

Employees interacting with the public will wear a mask meeting the N-95 standard. Workers should be issued a mask at the beginning of their shift, and are required to wear the mask during their interactions with the public. Masks can be re-used by employees provided the masks do not get soiled, or wet. Whenever an employee requires a new mask, they should notify their supervisor.

C. Daily Use of Surgical Masks by the Public

Departments should develop protocols for the distribution of surgical masks to any member of the public who enters a City of Detroit-owned or operated building or property, in order to prevent the spread of infection among workers and other members of the public

D. Use of Gloves in Selected Environments

For employees who have regular interaction with the public, departments should develop protocols for the use of gloves. These gloves will be supplied by the department. Departments must ensure that their protocol involves hands being washed or sanitized after glove removal.

E. Use of Eye Protection in Selected Environments

For employees whose job function inevitably requires them to come within six feet of others (e.g., first responders) eye protection will be worn whenever they are within six feet of others.

V. Work-Site and Vehicle Cleaning

A. Sanitation and Disinfection

Departments should develop protocols to ensure that all high-touch or high-traffic surface—such as doorknobs, railings, frequently used drawer handles, and instrument/appliance controls—are sanitized at least every two hours. Implementation of a checklist for cleaning staff can help reduce the risk of the spread of infection. **At the minimum, disinfectant wipes should be used to clean commonly used surfaces every two hours (e.g. phones, keyboards, desks, etc.).** For keyboards and other commonly used electronics, ensure the device is powered off and is cleaned with a disinfectant wipe that is bleach-free and not overly damp.

Employees working within vehicles should use disinfectant wipes on commonly used surfaces (gear shifter, steering wheel) before and after every shift.

The cleaning steps outlined below should be taken routinely, based on frequency mentioned to disinfect workplace surfaces, chairs, tables, etc. and protect employees.

#	Area/Place	Disinfection Content	Disinfectant	Disinfection Measures	Frequency
1	Common surfaces	Including control buttons, tools, and other common surfaces	Hospital grade disinfectant or fresh 10% chlorine bleach solution (sodium hypochlorite)	Spray with hand held sprayer or wipe	Minimum at the end of each shift
2	Offices, desk, and conference rooms	Table and chair surface		Spray with hand held sprayer or wipe	At the end of each meeting and end of day

3	Conveyor belts	Wipe areas of common employee interphase	solution), as appropriate	Spray with sprayer	At least once respectively in the morning and afternoon	
4	Moveable trays or containers	Handles and other commonly touched areas		Spray with sprayer	Based on use; once per shift if contacted by 1 person only; otherwise, between users	
5	General objects often used or touched	Doors and windows, handles, faucets, sinks, and bathrooms		Spray with hand held sprayer or wipe	At least four times per day	
6	Cafeteria/Canteen	Table and chair surfaces, dispensers, vending machines, etc.		Spray with sprayer	Generally 3 or more times per shift to include after all breaks and meals	
7	Tableware	Disinfection of tableware		Hospital grade disinfectant or fresh 10% chlorine bleach solution (sodium hypochlorite solution), as appropriate	Place in high-temperature disinfection cabinet, with temperature higher than 60°C, and time longer than half an hour	After use
8	Vending machines	Interface surfaces (pay, selection and vending surfaces)			Spray with sprayer	Generally 3 or more times per shift to include after all breaks and meals
9	Forklifts	Wipe areas of common human interaction	Spray with sprayer		After each use	
10	Multi-user safety vest and other PPE	All surfaces	Spray with sprayer	Not applicable/not allowed		
11	Transport vehicles	Common surfaces (e.g. seat surfaces rails, belts, door and window controls)	Spray with sprayer	Before and after each use		

12	All floors and walls	All general floors and walls at site		Mop	Periodic, where frequently touched; mop hard surfaces daily
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VI. Distribution of Supplies

In order to ensure the effective implementation of this policy, all departments should ensure they have an adequate amount of necessary supplies on site. A list of the types of supplies that may be necessary is provided below. Departments should keep a minimum 30-day supply on site.

A. Emergency Supplies Coordinator

In order to effectively allocate and distribute PPE and sanitization supplies to all employees, each department must identify an Emergency Supplies Coordinator. The name and contact information should be shared with the emergency supplies and procurement team. This Emergency Supplies Coordinator will be responsible for:

- 1) Identifying the supply needs for their entire department
- 2) Submitting unified department orders for supplies to the centralized emergency supplies warehouse via a smartsheet form.
- 3) Coordinating the pickup of supplies from the emergency warehouse
- 4) Overseeing the distribution of supplies within their department once it has been received
- 5) Monitoring their entire department for supply & PPE needs

B. Supply Notification Plan

Ensuring all staff are able to easily notify the Emergency Supplies Coordinator of supply needs is a critical component to ensure all staff can perform their duties safely. Departments should develop a protocol for how the Emergency Supplies Coordinator will gather needs from staff and managers.

C. Supply Distribution Plan

Ensuring all staff have the supplies they need, when they need it is critical to a safe return to work plan. Departments should develop a protocol for how the Emergency Supplies Coordinator will distribute PPE and sanitization supplies.

D. PPE & Supply Estimates

Using the PPE best practices outlined in Section V of these policies as a foundation, departments should track PPE and sanitation supplies, by job category, per week. These estimates will be reviewed by Chief Medical Consultant Robert Dunne to ensure it meets the appropriate standards and requirements.

Departments should submit those estimates to the Chief Medical Consultant on the form provided as Appendix E.

1	Mask (surgical/N95)	Disposable surgical/N-95 masks	Min. 30-day supply
2	Nitrile gloves	Touchflex/ Surgical Nitrile Gloves	Min. 30-day supply
3	Infrared thermometer	Medical infrared thermometer/ Measures ranges 32°C to 42.5°C meets ASTM E965-1998 (2003)	2 per entry point
4	Disinfectant spray/wipes	10% bleach (sodium hypochlorite) solution made fresh daily, or a hospital-grade disinfectant (refer to approved disinfectant listing)	Min. 30-day supply
6	Hand sanitizer (refills)	Sanitizer with Alcohol 70%/Local Brand "Sanitizer"	Min. 30-day supply
6	Hand soap	Hand soap	Min. 30-day supply
7	Eye protection	Shields or goggles	Min. 30 day supply

Appendix A: Departmental Checklist

**Checklist for Development of COVID-19 Return to Work
Department Protocols**

Department Name	
Director Name	
Division	
Operation(s)	
Operation(s) Location(s)	
Workplace Environment(s)	Circle all that apply: office, vehicle, counter, public interfacing setting, outdoors, garage, service center, other: _____

Please use the checklist below to review your department protocols to ensure you have included all of the following for each operation you wish to see returned to work.

Checklist:

_____ **Employee Testing Protocols, including:**

- Testing protocols for employees currently working at a city job site
- Testing protocols for employees prior to returning to work
- Protocols for employees with sincere religious objections to testing

_____ **Employee Health Screening & Monitoring Protocols, including:**

- Daily health screening protocols
- Response protocols in the event an on-site worker becomes sick or tests COVID-positive
- Protocols for monitoring of isolated employees

_____ **Workplace Practice protocols, including:**

- Protocols to ensure sick people do not enter the workspace
- Strict physical distancing protocols
- Workspace modifications or changes
- Protocols for encouraging good hand hygiene practices

_____ **Use of Personal Protective Equipment protocols, including:**

- Protocols for the daily use of surgical masks by employees
- Protocols for the daily use of N-95 masks by employees interfacing with the public
- Protocols for the daily use of surgical masks by the public
- Protocols for the use of gloves in selected environments (if applicable)
- Protocols for the use of eye protection in selected environments (if applicable)

_____ **Work-Site and Vehicle Cleaning protocols, including:**

- Protocols for the sanitation and disinfection of high-touch or high-traffic surfaces
- Protocols for the sanitation and disinfection of vehicles (if applicable)

_____ **Distribution of PPE and Supplies protocols, including:**

- Protocols for the designation of an emergency supplies coordinator
- Protocols for how the emergency supplies coordinator will gather PPE and supplies needs from staff and managers
- Protocols for how the emergency supplies coordinator will distribute PPE and supplies.
- Protocols for how the departments will track PPE and sanitation supplies by job category per week

Appendix B:
Employee Services
Consultants

City of Detroit Employee Services

Mission Statement:

To cultivate relationships that foster engaged employees.

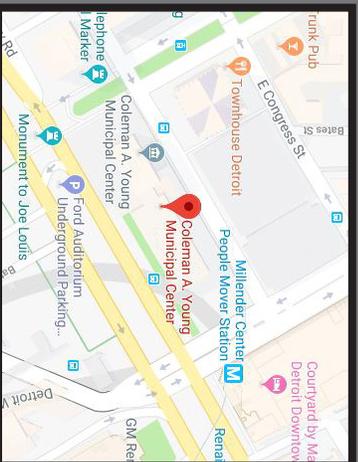
Core Values:

Efficiency, Integrity and High Quality
Customer Service

CONTACT US

City of Detroit
Employee Services

Coleman A. Young Municipal
Center (CAYMC)
2 Woodward Ave., Ste 316
Detroit, MI 48226
313 224-3725 (call center)



Meet Your
Human Resources
Employee Services
Consultant

MEET OUR AMAZING TEAM



Rosita Brockington
Employee Services Manager

- Detroit Department of Transportation (DDOT)

☎ [313 670-9451](tel:3136709451)

☎ [313 833-6433](tel:3138336433)

✉ brockington@detroitmi.gov



Kemia Crosson
Employee Services Consultant III

- Fire
- Health

☎ [313 410-0668](tel:3134100668)

☎ [313 596-1441](tel:3135961441)

✉ crossonk@detroitmi.gov



Zena Ridley
Employee Services Consultant III

- General Service Department (GSD)
- Recreation

☎ [313 920-8326](tel:3139208326)

☎ [313 224-1121](tel:3132241121)

✉ ridleyz@detroitmi.gov



Maria Young
Employee Services Consultant III

- Detroit Department of Transportation (DDOT)
- City Airport
- Municipal Parking

☎ [313 378-7795](tel:3133787795)

☎ [313 833-7203](tel:3138337203)

✉ younggm@detroitmi.gov



Briana Robinson
Employee Services Consultant I

- Detroit Department of Transportation (DDOT)

☎ [313-495-2944](tel:3134952944)

☎ [313 833-7201](tel:3138337201)

✉ briana.robinson@detroitmi.gov

MEET OUR AMAZING TEAM



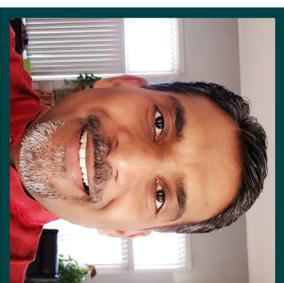
Raquiba Dismuke
Employee Services Manager

- Human Resources

☎ [313 400-8343](tel:3134008343)

☎ [313 224-9338](tel:3132249338)

✉ dismukr@detroitmi.gov



Shine Joseph
Employee Services Consultant II

- Civil Rights, Inclusion & Opportunity (CRIO)
- Law Department
- OCFO

☎ [313-530-3977](tel:3135303977)

☎ [313 224-9495](tel:3132249495)

✉ joseph.shine@detroitmi.gov



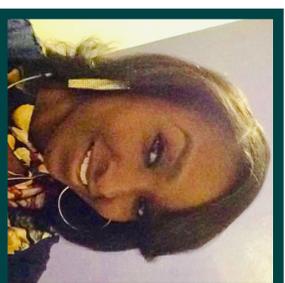
Briget Slaughter
Employee Services Consultant II

- Department of Public Works (DPW)
- Housing and Revitalization (HRD)
- Planning and Development (PDD)
- Public Lighting Department (PLD)

☎ [313 670-9344](tel:3136709344)

☎ [313 224-3378](tel:3132243378)

✉ slaughterb@detroitmi.gov



Kayetta Wilder - Holly
Employee Services Consultant II

- Admin. Hearings
- Auditor General (AG)
- City Clerk
- Elections
- Mayor's Office
- DOIT
- Non-Dept. (Board of Ethics, DBA & Pension)
- Office of the Inspector General (OIG)
- Ombudsman
- Zoning
- Building, Safety, Engineering & Environmental Department (BSEED)

☎ [313 316-1514](tel:3133161514)

☎ [313 224-3719](tel:3132243719)

✉ wilderhollyk@detroitmi.gov

Appendix C: Screening Questionnaire



COVID-19 Screening Checklist

*****CONFIDENTIAL*****

Date: _____

Screener Name: _____

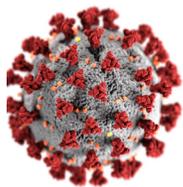
Location: _____

HR PHONE#: (313) 920-8326

Name	Time	Have you had a Positive COVID-19 Test result?	Experiencing Any Symptoms?					Close contact with Others exhibiting symptoms or Tested Positive?	Current Temperature	Pass / Fail
			Fever	Cough	Diarrhea / Nausea	Reduced Smell & Taste	Shortness of Breath			
		Y N	Y N	Y N	Y N	Y N	Y N		Y N	
		Y N	Y N	Y N	Y N	Y N	Y N		Y N	
		Y N	Y N	Y N	Y N	Y N	Y N		Y N	

Appendix D: Signage

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



Lo que necesita saber sobre la enfermedad del coronavirus 2019 (COVID-19)

¿Qué es la enfermedad del coronavirus 2019 (COVID-19)?

La enfermedad del coronavirus 2019 (COVID-19) es una afección respiratoria que se puede propagar de persona a persona. El virus que causa el COVID-19 es un nuevo coronavirus que se identificó por primera vez durante la investigación de un brote en Wuhan, China.

¿Pueden las personas en los EE. UU. contraer el COVID-19?

Sí. El COVID-19 se está propagando de persona a persona en partes de los Estados Unidos. El riesgo de infección con COVID-19 es mayor en las personas que son contactos cercanos de alguien que se sepa que tiene el COVID-19, por ejemplo, trabajadores del sector de la salud o miembros del hogar. Otras personas con un riesgo mayor de infección son las que viven o han estado recientemente en un área con propagación en curso del COVID-19.

¿Ha habido casos de COVID-19 en los EE. UU.?

Sí. El primer caso de COVID-19 en los Estados Unidos se notificó el 21 de enero del 2020. La cantidad actual de casos de COVID-19 en los Estados Unidos está disponible en la página web de los CDC en <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

¿Cómo se propaga el COVID-19?

Es probable que el virus que causa el COVID-19 haya surgido de una fuente animal, pero ahora se está propagando de persona a persona. Se cree que el virus se propaga principalmente entre las personas que están en contacto cercano unas con otras (dentro de 6 pies de distancia), a través de las gotitas respiratorias que se producen cuando una persona infectada tose o estornuda. También podría ser posible que una persona contraiga el COVID-19 al tocar una superficie u objeto que tenga el virus y luego se toque la boca, la nariz o posiblemente los ojos, aunque no se cree que esta sea la principal forma en que se propaga el virus. Infórmese sobre lo que se sabe acerca de la propagación de los coronavirus de reciente aparición en <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission-sp.html>.

¿Cuáles son los síntomas del COVID-19?

Los pacientes con COVID-19 han tenido enfermedad respiratoria de leve a grave con los siguientes síntomas:

- fiebre
- tos
- dificultad para respirar

¿Cuáles son las complicaciones graves provocadas por este virus?

Algunos pacientes presentan neumonía en ambos pulmones, insuficiencia de múltiples órganos y algunos han muerto.

¿Qué puedo hacer para ayudar a protegerme?

Las personas se pueden proteger de las enfermedades respiratorias tomando medidas preventivas cotidianas.

- Evite el contacto cercano con personas enfermas.
- Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.
- Lávese frecuentemente las manos con agua y jabón por al menos 20 segundos. Use un desinfectante de manos que contenga al menos un 60 % de alcohol si no hay agua y jabón disponibles.

Si está enfermo, para prevenir la propagación de la enfermedad respiratoria a los demás, debería hacer lo siguiente:

- Quedarse en casa si está enfermo.
- Cubrirse la nariz y la boca con un pañuelo desechable al toser o estornudar y luego botarlo a la basura.
- Limpiar y desinfectar los objetos y las superficies que se tocan frecuentemente.

¿Qué debo hacer si he regresado recientemente de un viaje a un área con propagación en curso del COVID-19?

Si ha llegado de viaje proveniente de un área afectada, podrían indicarle que no salga de casa por hasta 2 semanas. Si presenta síntomas durante ese periodo (fiebre, tos, dificultad para respirar), consulte a un médico. Llame al consultorio de su proveedor de atención médica antes de ir y dígame sobre su viaje y sus síntomas. Ellos le darán instrucciones sobre cómo conseguir atención médica sin exponer a los demás a su enfermedad. Mientras esté enfermo, evite el contacto con otras personas, no salga y postergue cualquier viaje para reducir la posibilidad de propagar la enfermedad a los demás.

¿Hay alguna vacuna?

En la actualidad no existe una vacuna que proteja contra el COVID-19. La mejor manera de prevenir infecciones es tomar medidas preventivas cotidianas, como evitar el contacto cercano con personas enfermas y lavarse las manos con frecuencia.

¿Existe un tratamiento?

No hay un tratamiento antiviral específico para el COVID-19. Las personas con el COVID-19 pueden buscar atención médica para ayudar a aliviar los síntomas.



Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



When in public, wear a cloth face covering over your nose and mouth.

Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/coronavirus

Appendix E: PPE Estimate Form

