

Infectious Disease Prevention:
SARS-CoV-2 Virus That Causes COVID-19
16 VAC 25-220

GOAL AND LEARNING OBJECTIVES

Goal: Increase health and safety awareness employees with potential exposure to COVID-19 as required by 16VAC25-220

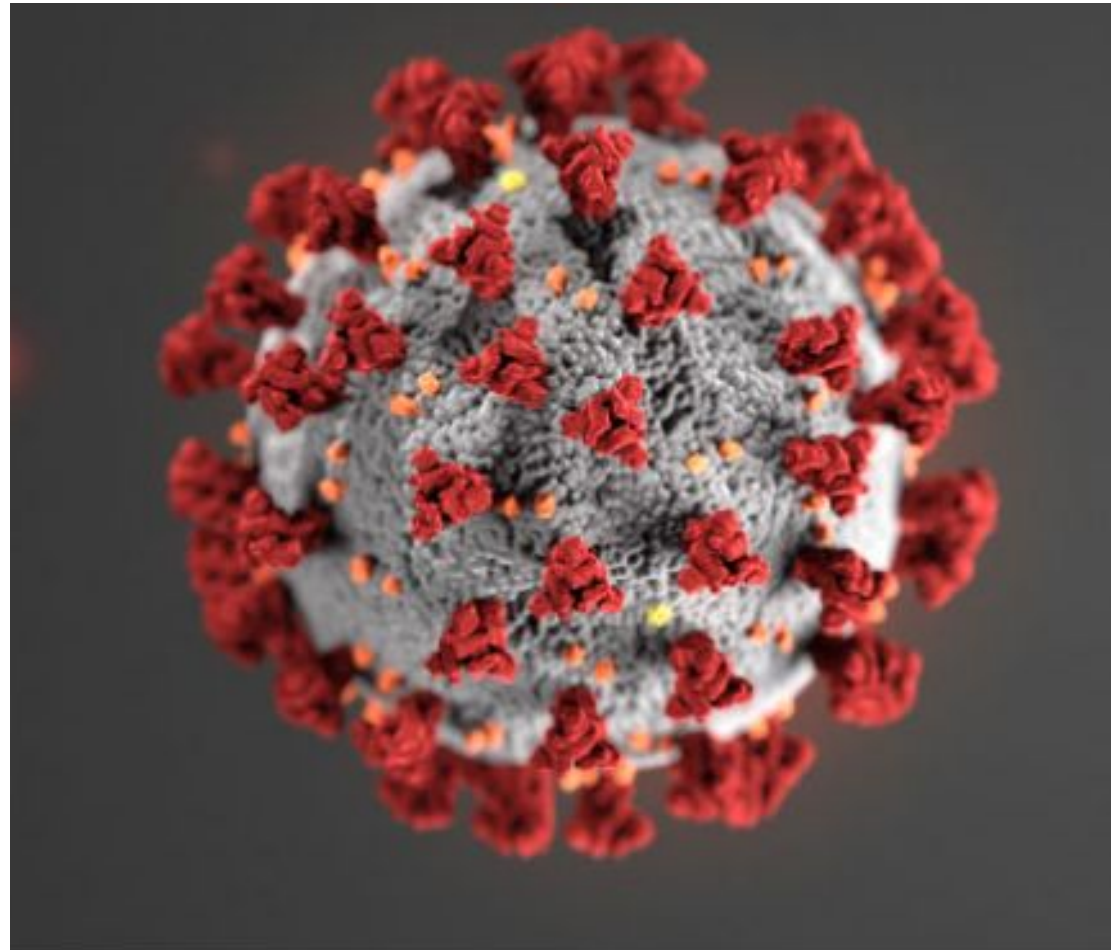
Learning objectives: After attending participants will be able to:

Recognize the signs and symptoms, risk factors, and transmission of COVID-19 disease.

- Understand the risk of workplace exposure to COVID-19.
- Be familiar with the infection control methods used by your employer to prevent and respond to COVID-19 exposure in our workplace.

Implement the steps your employer has taken to protect you and your coworkers.

WHAT IS SARS-COV-2?



SARS-CoV-2 is the virus that causes coronavirus disease 2019 (COVID-19)

SARS = severe acute respiratory distress syndrome

Spreads easily person-to-person particularly when someone sneezes

Little if any immunity in humans

Detailed information:

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

TRANSMISSION

COVID-19 is spread from person to person mainly through coughing, sneezing, and possibly talking, and breathing.



Droplet - respiratory secretions from coughing or sneezing landing on mucosal surfaces (nose, mouth, and eyes).

Aerosol - a solid particle or liquid droplet suspended in air.

Contact -Touching something with SARS CoV-2 virus on it and then touching mouth, nose or eyes.

Other possible routes: Through fecal matter.

INCREASED RISK FACTORS

Those with elevated risk of exposure include:

- Close contacts of persons with COVID-19.
- Healthcare workers caring for patients with COVID-19.
- Workers providing critical services and operations.

INCUBATION PERIOD

The incubation period is the time between exposure to a virus and the onset of symptoms.

With COVID-19, symptoms may show 2-14 days after exposure.

CDC indicates that people are most contagious when they are the most symptomatic.

Several studies show people may be most contagious before developing symptoms.

COVID-19 CAN CAUSE MILD TO SEVERE SYMPTOMS

Most common symptoms include:

Fever

Cough

Shortness of breath

Other symptoms may include:

Sore throat

Runny or stuffy nose

Body aches

Headache

Chills

Fatigue

Gastrointestinal: diarrhea, nausea

Loss of smell and taste

INCREASED RISK OF SEVERE ILLNESS

COVID-19 poses a greater risk for severe illness for people with underlying health conditions:

Heart disease

Lung disease such as asthma

Diabetes

Suppressed immune systems

The elderly have higher rates of severe illness from COVID-19. Children and younger adults have had less severe illness and death. Because COVID-19 is new, there are a lot of scientific unknowns such as the impact on pregnant women and their fetuses.

SEVERE SYMPTOMS – EMERGENCY WARNING SIGNS FOR COVID-19

Most people will have mild symptoms and should recover at home and **NOT** go to the hospital or emergency room.

Get medical attention immediately if you have:

- ❑ Difficulty breathing or shortness of breath.
- ❑ Persistent pain or pressure in the chest.
- ❑ New confusion or inability to arouse.
- ❑ Bluish lips or face.



PROTECT YOUR EMPLOYEES

COVID-19

Take actions every day to help prevent the spread of COVID-19

PROTECT YOUR EMPLOYEES

- Social Distancing
- Self monitoring
- Post signs
- Offer disposable face masks
- PPE
- Clean and Disinfect
- Training
- Prohibit infected workers

DETERMINING EXPOSURES

Tasks

Work environment

Presence of the virus

employees/size of area

Working distances

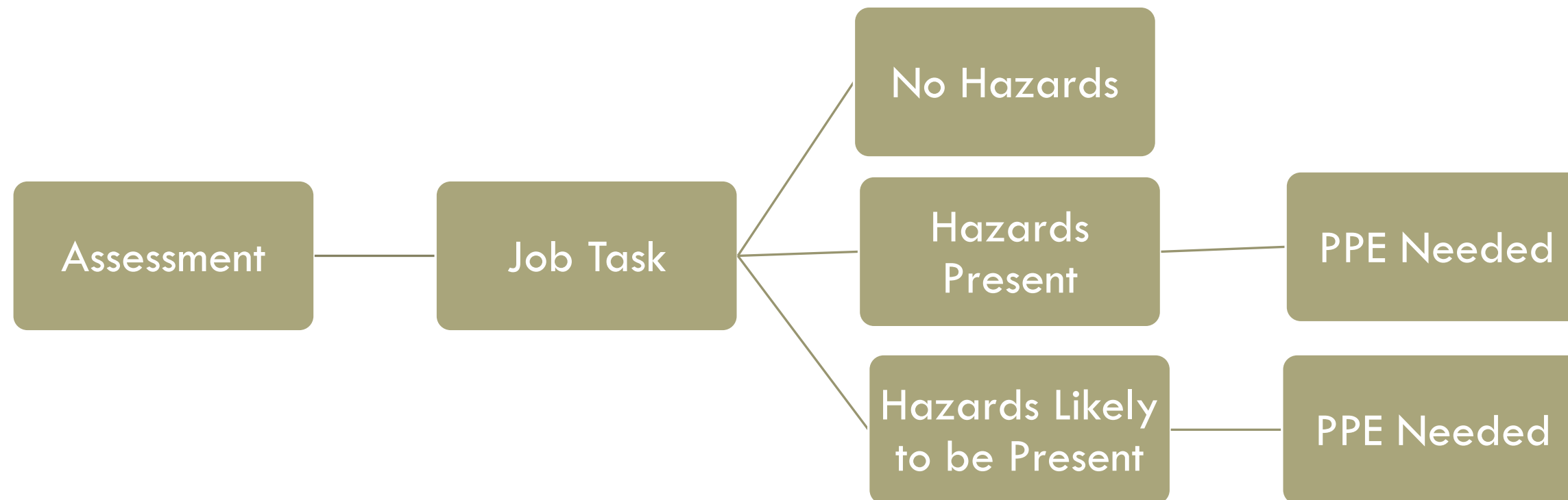
Duration and frequency of exposure

Hazards encountered



PPE ASSESSMENT

- Assess Hazards
- Select PPE
- Uses/ Cleaning/Storage/Fit



PPE ASSESSMENT

STEP 1: Inform affected employees of the process

Step 2: Review data

Step 3: Conduct a walk-through survey

Step 4: Determine the COVID-19 exposures

Step 5: Determine Controls to protect against COVID-19

Step 6: Make Document Accessible

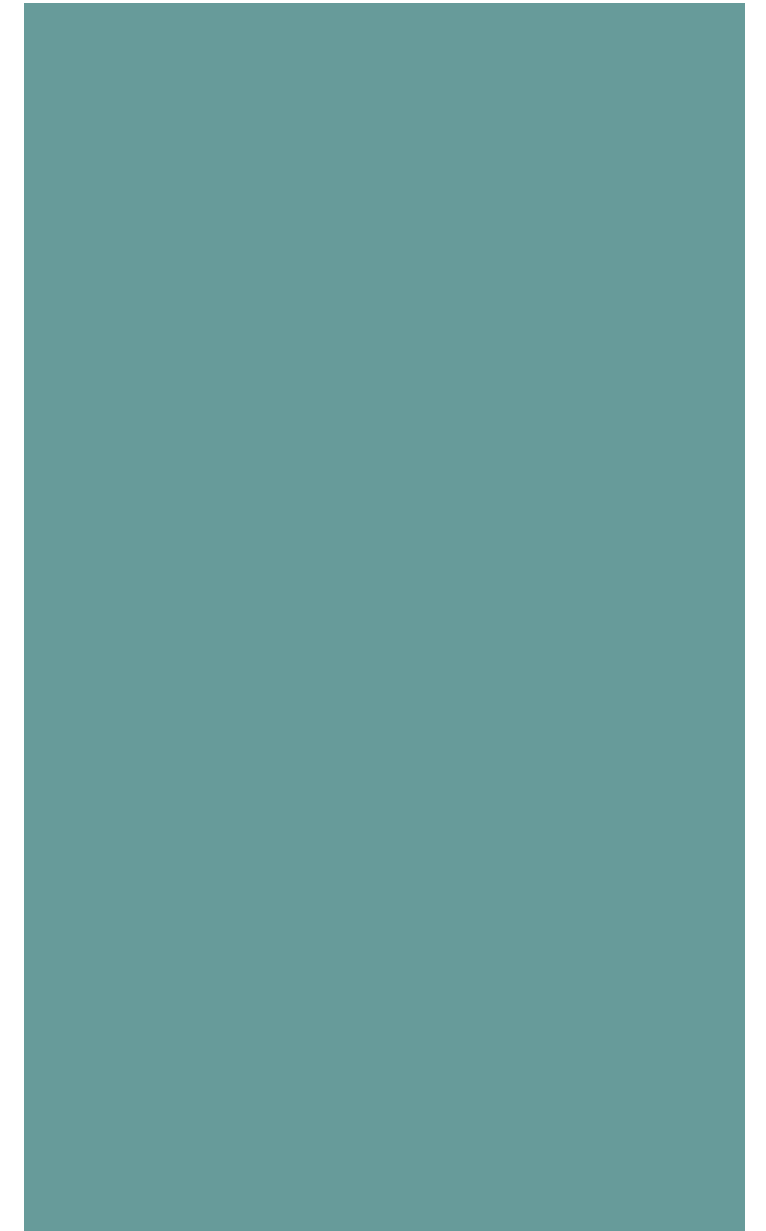
Step 7: Reassess the workplace as necessary by identifying and evaluating

SOCIAL DISTANCING



PHYSICAL DISTANCING REQUIREMENTS

- Announcements, signage, or visual cues
- Decrease worksite density
- Controlled Access



COMMON AREAS - PHYSICAL DISTANCING

- Entrance Posting
 - Occupancy of the space;
 - physical distancing;
 - washing/hand sanitizing;
 - Cleaning and disinfecting of shared surfaces.



CLEANING

Clean and disinfect high touch areas

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>



WHAT TO DO IF YOU ARE SICK

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation,** ride-sharing, or taxis.

RETURN TO WORK

- Employees who are COVID-19 positive, regardless of vaccination status
 - remove until they meet the return to work criteria in 16VAC25-220-40 C 3 subdivision C 3 and require a COVID-19 test from the employee.
 - (1) negative, the employee may return to work immediately
 - (2) positive, comply with 16VAC25-220-40 C 1 subdivision C 1
 - If the employee refuses to take the test, the employer must continue to keep the employee removed from the workplace (exceptions for those who cannot take the test for religious or disability-related medical reasons)
- Return to work in accordance with guidance from
 - licensed healthcare provider
 - VDH public health professional; or
 - CDC's "Isolation Guidance" and CDC's "Return to Work Healthcare Guidance"

NCPS Infectious Disease (COVID-19) Preparedness and Response Plan

Please refer to the **NCPS Infectious Disease (COVID-19) Preparedness & Response Plan** on the school website.

If you have any questions, please contact

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