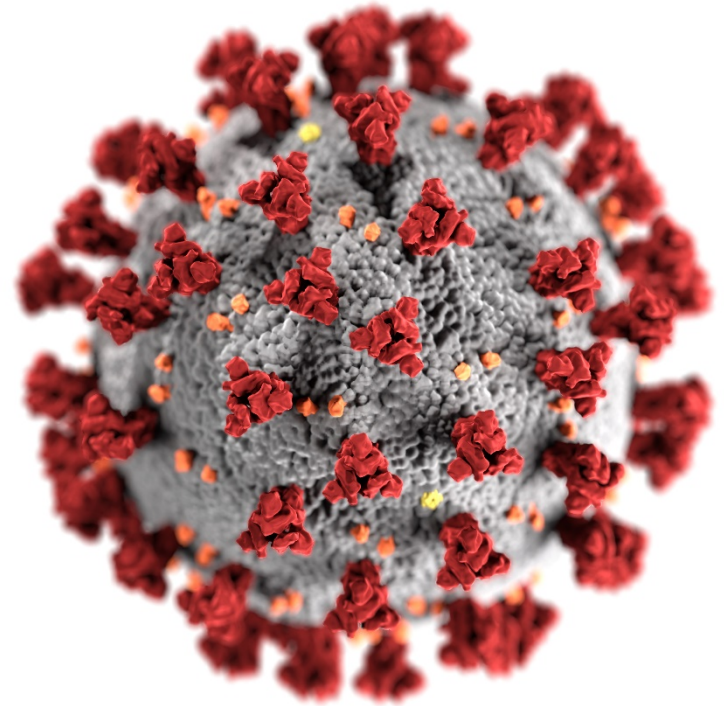


# COVID-19 and Healthy Workplaces

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COVID-19 Response  
December 9, 2020



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Overview

- Spread, Symptoms & Complications
- Testing & Treatment
- Prevention
- What to do if Sick
- People Who Need to Take Extra Precautions



# Spread, Symptoms, & Complications



# COVID-19 can spread in workplaces

- The virus that causes COVID-19 is very contagious due to high level of shedding in the upper respiratory tract through coughs and sneezes.
- Pre-symptomatic people may be infectious 1 to 3 days *before* symptom onset.
- Many infected people may never experience symptoms (i.e., remain asymptomatic), but still be capable of spreading the virus.



# Symptoms

## Symptoms may include

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## Symptoms may appear

- 2 to 14 days after exposure to the virus



# Complications

**Wide range of illness severity has been reported**

- Mild to severe illness
- Can result in death

**Most common complications of severe COVID-19**

- Pneumonia
- Respiratory failure
- Sepsis and septic shock
- Cardiomyopathy
- Acute kidney injury
- Other illness associated with prolonged hospital stays



# Testing & Treatment



# Testing

- Two kinds of tests are available for COVID-19: [viral tests](#) and [antibody tests](#)
  - A viral test tells you if you have a current infection
  - An antibody test tells you if you had a previous infection
    - Having antibodies to the virus that causes COVID-19 might provide protection from getting infected with the virus again
    - If it does, we do not know how much protection the antibodies might provide or how long this protection might last



CDC testing kit



# Testing– Should workers be tested for current infection?

- Workers with signs or symptoms consistent with COVID-19: **YES**
- Asymptomatic workers with recent known or suspected exposure to a COVID-19 case: **YES**
- Asymptomatic workers without known or suspected exposure to a COVID-19 case: **MAYBE**
  - If physical distancing is difficult
  - If workplace in remote setting
  - If continuity of operations is critical
  - If workplace provides congregate housing

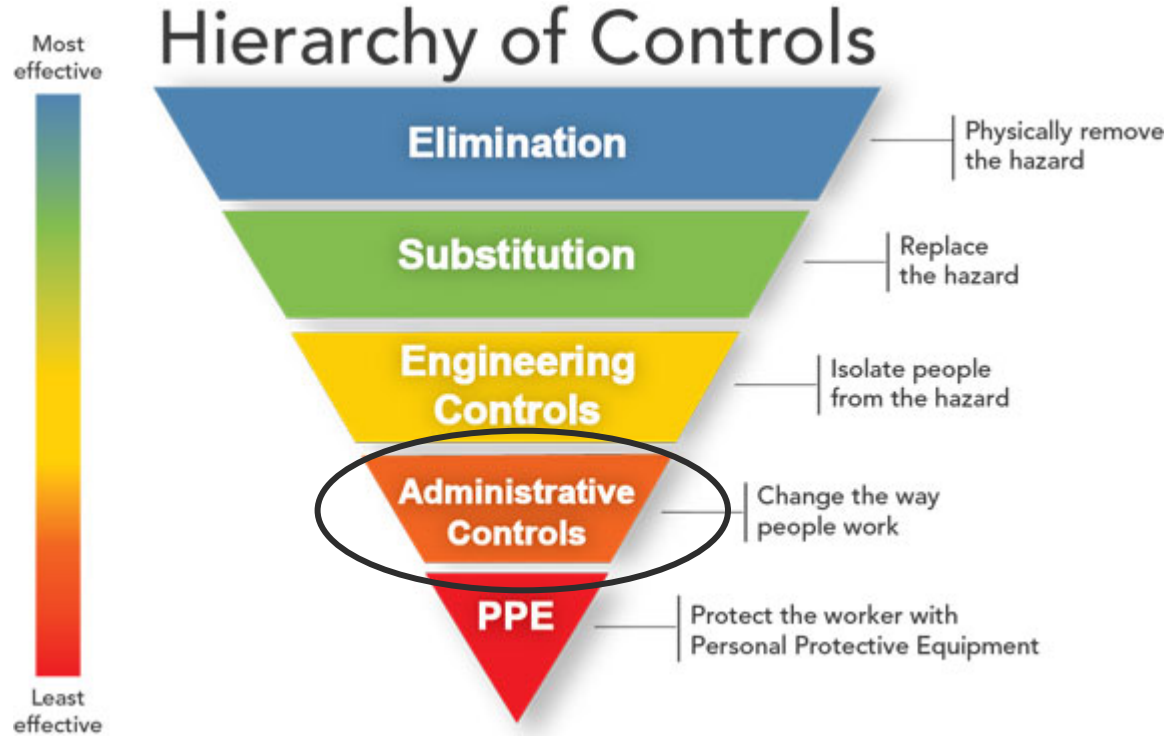


CDC testing kit

# Prevention and Healthy Workplaces: Tips and Tools for Businesses



# Prevention of workplace transmission should follow the hierarchy of controls



# Screening– On-site or self-screening?

- Screening for signs and symptoms or known exposures may help identify some persons with COVID-19.
  - Screening may miss asymptomatic or pre-symptomatic cases.
- Before implementing screening, ensure that
  - sick leave policies are flexible and consistent with public health guidance, and
  - employees are aware of and understand these policies.
- Screening is not a replacement for other protective measures such as social distancing.
- Consider implementing self-screening to minimize screener exposures.



# Responding— What if a worker is sick?

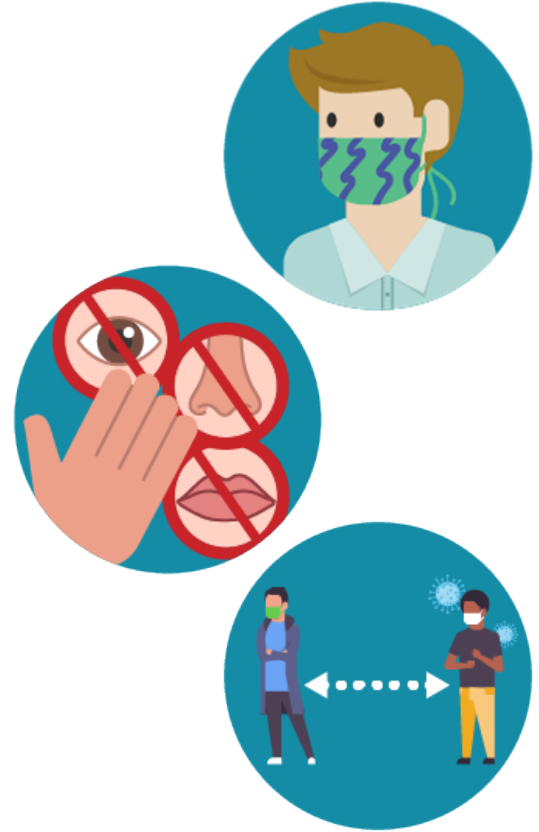
- Encourage sick workers to self-isolate and contact a healthcare provider.
- Provide information on the facility's return-to-work policies and procedures and resources to identify local testing sites.
- Inform human resources and the worker's supervisor (for scheduling purposes).
- Disinfect the workstations and tools that have been used by a sick worker.
- Inform close work contacts of possible exposure while maintaining confidentiality.
- Work with health officials to facilitate identification of other exposed workers or customers.



# Prevention

## Everyday preventive actions

- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with others, including people who are sick
- Stay home as much as possible, especially when you are sick
- When in public, wear a mask that covers your mouth and nose



# When you can be around others after you had or likely had COVID-19

When you can be around others (end home isolation) depends on different factors for different situations.

- **I think or know I had COVID-19, and I had symptoms**
  - You can be with others after
    - At least 10 days since symptoms first appeared and
    - At least 24 hours with no fever without fever-reducing medication and
    - Symptoms have improved
- **I tested positive for COVID-19 but had no symptoms**
  - If you continue to have no symptoms, you can be with others after
    - 10 days have passed since test



# People Who Need Extra Precautions





# People at increased risk for severe illness

- Among adults, risk for severe illness increases with age
  - Severe illness means that the person with COVID-19 may require hospitalization, intensive care, or a ventilator to help them breathe, or they may even die
  - Older adults are at highest risk. Increased risk with age is due in part to the increased likelihood of [older adults](#) to have underlying medical conditions
- People of any age who have certain underlying [medical conditions](#), such as diabetes and obesity, are at higher risk of severe illness

# People who need extra precautions

- People at increased risk of severe illness from COVID-19, and those who live with them, need to take steps to protect themselves from getting COVID-19
- The best way to protect yourself and to help reduce the spread of the virus that causes COVID-19 is to
  - Limit your interactions with other people as much as possible
  - Take precautions to prevent getting COVID-19 when you do interact with others
- If you start feeling sick and think you may have COVID-19, get in touch with your healthcare provider within 24-hours

# Conditions that may pose increased risk for severe illness

- Cancer
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 kg/m<sup>2</sup> or higher but < 40 kg/m<sup>2</sup>)
- Severe Obesity (BMI ≥ 40 kg/m<sup>2</sup>)
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

# Stay healthy during the COVID-19 pandemic

- Talk to your healthcare provider about whether your vaccinations and other preventive services are up to date to help prevent you from becoming ill with other diseases.
- It is particularly important for those at increased risk of severe illness, including older adults, to receive recommended vaccinations against influenza and pneumococcal disease.
- Talk with your healthcare provider about maintaining preventive services like [cancer screenings](#) during the pandemic.
- Remember the importance of staying [physically active](#) and practicing healthy habits to [cope with stress](#).
- If you have a medical emergency, do not delay seeking emergency care.

# If you have an underlying medical condition, continue to follow your treatment plan:

- **Continue your medicines** and do not change your treatment plan without talking to your healthcare provider.
- **Have at least a 30-day supply** of prescription and non-prescription medicines. [Talk to a healthcare provider](#), insurer, and pharmacist about getting an extra supply (i.e., more than 30 days) of prescription medicines, if possible, to reduce your trips to the pharmacy.
- **Do not delay getting emergency care for your underlying medical condition** because of COVID-19. Emergency departments have contingency infection prevention plans to protect you from getting COVID-19 if you need care.

# If you are at higher risk of severe illness

- In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher your risk of getting and spreading COVID-19
- If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions
- Keep these items on hand and use them when venturing out: a mask, tissues, and a hand sanitizer with at least 60% alcohol, if possible
- If possible, avoid others who are not wearing masks or ask others around you to wear masks



# Flu Vaccine is More Important Than Ever this Season!

- The more people vaccinated, the more people protected.
- This season, flu vaccine is more important than ever.
  - Flu vaccine protects you, your loved ones, and your community from flu.
- This season, flu vaccine is more important than ever.
  - Flu vaccine can flatten the curve of flu illnesses, save medical resources, and protect essential workers from flu.



# #SleeveUp to Fight Flu

- As part of this season's flu vaccination campaign, on October 1<sup>st</sup>, CDC will publish a suite of digital resources encouraging everyone to #MaskUp, #LatherUp, and roll their [#SleeveUp](#) for a flu vaccine this flu season.
- These resources will include social media frames to put your own #SleeveUp photo in, graphics, and social media content.
- These resources will be available in the [CDC Flu Communication Resource Center](#).
- We encourage you to share these new resources with your colleagues and communities.
- If you are interested in sharing more information this flu season, please contact [Kathleen LaPorte at [klaporte@cdc.gov](mailto:klaporte@cdc.gov)].





# #SleeveUp to Fight Flu

## Add your own photo to our frames

 CDC Flu  
@CDCFlu

Join @CDCgov's Dr. Dan Jernigan and roll your #SleeveUp for a flu vaccine before the end of October. The best time to get a flu vaccine is before #flu starts circulating in your area. Find a flu vaccine near you: [bit.ly/2SyDlp9](https://bit.ly/2SyDlp9)



#SleeveUp #FIGHT FLU

1:33 PM · Sep 25, 2020 · Sprout Social

 MarylandResponds/OPR @MarylandOPR · Oct 2

The weekend is almost here! That means you'll hopefully have some extra time to roll your #SleeveUp and get your flu shot. Find a FREE public flu clinic here: [marylandvax.org/clinic/search](https://marylandvax.org/clinic/search) #FightTheFlu



#SleeveUp #FIGHT FLU cdc.gov/flu

 The IZ Partnership  
@Immunize\_USA

Did you get your #flu vaccine yet? We got ours! Exercise your right to bare arms. Roll your #SleeveUp and share your pix with us. #MaskUpVaxUp #VaxTexas #immunizeUSA #FluVaccine #FightFlu



#SleeveUp #FIGHT FLU

12:10 PM · Oct 5, 2020 · Twitter Web App

# Resources for Businesses

<https://www.cdc.gov/flu/business/>

One-stop-shop for resources for businesses for seasonal flu prevention and pandemic flu planning

## New Web Content :

- Tips for Preventing the Spread of Flu at Work
- Promoting Seasonal Flu Vaccination in the Workplace
- Resources for Hosting a Vaccination Clinic
- Stay Home When You are Sick
- Pandemic Flu Preparedness Resources

The screenshot shows the 'Influenza (Flu)' page on the CDC website, specifically the 'Business & Employers' section. The page features a header with the title 'Influenza (Flu)' and a sub-header 'Business & Employers'. Below the header is a large image of a modern office interior with people working at desks. The main content area includes the text 'Flu prevention is important for your business!' and a paragraph explaining the importance of workplace health during flu season. There are three featured resource cards: 'Event Flu', 'Promoting Flu Vaccines', and 'Stay Home When Sick', each with a small thumbnail image.

The screenshot shows the 'Education and Promotion Resources' section of the CDC website. It features three resource cards: 1. 'Feeling sick? Stop the spread of flu in the workplace. Stay home when you are sick.' with a red stop sign icon and a poster thumbnail. 2. 'Pandemic Flu Checklist' with a blue header and a checklist icon. 3. 'Get Your Workplace Ready for Pandemic Flu' with a red header and a person wearing a mask icon. Each card includes a PDF icon and file size/page information.

# Resources for Businesses

<https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/business-workplaces.html>

One-stop-shop for resources for businesses COVID-19 planning

MORE RESOURCES

## Toolkit for Businesses & Workplaces

Updated July 17, 2020

Print



Guidance and tools to help business owners make decisions, protect their customers and employees, and communicate with their communities.

### Guidance and Planning Documents

- [Interim Guidance for Businesses and Employers Responding to Coronavirus Disease 2019 \(COVID-19\), May 2020](#)
- [Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19](#)
- [Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#)
- [Guidance for Reopening Buildings After Prolonged](#)

### Small Businesses

[Prepare Your Small Business and Employees for the Effects of COVID-19](#)

### Grocery Stores

- [What Food and Grocery Pick-Up and Delivery Drivers Need to Know about COVID-19](#)
- [What Grocery and Food Retail Works Need to Know about COVID-19](#)

# COVID-19 Vaccination Resources

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

One-stop-shop for resources for COVID-19 vaccination planning

## Coronavirus Disease 2019 (COVID-19)



Your Health ▾ Community, Work & School ▾ Healthcare Workers & Labs ▾ Health Depts ▾ Cases & Data ▾ More ▾

🏠 Your Health

- Things You Need to Know
- Symptoms +
- Testing +
- Vaccines -**
  - 8 Things to Know
  - Benefits of Getting Vaccinated +
  - Different Vaccines +
  - How CDC is Making Vaccine Recommendations
  - Ensuring the Safety of Vaccines
  - Ensuring Vaccines Work
  - Frequently Asked Questions about Vaccination
- How it Spreads +
- Prevent Getting Sick +

YOUR HEALTH

## Vaccines

Updated Dec. 4, 2020 Languages ▾ Print

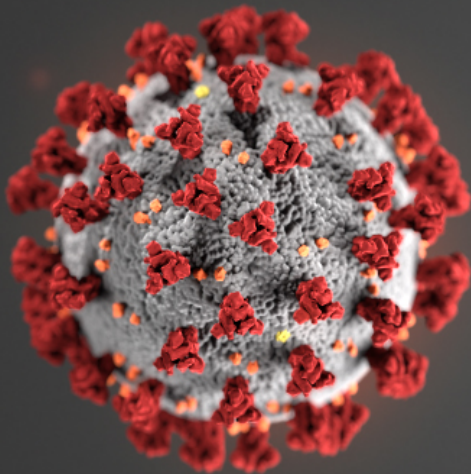


**Safety Is a Top Priority**  
The U.S. vaccine safety system ensures that all vaccines are as safe as possible. [Learn more.](#)

### How CDC Is Making COVID-19 Vaccine Recommendations

What you need to know about how CDC is making COVID-19 vaccine recommendations in the United States.

[Recommendations Process](#)



For more information, contact CDC  
1-800-CDC-INFO (232-4636)  
TTY: 1-888-232-6348 [www.cdc.gov](http://www.cdc.gov)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

