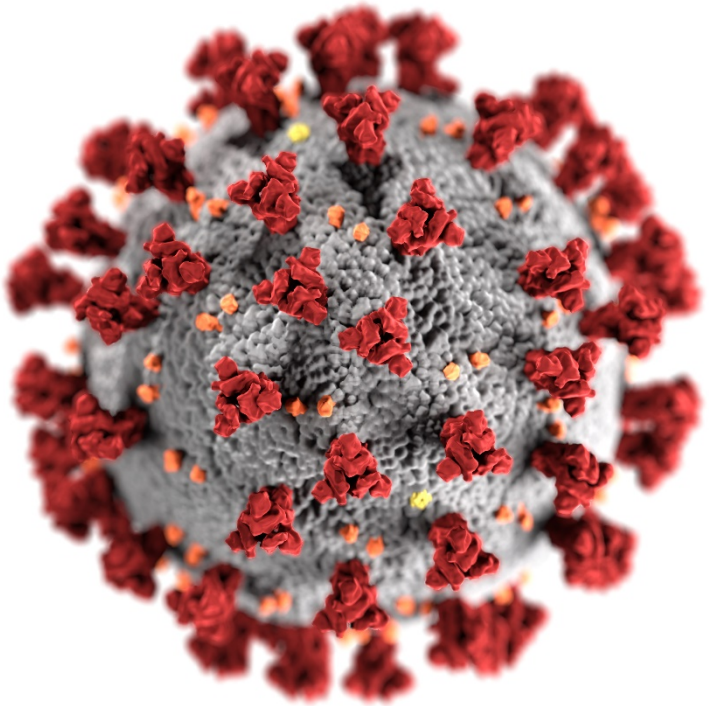
COVID-19 and Healthy Workplaces



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COVID-19 Response
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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

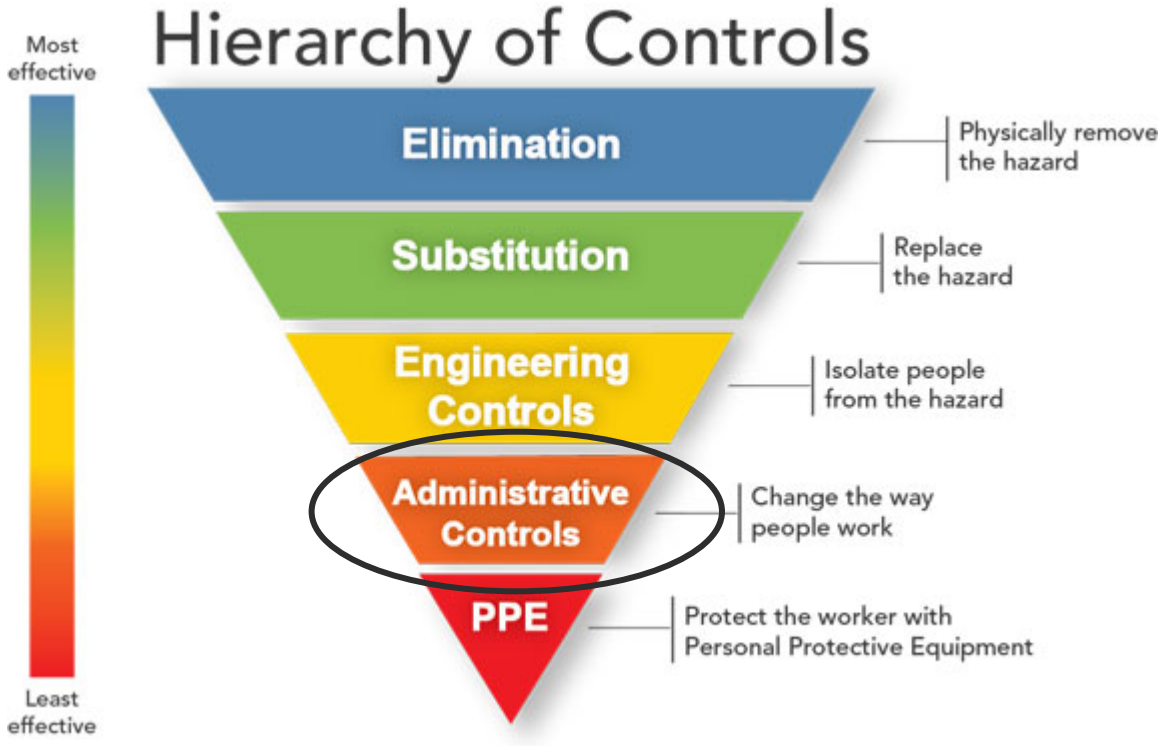
Testing– Should workers be tested for current infection?

- 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.

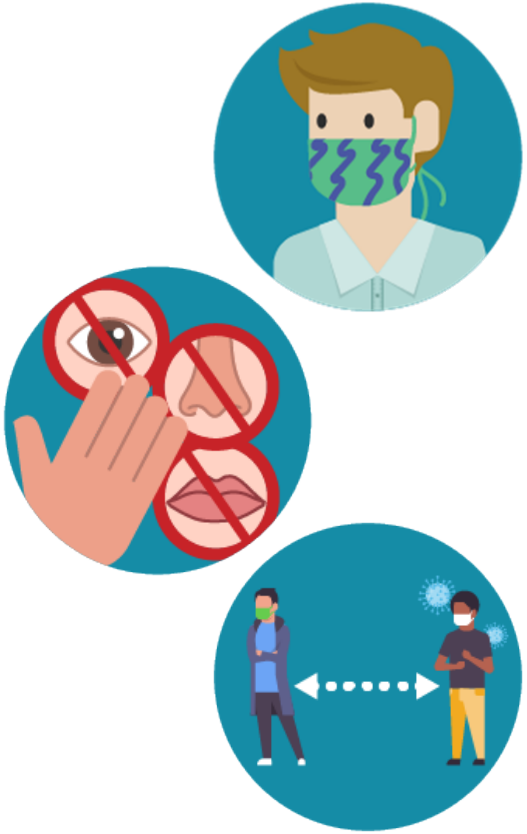
Responding– What if a worker is sick?

- 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^2 or higher but < 40 kg/m^2)
- Severe Obesity (BMI ≥ 40 kg/m^2)
- 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 commu
    flu.
- This season, flu vaccine is more important than ever.
  - Flu vaccine can flatten the curve of flu illnesses, save medi
    resources, and protect essential workers from flu.

#SleeveUp to Fight Flu

- As part of this season's flu vaccination campaign, on October 1st, 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].

#SleeveUp to Fight Flu

Add your own photo to our frames

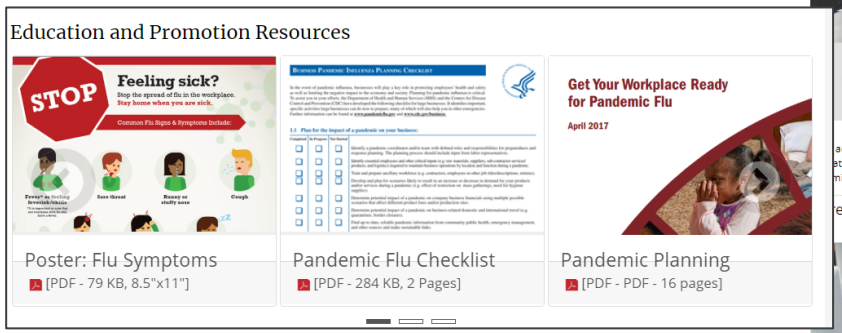
Resources for Businesses

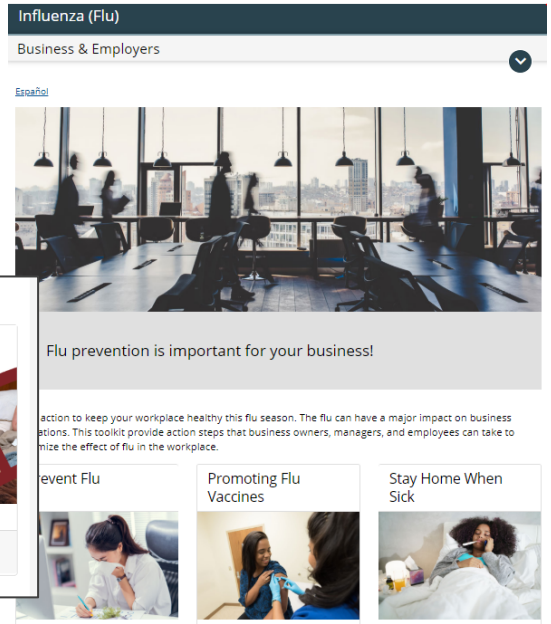
https://www.cdc.gov/flu/business/

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





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

Small Businesses

Prepare Your Small Business and Employees for the Effects of COVID-19

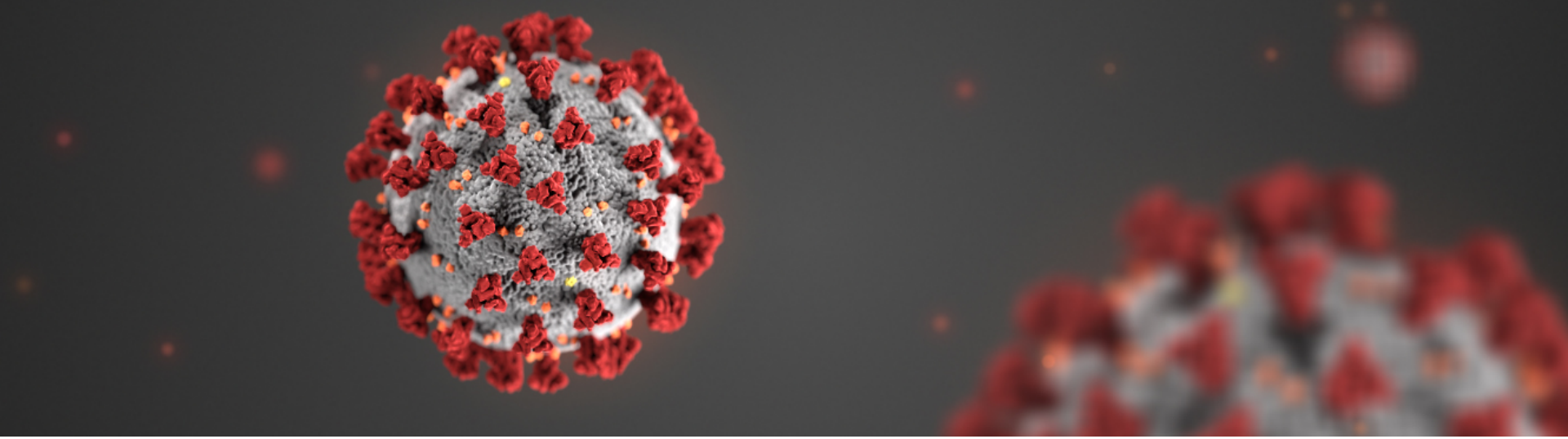
Grocery Stores

- 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



For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 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.