

## Checklist: Essential Workers Potentially Exposed To COVID-19 Protecting Against COVID-19

The Centers for Disease Control and Prevention (CDC) advises that critical infrastructure workers may be permitted to continue work following potential exposure to COVID-19, provided they remain asymptomatic and additional precautions are implemented to protect them and the community. (A potential exposure is a household member or any close contact within 6 feet of an individual with confirmed or suspected COVID-19. The timeframe for contact includes the 48 hours before the individual became symptomatic.)

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends using the following safety practices if a critical infrastructure worker has had potential exposure.

The employer should:

- Require employees to perform a daily symptom assessment, including taking temperature with thermometer and monitoring for fever, coughing, and trouble breathing.
- Increase cleaning and disinfecting of workspaces, offices, bathrooms, common areas, and shared electronic equipment.
- Send the employee home immediately if symptoms develop during the workday.
  - Clean and disinfect surfaces in the employee's workspace and shutdown the shop/floor for deep sanitation if possible.
  - Contact the local health district to report the suspected case and exposures.
- Work with facility maintenance staff to increase air exchanges.

The employee should:

- If there is no temperature or symptoms, continue to self-monitor.
- Wear a face covering while in the workplace, unless an exception exists. Exceptions can be found [here](#). Employers can issue facemasks or can approve employees' supplied cloth face coverings.

- Maintain 6 feet from others.
- Refrain from sharing headsets or other work materials.
- Stagger breaks and don't congregate in the break room or other common areas. Don't share food. Use disposable utensils.

For more information on COVID-19, please visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

For more information about reopening and Responsible Restart Ohio, please visit:

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/>.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

**Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.**

Additional resources:

CDC's Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/community/critical-workers/implementing-safety-practices.html>.

CDC printable flyers: [https://www.cdc.gov/coronavirus/2019-ncov/downloads/Essential-Critical-Workers\\_Dos-and-Donts.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/Essential-Critical-Workers_Dos-and-Donts.pdf).

CDC Resources for First Responders and Law Enforcement: <https://www.cdc.gov/coronavirus/2019-ncov/community/first-responders.html>.

CDC Resources for Correctional and Detention Facilities: <https://www.cdc.gov/coronavirus/2019-ncov/community/correction-detention/index.html>.

CDC Resources for Businesses and Employers: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html>.

CDC's Interim Guidance for Businesses and Employers: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>.

# CORONAVIRUS DISEASE 2019 Ohio

Department of Health

Protect yourself and others from COVID-19 by taking these precautions.

## PREVENTION

For additional information call 1-833-4-ASK-ODH or visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).



STAY HOME



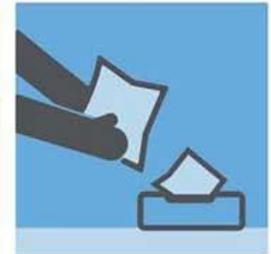
PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS