COVID-19 Checklist

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.

For more information, visit: coronavirus.ohio.gov
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.

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

For additional information call 1-833-4-ASK-ODH or visit 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

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