

## Public Health COVID-19 Reopening Guidance

4/27/20

**In addition to following all directives of the Governor as outlined in proclamations, entities considering reopening must adhere to the following public health guidance:**

1. Follow CDC guidance related to Cleaning and Disinfection for Community Facilities, including frequent cleaning and disinfecting of all high touch surfaces.
2. Encourage and provide supplies to allow for frequent hand washing and hand sanitizing for employees and the public.
3. Provide reminders to employees and members of the public to stay at least 6 feet away from others when in the facility and mark six foot intervals when possible.
4. Post signage at the door indicating no one should enter the establishment if they currently have symptoms or have been around anyone with a confirmed COVID-19 diagnosis in the last 14 days.
5. If an employee or a member of the public becomes ill while at the facility, ask them to share that information with management, leave the facility and then call their health care provider.
6. Members of the public and employees should consider the use of cloth face coverings (when practical) if staying at least 6 feet away from others is not possible.
7. Anyone who is high risk for more severe COVID-19 illness should continue to stay home.
8. Businesses should continue to follow IDPH's business guidance related to preventing, detecting and reporting outbreaks.
9. Businesses should use messaging to remind employees of steps they should be taking to protect their own health while at work.

### **Other Resources**

1. OSHA Guidance on Preparing Workplaces for COVID-19:  
<https://www.osha.gov/Publications/OSHA3990.pdf>





## Coronavirus Disease 2019 (COVID-19)

# Cleaning and Disinfection for Community Facilities

Interim Recommendations for U.S. Community Facilities with Suspected/Confirmed Coronavirus Disease 2019 (COVID-19)

### Summary of Recent Changes

#### Revisions made on 4/1/2020:

- Added guidance on the timing of disinfection after a suspected/confirmed COVID-19 case

#### Revisions made on 3/26/2020:

- Updated guidance for cleaning and disinfection of soft (porous) surfaces
- Updated links to EPA-registered disinfectant list
- Added guidance for disinfection of electronics
- Updated core disinfection/cleaning guidance

### Background

There is much to learn about the novel coronavirus (SARS-CoV-2) that causes coronavirus disease 2019 (COVID-19). Based on what is currently known about the virus and about similar coronaviruses that cause SARS and MERS, spread from person-to-person happens most frequently among close contacts (within about 6 feet). This type of transmission occurs via respiratory droplets, but disease transmission via infectious aerosols is currently uncertain. Transmission of SARS-CoV-2 to persons from surfaces contaminated with the virus has not been documented. Transmission of coronavirus in general occurs much more commonly through respiratory droplets than through fomites. Current evidence suggests that SARS-CoV-2 may remain viable for hours to days on surfaces made from a variety of materials. Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in community settings.

It is unknown how long the air inside a room occupied by someone with confirmed COVID-19 remains potentially infectious. Facilities will need to consider factors such as the size of the room and the ventilation system design (including flowrate [air changes per hour] and location of supply and exhaust vents) when deciding how long to close off rooms or areas used by ill persons before beginning disinfection. Taking measures to improve ventilation in an area or room where someone was ill or suspected to be ill with COVID-19 will help shorten the time it takes respiratory droplets to be removed from the air.

### Purpose

This guidance provides recommendations on the cleaning and disinfection of rooms or areas occupied by those with suspected or with confirmed COVID-19. It is aimed at limiting the survival of SARS-CoV-2 in key environments. These recommendations will be updated if additional information becomes available.

These guidelines are focused on community, non-healthcare facilities such as schools, institutions of higher education, offices, daycare centers, businesses, and community centers that do, and do not, house persons overnight. These guidelines are not meant for cleaning staff in healthcare facilities or repatriation sites, households, or for others for whom specific guidance already exists.

---

## Definitions

---

- *Community facilities* such as schools, daycare centers, and businesses comprise most non-healthcare settings that are visited by the general public outside of a household.
  - *Cleaning* refers to the removal of dirt and impurities, including germs, from surfaces. Cleaning alone does not kill germs. But by removing the germs, it decreases their number and therefore any risk of spreading infection.
  - *Disinfecting* works by using chemicals, for example EPA-registered disinfectants, to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs. But killing germs remaining on a surface after cleaning further reduces any risk of spreading infection.
- 

## Cleaning and Disinfection After Persons Suspected/Confirmed to Have COVID-19 Have Been in the Facility

### Timing and location of cleaning and disinfection of surfaces



- At a school, daycare center, office, or other facility that **does not house people overnight**:
    - Close off areas visited by the ill persons. Open outside doors and windows and use ventilating fans to increase air circulation in the area. Wait 24 hours or as long as practical before beginning cleaning and disinfection.
    - **Cleaning staff should clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment (like tablets, touch screens, keyboards, remote controls, and ATM machines) used by the ill persons, focusing especially on frequently touched surfaces.**
  - At a facility that **does house people overnight**:
    - Follow Interim Guidance for US Institutions of Higher Education on working with state and local health officials to isolate ill persons and provide temporary housing as needed.
    - Close off areas visited by the ill persons. Open outside doors and windows and use ventilating fans to increase air circulation in the area. Wait 24 hours or as long as practical before beginning cleaning and disinfection.
    - In areas where ill persons are being housed in isolation, follow Interim Guidance for Environmental Cleaning and Disinfection for U.S. Households with Suspected or Confirmed Coronavirus Disease 2019. This includes **focusing on cleaning and disinfecting common areas where staff/others providing services may come into contact with ill persons but reducing cleaning and disinfection of bedrooms/bathrooms used by ill persons to as-needed.**
    - In areas where ill persons have visited or used, continue routine cleaning and disinfection as in this guidance.
  - If it has been more than 7 days since the person with suspected/confirmed COVID-19 visited or used the facility, additional cleaning and disinfection is not necessary.
- 

## How to Clean and Disinfect



---

### Hard (Non-porous) Surfaces

- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, most common EPA-registered household disinfectants should be effective.

- A list of products that are EPA-approved for use against the virus that causes COVID-19 is available here   . Follow the manufacturer's instructions for all cleaning and disinfection products for concentration, application method and contact time, etc.
- Additionally, diluted household bleach solutions (at least 1000ppm sodium hypochlorite) can be used if appropriate for the surface. Follow manufacturer's instructions for application, ensuring a contact time of at least 1 minute, and allowing proper ventilation during and after application. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
  - Prepare a bleach solution by mixing:
    - 5 tablespoons (1/3 cup) bleach per gallon of water or
    - 4 teaspoons bleach per quart of water

### Soft (Porous) Surfaces

- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
  - If the items can be laundered, launder items in accordance with the manufacturer's instructions using the warmest appropriate water setting for the items and then dry items completely.
    - Otherwise, use products that are EPA-approved for use against the virus that causes COVID-19   and that are suitable for porous surfaces

### Electronics

- For electronics such as tablets, touch screens, keyboards, remote controls, and ATM machines, remove visible contamination if present.
  - Follow the manufacturer's instructions for all cleaning and disinfection products.
  - Consider use of wipeable covers for electronics.
  - If no manufacturer guidance is available, consider the use of alcohol-based wipes or sprays containing at least 70% alcohol to disinfect touch screens. Dry surfaces thoroughly to avoid pooling of liquids.

### Linens, Clothing, and Other Items That Go in the Laundry

- In order to minimize the possibility of dispersing virus through the air, do not shake dirty laundry.
- Wash items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry that has been in contact with an ill person can be washed with other people's items.
- Clean and disinfect hampers or other carts for transporting laundry according to guidance above for hard or soft surfaces.

---

## Personal Protective Equipment (PPE) and Hand Hygiene

- **The risk of exposure to cleaning staff is inherently low. Cleaning staff should wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.**
  - Gloves and gowns should be compatible with the disinfectant products being used.
  - Additional PPE might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
  - Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area. Be sure to clean **hands** after removing gloves.

- If gowns are not available, coveralls, aprons or work uniforms can be worn during cleaning and disinfecting. Reusable (washable) clothing should be laundered afterwards. Clean hands after handling dirty laundry.
- Gloves should be removed after cleaning a room or area occupied by ill persons. Clean hands immediately after gloves are removed.
- Cleaning staff should immediately report breaches in PPE such as a tear in gloves or any other potential exposures to their supervisor.
- **Cleaning staff and others should clean hands often**, including immediately after removing gloves and after contact with an ill person, by washing hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.
- Follow normal preventive actions while at work and home, including cleaning hands and avoiding touching eyes, nose, or mouth with unwashed hands.
  - Additional key times to clean hands include:
    - After blowing one's nose, coughing, or sneezing.
    - After using the restroom.
    - Before eating or preparing food.
    - After contact with animals or pets.
    - Before and after providing routine care for another person who needs assistance such as a child.

---

## Additional Considerations for Employers

- Employers should work with their local and state health departments to ensure appropriate local protocols and guidelines, such as updated/additional guidance for cleaning and disinfection, are followed, including for identification of new potential cases of COVID-19.
- Employers should educate staff and workers performing cleaning, laundry, and trash pick-up activities to recognize the symptoms of COVID-19 and provide instructions on what to do if they develop symptoms within 14 days after their last possible exposure to the virus. At a minimum, any staff should immediately notify their supervisor and the local health department if they develop symptoms of COVID-19. The health department will provide guidance on what actions need to be taken.
- Employers should develop policies for worker protection and provide training to all cleaning staff on site prior to providing cleaning tasks. Training should include when to use PPE, what PPE is necessary, how to properly don (put on), use, and doff (take off) PPE, and how to properly dispose of PPE.
- Employers must ensure workers are trained on the hazards of the cleaning chemicals used in the workplace in accordance with OSHA's Hazard Communication standard (29 CFR 1910.1200 [\[1\]](#)).
- Employers must comply with OSHA's standards on Bloodborne Pathogens (29 CFR 1910.1030 [\[2\]](#)), including proper disposal of regulated waste, and PPE (29 CFR 1910.132 [\[3\]](#)).

## Additional Resources

- OSHA COVID-19 Website [\[4\]](#)
- CDC Home Care Guidance
- CDC COVID-19 Environmental Cleaning and Disinfection Guidance for Households
- CDC Home Care Guidance for People with Pets
- Find Answers to Common Cleaning and Disinfection Questions









Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

# Coronavirus Disease 2019 (COVID-19)

## Symptoms of Coronavirus

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

### Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms or combinations of symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing

*Or at least two of these symptoms:*

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Children have similar symptoms to adults and generally have mild illness.

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

### When to Seek Medical Attention

If you have any of these **emergency warning signs\*** for COVID-19 get **medical attention immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face



### Self-Checker

A guide to help you make decisions and seek appropriate medical care.

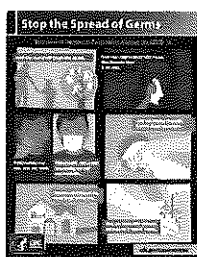
\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 if you have a medical emergency:** Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.






## Caring for yourself or others

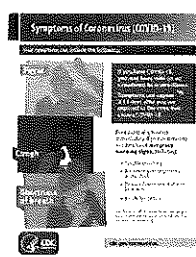
- Learn how to protect yourself
- How to care for someone who is sick
- What to do if you are sick

### Printable Flyers








#### Stop the spread of germs

- English  [1 page]
- Spanish  [1 page]
- Chinese  [1 page]
- Korean  [1 page]
- Vietnamese  [1 page]



#### If you are sick

- English  [1 page]
- Spanish  [1 page]
- Chinese  [1 page]
- Korean  [1 page]
- Vietnamese  [1 page]

### Symptoms of Coronavirus 2019

### Symptoms of Coronavirus 2019-ASL

### More Information

Older Adults

Travelers

People at Higher Risk for Severe Illness

Healthcare Professionals

## COVID-19 Guidance on Cloth Face Coverings

Issued: 4/6/2020

Maintaining a 6-foot social distance from other individuals remains one of the most important ways to slow the spread of COVID-19; however, recent studies have indicated that some people with coronavirus don't have any symptoms, and that even those who later develop symptoms can pass the virus to others before showing symptoms. Because of this new evidence, wearing cloth face coverings in public places where social distancing measures are difficult (like grocery stores and pharmacies) can be done to help further slow the spread of COVID-19.

### **Cloth face coverings are NOT surgical masks or N-95 respirators.**

- Surgical masks and N-95 respirators are critical supplies that must be reserved for health care workers and other medical first responders.
- Cloth face coverings can be quickly and inexpensively made from an old t-shirt, a bandana, hand towel or scarf, and rubber bands.
  - Watch U.S. Surgeon General Jerome Adams make a face covering in 45 seconds - <https://youtu.be/tPx1yqvJgf4>

### **Wearing a cloth face covering is not a substitution for following social distancing guidelines.**

- All Iowans should continue to stay at home as much as possible, except for essential activities (like getting groceries or medicine).
- All Iowans should continue to stay at least 6 feet away from other individuals, and avoid groups larger than 10 people.
- All Iowans should continue to wash hands frequently, cover coughs and sneezes, and not leave their home if they are even mildly ill.

### **Wearing a cloth face covering in public can help protect others.**

- It is important to protect the Iowans most vulnerable to serious complications of COVID-19, including older Iowans, and those with underlying health issues like heart disease, chronic lung disease, asthma, those who have suppressed immune systems, and those who are severely obese.
- In the event you had the virus that causes COVID-19, but had no symptoms or had not yet developed symptoms, wearing a cloth face covering when in public on essential errands can help protect others from infection if you cough or sneeze.

**You should avoid touching or adjusting your cloth face mask while in public, clean your hands immediately if you do have to touch it, and launder the mask after each use and when it is visibly soiled.**





Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

## Coronavirus Disease 2019 (COVID-19)

### Groups at Higher Risk for Severe Illness

COVID-19 is a new disease and there is limited information regarding risk factors for severe illness. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.**

We are learning more about COVID-19 every day; CDC will update the advice below as new information becomes available.

### Reduce your risk of getting sick with COVID-19

- **Continue your medications** and do not change your treatment plan without talking to your doctor.
- **Have at least a 2-week supply** of prescription and non-prescription medications. Talk to your healthcare provider, insurer, and pharmacist about getting an extra supply (i.e., more than two weeks) of prescription medications, if possible, to reduce trips to the pharmacy.
- **Talk to your healthcare provider about whether your vaccinations are up-to-date.** People older than 65 years, and those with many underlying conditions, such as those who are immunocompromised or with significant liver disease, are recommended to receive vaccinations against influenza and pneumococcal disease.
- **Do not delay getting emergency care for your underlying condition** because of COVID-19. Emergency departments have contingency infection prevention plans to protect you from getting COVID-19 if you need care for your underlying condition.
- **Call your healthcare provider if you have any concerns** about your underlying medical conditions or if you get sick and think that you may have COVID-19. If you need emergency help, call 911.

Learn what else you can do as someone who may be at higher risk for severe illness, including staying home and away from other people as much as possible.

### Actions you can take based on your conditions and other risk factors

#### Asthma (moderate-to-severe)

Moderate-to-severe asthma may put people at higher risk for severe illness from COVID-19.

##### Actions to take

- Follow your Asthma Action Plan.
- Keep your asthma under control.
- Continue your current medications, including any inhalers with steroids in them ("steroids" is another word for corticosteroids).

- Know how to use your inhaler.
- Avoid your asthma triggers.
- If possible, have another member of your household who doesn't have asthma clean and disinfect your house for you. When they use cleaning and disinfecting products, have them:
  - Make sure that people with asthma are not in the room.
  - Minimize use of disinfectants that can cause an asthma attack.
  - Open windows or doors and use a fan that blows air outdoors.
  - Always follow the instructions on the product label.
  - Spray or pour spray products onto a cleaning cloth or paper towel instead of spraying the product directly onto the cleaning surface (if the product label allows).

### **Why you might be at higher risk**

COVID-19 can affect your respiratory tract (nose, throat, lungs), cause an asthma attack, and possibly lead to pneumonia and serious illness.

## **Chronic lung disease**

Chronic lung diseases, such as chronic obstructive pulmonary disease (COPD) (including emphysema and chronic bronchitis), idiopathic pulmonary fibrosis and cystic fibrosis, may put people at higher risk for severe illness from COVID-19.

### **Actions to take**

- Keep taking your current medications, including those with steroids in them ("steroids" is another word for corticosteroids).
- Avoid triggers that make your symptoms worse.

### **Why you might be at higher risk**

Based on data from other viral respiratory infections, COVID-19 might cause flare-ups of chronic lung diseases leading to severe illness.

## **Diabetes**

Diabetes, including type 1, type 2, or gestational, may put people at higher risk of severe illness from COVID-19.

### **Actions to take**

- Continue taking your diabetes pills and insulin as usual.
- Test your blood sugar every four hours and keep track of the results.
- Make sure that you have at least a two-week supply of your diabetes pills and insulin.
- Follow the sick day guidelines for people with diabetes.

### **Why you might be at higher risk**

People with diabetes whose blood sugar levels are often higher than their target are more likely to have diabetes-related health problems. Those health problems can make it harder to overcome COVID-19.

## Serious heart conditions

Serious heart conditions, including heart failure, coronary artery disease, congenital heart disease, cardiomyopathies, and pulmonary hypertension, may put people at higher risk for severe illness from COVID-19.

### Actions to take

- Take your medication exactly as prescribed. Continue angiotensin converting enzyme inhibitors (ACE-I) or angiotensin-II receptor blockers (ARB) as prescribed by your healthcare provider for indications such as heart failure or high blood pressure. This is recommended by current clinical guidelines.
- Make sure that you have at least a two-week supply of your heart disease medications (such as those to treat high cholesterol and high blood pressure).
- People with hypertension should continue to manage and control their blood pressure and take their medication as directed.



### Why you might be at higher risk

COVID-19, like other viral illnesses such as the flu, can damage the respiratory system and make it harder for your heart to work. For people with heart failure and other serious heart conditions this can lead to a worsening of COVID-19 symptoms.

## Chronic kidney disease being treated with dialysis

Chronic kidney disease being treated with dialysis may increase a person's risk for severe illness from COVID-19.

### Actions to take

- If you are on dialysis, you should NOT miss your treatments.
- Contact your dialysis clinic and your healthcare provider if you feel sick or have concerns.
- Plan to have enough food on hand to follow the KCER 3-Day Emergency Diet Plan  [PDF – 8 pages]  for dialysis patients in case you are unable to maintain your normal treatment schedule.

### Why you might be at higher risk

Dialysis patients are more prone to infection and severe illness because of weakened immune systems; treatments and procedures to manage kidney failure; and coexisting conditions such as diabetes.

## Severe obesity

Severe obesity, defined as a body mass index (BMI) of 40 or above, puts people at higher risk for complications from COVID-19.

### Actions to take

- Take your medications for any underlying health conditions exactly as prescribed.

### Why you might be at higher risk

Severe obesity increases the risk of a serious breathing problem called acute respiratory distress syndrome (ARDS), which is a major complication of COVID-19 and can cause difficulties with a doctor's ability to provide respiratory support for seriously ill patients. People living with severe obesity can have multiple serious chronic diseases and underlying health conditions that can increase the risk of severe illness from COVID-19.

## People aged 65 years and older

Older adults, 65 years and older, are at higher risk for severe illness and death from COVID-19.

### Actions to take

- Take your medications for any underlying health conditions exactly as prescribed.
- Follow the advice of your healthcare provider.
- Develop a care plan that summarizes your health conditions and current treatments.
- Prepare yourself to stay home for long periods using this checklist.

### Why you might be at higher risk

Although COVID-19 can affect any group, the older you are, the higher your risk of serious disease. Eight out of 10 deaths reported in the U.S. have been in adults 65 years or older; risk of death is highest among those 85 years or older. The immune systems of older adults weaken with age, making it harder to fight off infections. Also, older adults commonly have chronic diseases that can increase the risk of severe illness from COVID-19.

## People who live in a nursing home or long-term care facility

Many cases of COVID-19 in the U.S. have occurred among older adults living in nursing homes or long-term care facilities.

### Actions to take

- Carefully follow your facility's instructions for infection prevention.
- Notify staff right away if you feel sick.
- Ask your caretakers about the actions that are being taken at your nursing home or long-term care facility to protect you and your loved ones, including if and how they are limiting visitors.

### Why you might be at higher risk

The communal nature of nursing homes and long-term care facilities, and the population served (generally older adults often with underlying medical conditions), put those living in nursing homes at higher risk of infection and severe illness from COVID-19.

## Immunocompromised

Many conditions and treatments can cause a person to have a weakened immune system (immunocompromised), including cancer treatment, bone marrow or organ transplantation, immune deficiencies, HIV with a low CD4 cell count or not on HIV treatment, and prolonged use of corticosteroids and other immune weakening medications.

### Actions to take

- If you are immunocompromised, continue any recommended medications or treatments and follow the advice of your healthcare provider.



- Call your healthcare provider if you have concerns about your condition or feel sick.

### **Why you might be at higher risk**

People with a weakened immune system have reduced ability to fight infectious diseases, including viruses like COVID-19. Knowledge is limited about the virus that causes COVID-19, but based on similar viruses, there is concern that immunocompromised patients may remain infectious for longer than other COVID-19 patients.

## **Liver disease**

Chronic liver disease, including cirrhosis, may increase risk for serious illness from COVID-19.

### **Actions to take**

- Take your medications exactly as prescribed.

### **Why you might be at higher risk**

Severe illness caused by COVID-19 and the medications used to treat some severe consequences of COVID-19 can cause strain on the liver, particularly for those with underlying liver problems. People living with serious liver disease can have a weakened immune system, leaving the body less able to fight COVID-19.

Page last reviewed: April 17, 2020

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases



# Guidance for Iowa Businesses Experiencing COVID-19 Outbreaks among Employees

04/24/2020

This document provides guidance for Iowa businesses experiencing greater than 10% of employees ill with COVID-19 symptoms (fever, cough, sore throat, difficulty breathing, or other respiratory symptoms). This guidance is not intended for healthcare or residential facilities, as that guidance is available at:  
<https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus>

## Preventing Outbreaks

Businesses should implement measures to enable social distancing as much as possible.

- Encourage flexible work-from-home and leave policies.
- Consider staggering shifts to reduce worker population at any given time.
- Stagger breaks to reduce staff interactions.
- Review procedures to identify ways to increase the physical separation of staff.

Businesses should prioritize hand hygiene and respiratory etiquette among employees.

- Businesses should provide or allow employees to wear their own homemade cloth facemasks.
- Businesses should provide hand sanitizer or handwashing opportunities as frequently as possible.

## Detecting Outbreaks

Screen all employees by taking their temperature and assessing for cough, sore throat, difficulty breathing or any other respiratory symptom at the beginning and end of each shift. For a screening algorithm visit:  
<https://idph.iowa.gov/Portals/1/userfiles/7/b screening%20algorithm%2003222020.pdf>

Exclude all employees reporting fever or respiratory symptoms (these cases will be directed to stay home and isolate themselves from other people and animals in the home) until they:

- Have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers) **AND**
- Other symptoms have improved (for example, when your cough or shortness of breath have improved) **AND**
- At least 7 days have passed since your symptoms first appeared.

Exclusion criteria must be followed with all symptomatic employees, regardless of whether the testing is completed (even if the employee tests negative for COVID-19 infection).

Please report to the Iowa Department of Public Health when 10% or greater of your employees are reporting COVID-19 symptoms (including fever, cough, sore throat, difficulty breathing, or any other respiratory symptom). Report to public health by filling out the survey at this link:

<https://redcap.idph.state.ia.us/surveys/?s=NRJ4FDMDPN>

## Managing Outbreaks

Coordinate with your occupational health provider to define a pathway to test symptomatic employees.

- Public health will approve State Hygienic Laboratory testing for symptomatic employees during outbreaks.
- The occupational health provider or employees' personal health providers will be responsible for collecting the nasopharyngeal swab for testing and following-up for medical care as needed.

When employees test positive for COVID-19 infection, public health and occupational health will work jointly to investigate cases and identify the following contacts:

- household contacts,
- rideshare partners, and
- co-workers with prolonged contact (within 6 feet of the case for at least 30 minutes).

All of these contacts will be directed to stay at home and isolate themselves from other people and animals in the home for 14 days after the last known exposure to a person with COVID-19.

If businesses are deemed critical, please refer to the CDC guidance related to managing exposed workers available at <https://www.cdc.gov/coronavirus/2019-ncov/downloads/critical-workers-implementing-safety-practices.pdf>

Businesses should consider excluding high-risk employees when outbreaks are ongoing. High-risk employees would include:

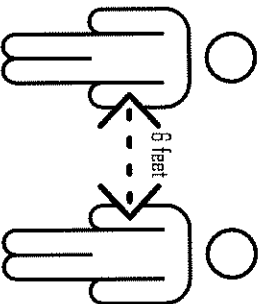
- People aged 65 years and older
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
  - People with chronic lung disease or moderate to severe asthma
  - People who have serious heart conditions
  - People who are immunocompromised
    - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
  - People with severe obesity (body mass index [BMI]  $\geq 40$ )
  - People with diabetes
  - People with chronic kidney disease undergoing dialysis
  - People with liver disease
  - Pregnant women

Business decisions to close, should be based upon workforce availability and the ability to follow the recommended measures outlined above.

# In the Workplace

Do Your Part. Stay Healthy Iowa.

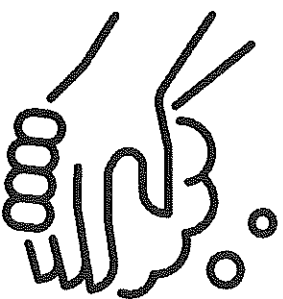
Use social distancing  
when possible.



Keep at least six feet  
apart from other people  
as much as possible.

Stay home if you are  
feeling ill.

Wash your hands.

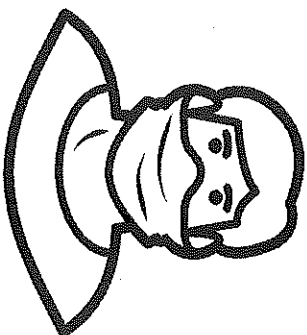


Wash your hands often  
for at least 20 seconds.

If soap and water are  
not available, use hand  
sanitizer that contains  
60% alcohol.

Avoid touching your  
face, nose and eyes.

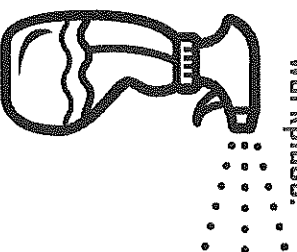
Wear face masks.



Wear a face mask  
covering your nose  
and mouth while at the  
workplace.

If working at a health care  
facility, follow guidelines  
for use of other PPE, such  
as gloves, gowns, etc.

Clean and disinfect your  
workplace.



Clean and disinfect  
common spaces  
regularly.

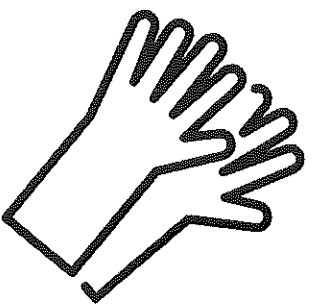
Give attention to high-  
touch areas.

Preventing the Spread of COVID-19 While in the Workplace



# Using Personal Protective Equipment (PPE)

Gloves

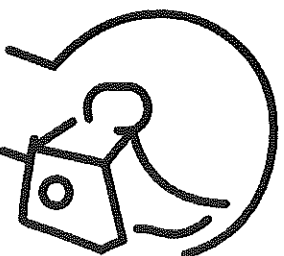


**Pull gloves up over the wrists of the gown or clothing sleeves.**

**Remove by pinching and holding the outside of the glove near the wrist and pulling down, turning it inside out.**

**Dispose of gloves immediately and wash your hands.**

Masks

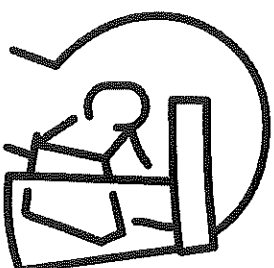


**Cover your mouth and nose securely with the face mask. Fit mask snug to your face and below the chin.**

**Remove the mask by the straps. Do not touch the front of the mask.**

**Discard your mask immediately and wash your hands.**

Face Shields

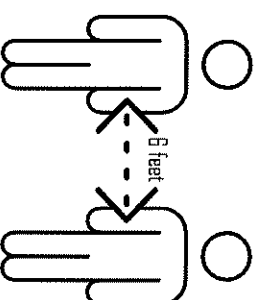


**Place over your face and eyes. Adjust to fit.**

**Remove the shield by lifting the head band or ear pieces.**

**Place in receptacle for reprocessing and reuse or dispose immediately. Wash your hands.**

Other Tips



**Practice social distancing. Keep at least six feet apart from other people as much as possible.**

**Stay home if you are feeling ill.**

**Clean and disinfect your workspace regularly.**

Preventing the Spread of COVID-19 While in the Workplace

