



MADISON COUNTY

# DEPARTMENT *of* HEALTH

*Eric Faisst, Director of Public Health*

*Dr. John B. Endres, President of Board of Health*

## Best Practices for Reopening Communities in Response to COVID-19

### GENERAL INFORMATION ABOUT COVID-19

The 2019 Novel (New) Coronavirus is a virus that causes a disease called COVID-19. The virus is spread person-to-person, either in close contact (within about 6 feet) through respiratory droplets produced when an infected person talks, coughs, or sneezes. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. These symptoms or a combination of these symptoms may appear **2-14 days after exposure to the virus:**

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Older adults (60 years and older) and people of all ages with underlying medical conditions, such as heart disease, diabetes, lung disease, or a weakened immune system have higher risk of severe illness from COVID-19.

### BEST PRACTICES

#### Personal Hygiene

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- Handwashing stations and/or hand sanitizer should be made available in buildings and outdoor locations.
- The use of equipment such as phones, headphones, microphones, and other personal equipment should not be shared, and should be sanitized before and after each use.

#### Cleaning & Disinfecting

- Everyone should routinely clean and disinfect all frequently touched surfaces, particularly in bathrooms and food preparation spaces (TV remotes, tables, doorknobs, handrails, telephones, light switches, etc.).
  - If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
  - For disinfection, use EPA-registered household disinfectants and follow the manufacturer's instructions (e.g., concentration, application method and contact time, etc.).
  - For more information on methods & products:
    - <https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html>
    - <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

## Personal Protective Equipment (PPE)

- **Face Coverings:** Physical respiratory protection such as a cloth face covering should be worn whenever people are within six feet of each other because (a) COVID-19 is spread through respiratory droplets and (b) a significant number of infected people will show no outward symptoms of illness.
  - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- **Gloves:** The use of gloves is recommended for cleaning, caring for someone who is sick, or certain workplace environments. Gloves are not a substitute for regular hand washing.
  - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/gloves.html>

*Note: The use of N95 and surgical masks should be reserved for healthcare providers and other sectors when appropriate.*

## Social Distancing

- Everyone should maintain 6-foot distance from others in public spaces. If unable to do so, use a face covering to lower exposure to respiratory droplets (see above).
- Community leaders should consider ways to maintain social distancing as it relates to the circumstance.

## Monitoring of Symptoms

- Everyone should monitor their health status and **stay home when feeling symptoms of any illness**
- Consider implementing a temperature screening. People should return home if above 100.4 °F.
- Consider using the following questions to screen appropriate persons:
  - Do you/they have fever or have you/they felt hot or feverish recently (14-21 days)?
  - Are you/they experiencing any other symptoms of illness (including shortness of breath, cough, abdominal pain or discomfort, headache, fatigue, congestion, loss of taste or smell) within the past two weeks?
  - Are you/they in contact with any confirmed COVID-19 positive patients?
  - Have you been told to self-isolate by a doctor or health department official?

*IMPORTANT: If a person experiences emergency warning signs – difficulty breathing, chest pain, confusion or inability to arouse, bluish lips/face – call 911 and get medical attention. Notify the operator if there is a concern for COVID-19.*

## Interactions between People

- Consider how to utilize technology to create virtual experiences, including meetings and social events.
- Reduce the number of people or change venue/building to prevent crowding.
- Stagger arrivals and departures of people to limit the number in the same area.
- Consider the risk of travel to certain areas and any health conditions that may put others at higher risk.
- Consider incorporating occupancy restrictions and social distancing practices into events and in-person workplaces (see above).
- Use messaging to promote preventive practices (hand hygiene, respiratory etiquette, staying home if ill).
- Consider programming to reduce high risk activities (i.e. those that require physical contact between participants).
- If serving food, consider packaged refreshments instead of a buffet. Any event that provides food should consult with the Environmental Health Department (315-366-2361).

## Contact Tracing

In the event that there is a local outbreak of COVID-19, community leaders should be prepared to provide a list of individuals that have entered the location or attended an event.

## Planning Ahead

Using the guiding principles above, community leaders should address each topic area during plan development.

- What measures will you implement to ensure the health and safety of people? What is your plan to enforce these measures?

Measures should include:

- Personal Hygiene & Monitoring of Symptoms
- Disinfection Practices
- Personal Protective Equipment
- Physical Distance
- Interaction between People

## Additional Resources

- Madison County, <https://www.madisoncounty.ny.gov/2479/Coronavirus-COVID-19>
- New York State, <https://coronavirus.health.ny.gov/home>
- Centers for Disease Control and Prevention (CDC), <https://www.cdc.gov/coronavirus/2019-ncov/index.html>