

## 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) with 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:

- Employers should measure the employee's temperature and assess symptoms prior to the start of each workday, ideally before the employee enters the facility.
- 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.
  - Compile information on people who had contact with the ill employee, going back to two days prior to symptoms developing.
    - Others at the facility with contact within 6 feet of the employee during this time should be considered exposed.
- Work with facility maintenance staff to increase air exchanges.
- Consider pilot testing the use of face masks to ensure they do not interfere with work assignments.

The employee should:

- If there is no temperature or symptoms, self-monitor under the supervision of the employer's

occupational health program.

- Wear a face mask while in the workplace for 14 days after last exposure. Employers can issue facemasks or can approve employees' supplied cloth face coverings.
- Maintain 6 feet from others as work duties permit.
- Refrain from sharing headsets or other objects that are near the mouth or nose.
- Stagger breaks and don't congregate in the break room or other common areas. Don't share food or utensils.

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

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

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

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

For more information, visit: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)