



## **COVID-19 Exposure Control, Mitigation & Recovery Plan**

We are asking our staff and volunteers to help with our prevention efforts while at work. To minimize the spread of COVID-19 at the FāVS Center, we all must play our part. As set forth below, the center has instituted various housekeeping, social distancing and other best practices onsite. All staff and volunteers must follow these.

OSHA and the CDC have provided the following control and preventive guidance to all workers, regardless of exposure risk:

- Frequently wash your hands with soap and water for at least 20 seconds. When soap and running water are unavailable, use an alcohol-based hand rub with at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Follow appropriate respiratory etiquette, which includes covering for coughs and sneezes.
- Avoid close contact with people who are sick.

In addition, employees must familiarize themselves with the symptoms of COVID-19 as identified by the Centers of Disease and Control.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

If you develop a fever and symptoms of respiratory illness, such as cough or shortness of breath, DO NOT come to the building and call your healthcare provider right away. Likewise, if you come into close contact with someone showing these symptoms, call your healthcare provider and do not come onsite.

### **Staff and Volunteer Screening**

In order to ensure we are doing our part to protect ourselves and community members, you will be required to sign an attestation stating you are not experiencing any symptoms of COVID-19 and will not come onsite if you are experiencing symptoms.

Additionally, if you develop symptoms of COVID-19 while onsite, please go home immediately and contact your healthcare provider for further guidance.



## Onsite Protective Measures

### A. General Safety Policies and Rules

- Any volunteer, staff or community member showing signs or symptoms of COVID-19 will be asked to leave the building and return home.
- Volunteers, staff or community members must avoid physical contact with others and direct others as needed to increase personal space to at least six feet, where possible.
- Volunteers, staff or community members are required to wear a cloth face mask at all times while onsite inside the building, as well as outside of the building if six feet of distancing between households cannot be achieved.
- Volunteers, staff or community members are required to practice safe hand hygiene frequently throughout their time onsite.

### B. Staff and Volunteers at FāVS Center

- All volunteers and staff are required to adhere to FāVS Center 'COVID-19 Agreement for Use of FāVS Center Property.'
- All volunteers and staff will be required to review all educational documents including but not limited to: cleaning and disinfecting guidelines, COVID-19 overview, and social distancing.
- All volunteers and staff are required to sign FāVS Center 'Volunteer and Employee Attestation.'

### C. Guests at FāVS Center

- All guests will be required to adhere to FāVS Center 'COVID-19 Agreement for Use of FāVS Center Property.'
- All guests will be required to adhere to FāVS Center 'Guest Screening Attestation.'
- All guests will be required to sign-in on the sign-in sheet provided, attesting to the above mentioned attestation.

### D. Personal Protective Equipment and Work Practice Controls

- All guests, volunteers, and staff will be required to wear a facemask at all times while onsite, indoors in Phases 1, 2, and 3, as well as outdoors in Phase 1.
  - o The CDC lists five criteria for "cloth face coverings": the face covering should:
    - fit snugly but comfortably against the side of the face.
    - be secured with ties or ear loops.
    - include multiple layers of fabric.
    - allow for breathing without restriction; and
    - be able to be laundered and machine-dried without damage or change to shape.
- All volunteers and staff members will be required to wear gloves if they are responsible for cleaning and disinfecting the center.



## E. Onsite Cleaning & Disinfecting

- All volunteers and staff members will follow the most up-to-date CDC recommendations regarding cleaning & disinfecting.
- FāVS Center will have a designated person onsite to disinfect high-touch surfaces frequently during member use.
- FāVS Center will maintain regular cleaning schedules.
- FāVS Center will ensure that any disinfection shall be conducted using one of the following:
  - o Common EPA-registered household disinfectant.
  - o Alcohol solution with at least 60% alcohol; or
  - o Diluted household bleach solutions (these can be used if appropriate for the surface).

## F. Onsite Exposure Situations

- **Staff/Volunteer Exhibiting COVID-19 Symptoms**

If a staff or volunteer exhibits COVID-19 symptoms, they must remain at home until he or she is symptom free for 72 hours (3 full days) without the use of fever-reducing or other symptom-altering medicines (e.g., cough suppressants). FāVS Center will require a staff or volunteer who reports onsite with symptoms to return home until they are symptom free for 72 hours (3 full days).

- **Staff/Volunteer Tests Positive for COVID-19**

Staff or volunteers who test positive for COVID-19 will be directed to self-quarantine away from the center. Staff or volunteers that test positive and are symptom free may return onsite when at least seven (7) days have passed since the date of his or her first positive test and have not had a subsequent illness. Staff or volunteers who test positive and are directed to care for themselves at home may return onsite when: (1) at least 72 hours (3 full days) have passed since recovery and (2) at least seven (7) days have passed since symptoms first appeared. Staff or volunteers that test positive and have been hospitalized may return to work when directed to do so by their medical care provider.

- **Employee Has Close Contact with a Tested Positive COVID-19 Individual**

Staff or volunteers who have come into close contact with a confirmed-positive COVID-19 individual (co-worker or otherwise), will be directed to self-quarantine for 14 days from the last date of close contact with the carrier. Close contact is defined as six (6) feet for a prolonged period.

If a staff or volunteer learns that he or she has come into close contact with a confirmed-positive individual outside of the center, he/she must alert the designated COVID-19 supervisor of the close contact.



## Staff and Volunteer Responsibilities

- Frequently wash your hands with soap and water for at least 20 seconds. When soap and running water are unavailable, use an alcohol-based hand rub with at least 60% alcohol. Always wash hands that are visibly soiled.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Those who have symptoms (i.e., fever, cough, or shortness of breath) should notify the designated COVID-19 supervisor and stay home.
- Sick staff and volunteers should follow CDC-recommended steps. Employees should not return to work until the criteria to discontinue home isolation are met, in consultation with healthcare providers and state and local health departments.

## COVID-19 Resources

The following are commonly asked questions and answers as outlined in the Centers for Disease Control and Prevention. Please utilize <https://www.cdc.gov/coronavirus/2019-ncov/index.html> to find more up to date information.

### A. What is COVID-19?

The novel coronavirus, COVID-19, is one of seven types of known human coronaviruses. COVID-19, like the MERS and SARS coronaviruses, likely evolved from a virus previously found in animals. The remaining known coronaviruses cause a significant percentage of colds in adults and children, and these are not a serious threat for otherwise healthy adults.

Patients with confirmed COVID-19 infection have reportedly had mild to severe respiratory illness with symptoms such as fever, cough, and shortness of breath.

According to the U.S. Department of Health and Human Services/Centers for Disease Control and Prevention (“CDC”), Chinese authorities identified an outbreak caused by a novel—or new—coronavirus. The virus can cause mild to severe respiratory illness. The outbreak began in Wuhan, Hubei Province, China, and has spread to a growing number of other countries—including the United States.

### B. How is COVID-19 spread?

COVID-19 is thought to spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. We are still learning about how the virus spreads and the severity of illness it causes.

#### Person-to-person spread

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).



- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.

### **The virus spreads easily between people**

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.

The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggests that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious. In general, the more closely a person interacts with others and the longer that interaction, the higher the risk of COVID-19 spread.

### **The virus may be spread in other ways**

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.

### **Spread between animals and people**

At this time, the risk of COVID-19 spreading from animals to people is considered to be low. Learn about COVID-19 and pets and other animals.

It appears that the virus that causes COVID-19 can spread from people to animals in some situations. CDC is aware of a small number of pets worldwide, including cats and dogs, reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19.