

Preparing for Potential Infection in West Virginia Communities

Since February 2020, the West Virginia Department of Health and Human Resources, Bureau for Public Health has been following an increase in the number of confirmed cases of COVID-19 in the U.S. The Bureau for Public Health monitors Centers for Disease Control and Prevention (CDC) updates, hospital admissions, and other data to determine the potential risk to citizens in West Virginia from the virus.

COMMON SYMPTOMS OF COVID-19

- Fever
- Cough
- Shortness of Breath

PERSON-TO-PERSON TRANSMISSION

- Occurs via small droplets from the nose or mouth of the infected person when they cough, sneeze, or exhale.
- Maintain 2 meter (6 ft) distance between yourself and anyone coughing or sneezing.
- Stay home if you feel sick. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

PREVENTION

- Isolating sick and diagnosed individuals.
- Encourage proper handwashing.
- Cleaning and sanitizing surfaces.
- Provide education about COVID-19.
- Discourage sharing food, drinks, etc.

CDC GUIDANCE FOR NON-HEALTHCARE FACILITY ENVIRONMENTAL CLEANING

- Routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, and doorknobs. Use the cleaning agents that are normally used in these areas and follow the directions on the label.
- Provide disposable wipes so that commonly used surfaces (for example, doorknobs, keyboards, remote controls, desks) can be wiped down by employees before each use.
- The American Chemistry Council Center for Biocide Chemistries has developed a list of cleaning products that are expected to be effective against the virus that causes COVID-19.
<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>

COVID-19 GUIDANCE

- Actively encourage sick employees to stay home.
- Separate sick employees from other employees if they become sick during the day and send them home immediately.
- Emphasize staying home when sick as well as respiratory etiquette and hand hygiene by all employees.
- Perform routine environmental cleaning.
- Advise employees before traveling to:
 - * Check CDC's Traveler's Health Notices.
 - * Check for symptoms of acute respiratory illness.
 - * Notify their supervisor if they become sick while traveling.
 - * If outside the United States, follow company's policy for obtaining medical care, or contact a healthcare provider or overseas medical assistance to help find an appropriate healthcare provider in that country.
- Employees who are well but who have a sick family member at home with COVID-19 should notify their supervisor and refer to CDC guidance for how to conduct a risk assessment of their potential exposure.
- If an employee is confirmed to have COVID-19, employers should inform other employees of the possible exposure, but maintain confidentiality as required by the Americans with Disabilities Act (ADA).

For additional information on COVID-19 please visit our webpage at: www.coronavirus.wv.gov

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline at 1-800-887-4304

Coronavirus Disease 2019 (COVID-19) Guidance for Areas Frequently Occupied by the Public March 2020

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PUBLIC RESTROOMS

- Set a schedule for cleaning and disinfecting facilities.
- Clean and disinfect touchable surfaces frequently.
- Provide proper cleaning and disinfecting supplies including instructions for use, as well as personal protective equipment (PPE) for workers.
- Provide and maintain adequate handwashing supplies (hand soap, running water, disposable hand towels, waste cans, etc.) and hand sanitizer.

PUBLIC SPACES - LIBRARIES, MUSEUMS, CONVENTION CENTERS, MALLS, ETC.

- Promote everyday prevention actions:
 - ◊ Cover sneezes and coughs
 - ◊ Frequent handwashing
 - ◊ Stay at home if you're sick
 - ◊ Avoid close contact
- Ensure adequate handwashing supplies are provided and maintained.
- Reduce the number of events or reschedule them.
- Post up-to-date information on COVID-19.
- Have all hands-on surfaces frequently and routinely cleaned.
- Provide hand sanitizer for public and staff use.
- Have staff stationed at doors so visitors do not have to touch the doors.
- Have staff use gloves when collecting tickets at events.

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Coronavirus Disease 2019 (COVID-19) Guidance for Restaurants, Bars and Casinos Closures March 2020

Governor's Executive Order Summary

Governor Jim Justice issued an Executive Order, which is now in effect, formally directing all restaurants and bars in West Virginia to limit service to carry out, drive-thru, and delivery operations only. The Executive Order also mandates the closure of all casinos in West Virginia.

Restaurants with carry out, drive-thru, and delivery options will still be able to operate those services, even as their dining rooms are temporarily closed. The order officially went into effect on Wednesday, March 18, 2020, at 12:00 a.m. (midnight).

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PREVENTION

- Isolate sick and diagnosed individuals.
- Wash hands after handling potentially contaminated items such as food, trash and laundry.
- Clean and disinfect surfaces.
- Don't share food, drinks, etc.

EFFECTIVE DISINFECTANTS

- **Chlorine Bleach:** Mix and use the chlorine solution promptly. Allow 1 minute of contact time and then rinse with water.
- **1000 ppm:** 1/3 cup chlorine bleach in 1 gallon water. Use for stainless steel, food/mouth contact items, tile floors, nonporous surfaces, counters, sinks and toilets.
- **Other Disinfectants:** To determine if a product is effective against COVID-19, review the product label or product specification sheet and ensure it states "*EPA-approved emerging viral pathogen claims.*" You may also search the product name in the Environmental Protection Agency's registered product database at: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

FOOD ESTABLISHMENT GUIDELINES

- Dine-in seating is not allowed and should be clearly posted.
- Take-out, delivery and drive-thru windows can remain open.
- Pick-up and takeout customers should practice recommended social distancing precautions.
- Self-service operations for unpackaged, ready-to-eat foods should be discontinued or modified so they are only dispensed by employees (i.e., take away buffets, salad bars, ice cream machines, etc.).

EMPLOYEE HEALTH GUIDELINES

All food employees must be knowledgeable of the relationship between personal health, hygiene and food safety. Due to the COVID-19 pandemic, guidance regarding COVID-19 is in accordance with 64 CSR 17 Food Establishment Rule - 2013 FDA Food Code—8-304.11(H).

Employers are being requested to monitor their employees daily for common symptoms of COVID-19, including checking employee's temperature upon arrive for work.

EMPLOYEE RESPONSIBILITIES

Notify the person in charge if you are a person-under-investigation (PUI) for COVID-19 or have been diagnosed with the COVID-19 virus.

PERSON-IN-CHARGE RESPONSIBILITIES

- **EXCLUDE** a food employee if the employee is a PUI for COVID-19 or has been diagnosed with COVID-19, until test result for COVID-19 is negative or the employee is cleared to return to work by a physician.
- **RESTRICT** a food employee from working in food preparation areas or other activities listed in 2013 FDA Food Code Section 2-401.12, if experiencing persistent sneezing, coughing or a discharge from eyes, nose or mouth.

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What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: www.cdc.gov/COVID19