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COVID 19 SAFETY FOR SMALL BUSINESSES

DECEMBER 16, 2021

OVERVIEW

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2 — HYGIENE AND PREVENTION

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COVID-19 OVERVIEW

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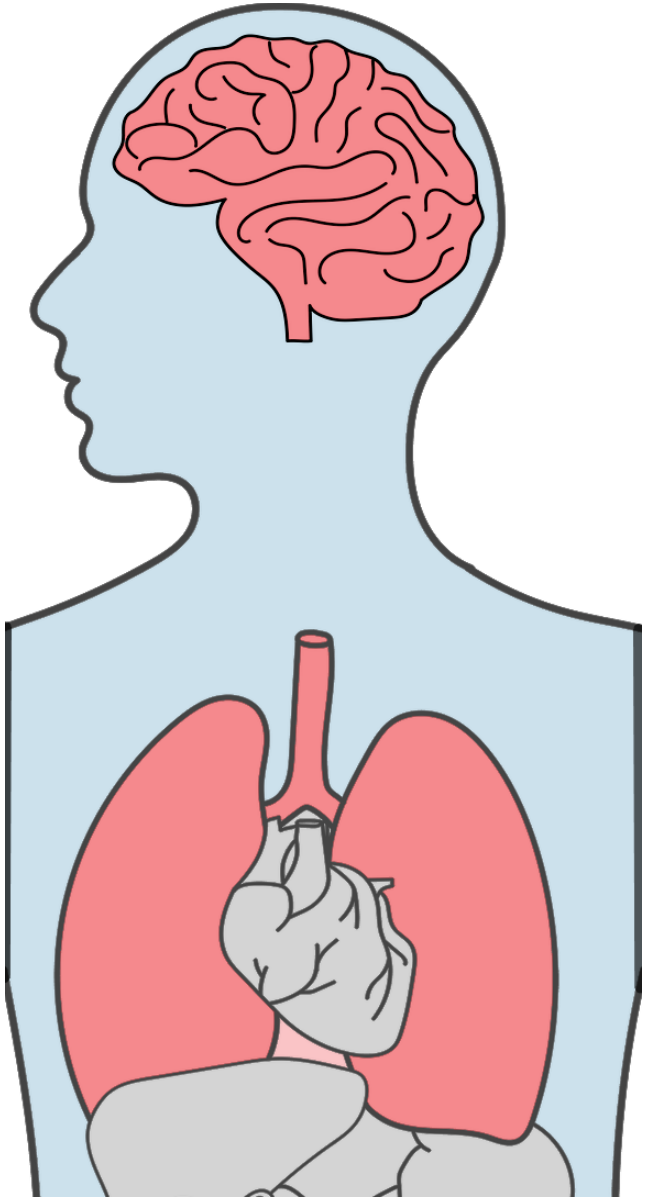
What is COVID-19?

COVID-19 is a disease caused by the SARS-CoV-2 virus that can:

- Trigger a respiratory tract infection
- Affect your upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs)
- Cause long-lasting effects in those with a severe infection, including:
  - Difficulty breathing and thinking clearly
  - Chronic cough, fatigue, or headaches



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Who is Most At-Risk From COVID-19?

While the intensity of symptoms differ from person to person, those at risk from more severe, even life-threatening symptoms include individuals who:

- Are of older age, including those in their 50s, 60s, 70s, 80s, and beyond, facing increasing risks the older they are
- Suffer from long-standing health issues, including but not limited to cancer, diabetes, obesity, heat conditions, and chronic lung, kidney, and heart disease

Even if your symptoms are not severe, you can still easily spread COVID-19 to those without your level of immunity!

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How Does COVID-19 Spread?

COVID-19 spreads mainly through person-to-person contact, typically through aerosol droplets spread by coughs or sneezes.

The CDC warns that individuals can be infected with COVID-19 by:

- Breathing in air when close to an infected person who is exhaling small droplets and particles containing the virus
- Droplets and particles containing the virus landing on a person's eyes, nose, or mouth, commonly through coughs or sneezes

- Touching eyes, nose, or mouth with hands that have the virus on them

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What are “COVID Variants”?

Like any Virus, COVID is regularly mutating. The CDC warns that variants can be more infectious, spread faster than earlier forms of the virus, and may cause more severe illness than previous strains in unvaccinated people.

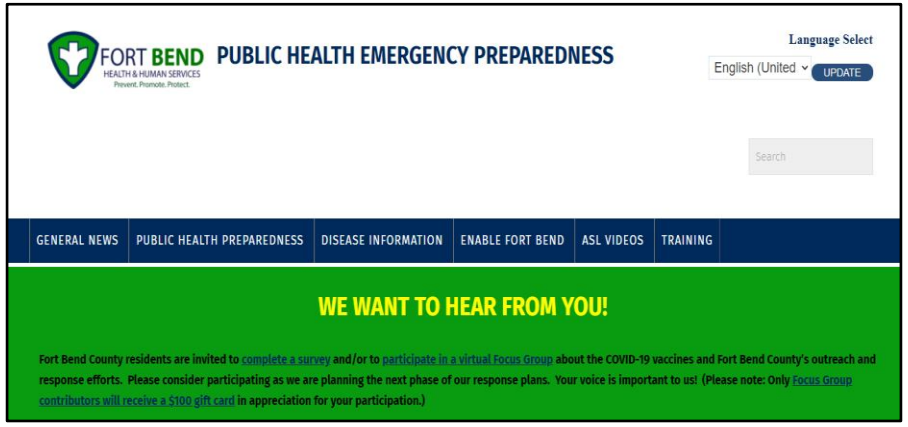
However:

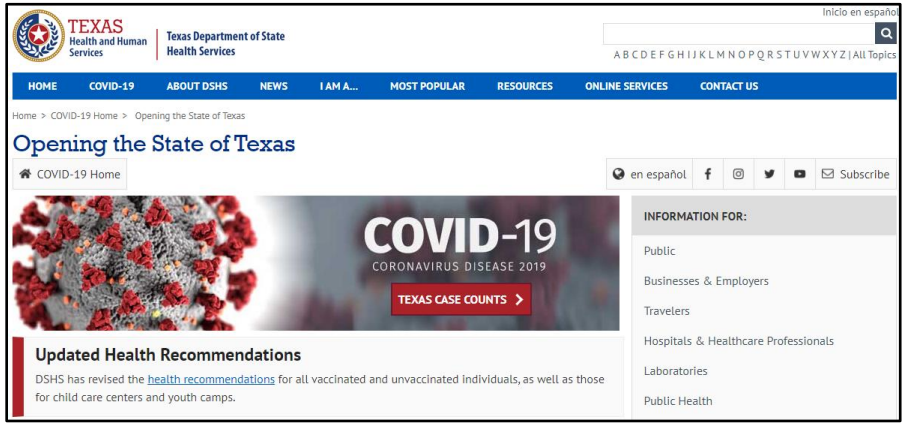
- Vaccines continue to reduce a person’s risk of contracting the virus and are highly effective at preventing hospitalization and death
- Fully vaccinated people infected via a variant despite being vaccinated (known as breakthrough cases) appear to be infectious for shorter periods
- This variant is prevented in the same fashion as the original SARS-CoV-2 virus

Fort Bend COVID-19 Policies

As governments and businesses continue to adapt to the changing COVID-19 landscape, employees are encouraged to review the following to stay current on local policies:

- Fort Bend County COVID-19 guidance: https://www.fbchealth.org/community-risk-levels/
- Texas State COVID-19 policies, recommendations, and executive orders: https://www.dshs.state.tx.us/coronavirus/opentexas.aspx





Click the image for more information

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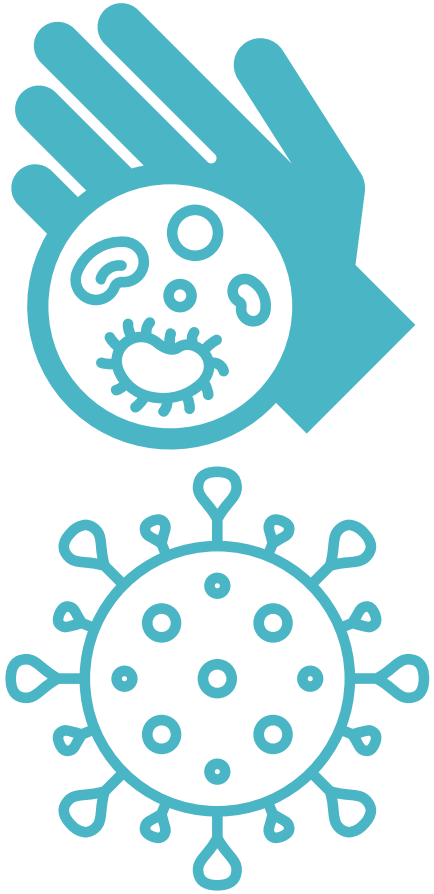
Knowledge Check

Select the correct answer.

True or false, the COVID-19 vaccine does work against the Delta Variant?

A. True
B. False



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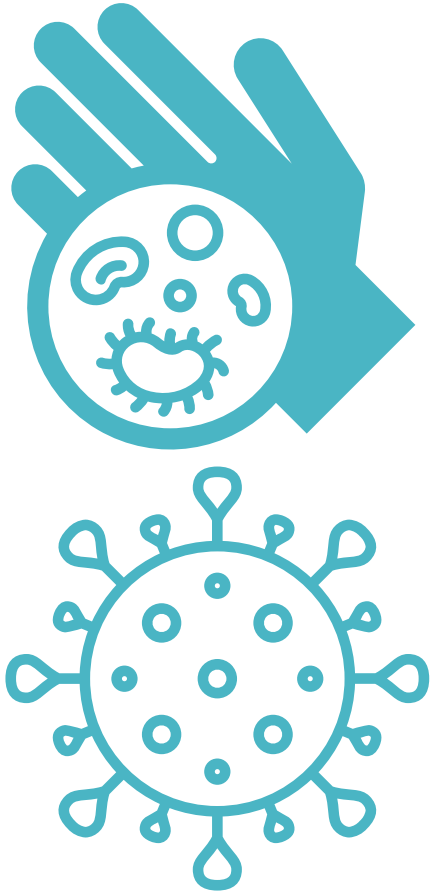
Knowledge Check

Select the correct answer.

True or false, the COVID-19 vaccine does work against the Delta Variant?

A. **True**
B. False

Vaccines continue to reduce a person's risk of contracting the virus and are highly effective at preventing hospitalization and death. Fully vaccinated people infected via the Delta variant despite being vaccinated (known as breakthrough cases) appear to be infectious for shorter periods.



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HYGIENE AND PREVENTION

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How do I Protect Myself Against COVID-19?

To prevent the spread of COVID-19, you are encouraged to:

- Get a COVID-19 vaccine
- Practice good personal hygiene
- Keep six (6) feet away from others whenever possible
- Wear a face covering over your nose and mouth indoors or within six (6) feet of others

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How do I Practice Good Hygiene at Home and Work?

To prevent the spread of COVID-19, you are encouraged to:

- **Wash your hands** often with soap and water for at least 20 seconds
- **Use hand sanitizer** with at least 60% alcohol
- **Clean surfaces** and things you touch often with soap and water, bleach solutions, and Environmental Protection Agency (EPA) registered disinfectants
- **Always cover your mouth and nose** with a tissue or inside your elbow when you cough or sneeze
- **Monitor your health daily** and be alert for COVID-19 symptoms in yourself and others
  - Watch for fever, cough, shortness of breath, or other symptoms

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What Kind of Mask Should I Wear?

Regarding masks, the Centers for Disease Control and Prevention (CDC) recommends that employees wear masks that:

- Completely cover their nose and mouth
- Have two or more layers of washable, breathable fabric
- Fit snuggly against the sides of their face without gaps
- Have a nose wire to prevent air from leaking out the top of the mask

Additionally, they recommend AGAINST wearing masks that:

- Are made of fabrics that make it hard to breath, like vinyl
- Have exhalation valves or vents, as these allow virus particles to escape
- Are “surgical” N95 respirators, as these are for healthcare professionals

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Are you experiencing COVID-19 symptoms?

Symptoms include:

- Cough, shortness of breath, or difficulty breathing
- Fever or chills
- Muscle or body aches
- Vomiting or diarrhea
- **New** loss of taste or smell

YES

Follow CDC Guidelines:

1. Stay at home
2. Separate yourself from others
3. Connect with your healthcare provider
4. Notify your supervisor
5. Return to work after 10 days and at least 24 hours without a fever

NO

Have you been in contact with someone who has been diagnosed with COVID-19?

YES

Direct physical or close contact

- Self-monitor for symptoms and quarantine yourself

Non-close contact

- Socially distance
- Wear a mask
- Wash hands frequently
- Self-monitor for symptoms

NO

- Continue to practice social distancing and good hygiene
- Wear face coverings when appropriate

If symptoms develop, follow CDC Guidelines:

1. Stay at home
2. Separate yourself from others
3. Connect with your healthcare provider
4. Notify your supervisor
5. Return to work after 10 days and at least 24 hours without a fever

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Knowledge Check

Select the correct answer.

Which of the following is **NOT** a good hygiene practice?

A. Washing your hands
B. Cleaning surfaces
C. Covering your mouth and nose when you cough or sneeze
D. Using hand sanitizer with less than 60% alcohol

Knowledge Check

Select the correct answer.

Which of the following is **NOT** a good hygiene practice?

A. Washing your hands
B. Cleaning surfaces
C. Covering your mouth and nose when you cough or sneeze
D. Using hand sanitizer with less than 60% alcohol

The CDC recommends using hand sanitizer with AT LEAST 60% alcohol.

Knowledge Check

Select the correct answer.

What kind of mask should you wear?

A. A vinyl mask
B. Surgical quality N95 respirators
C. One with two or more layers
D. One with vents

Knowledge Check

Select the correct answer.

What kind of mask should you wear?

A. A vinyl mask
B. Surgical quality N95 respirators
C. One with two or more layers
D. One with vents

You should not use non-breathable materials, such as vinyl, as masks. You should avoid using Surgical quality N95 respirators as they are needed by medical professionals. Masks with vents may spread the virus. You SHOULD, however, wear masks with two or more layers of breathable fabric.

WORKPLACE HYGIENE AND PREVENTION

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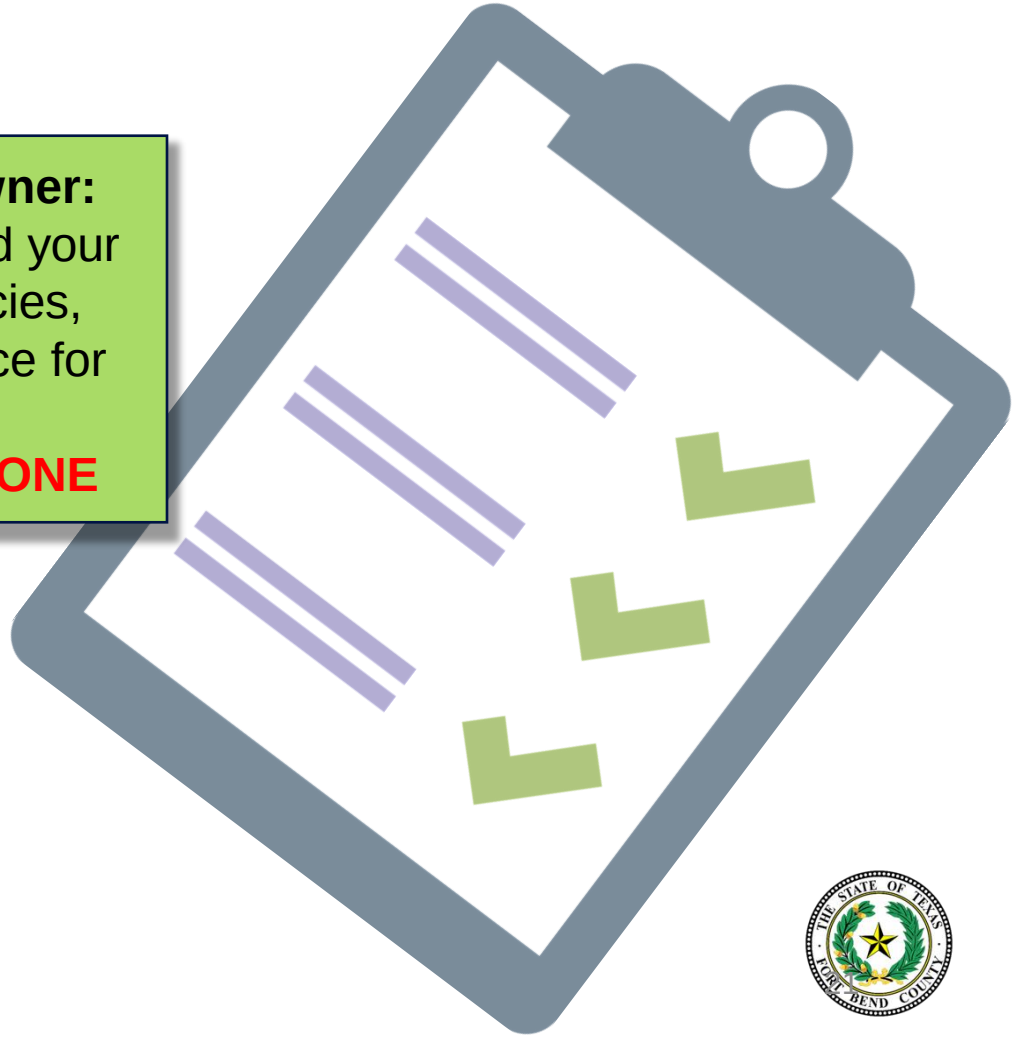
Work With Your Employer

To improve workplace sanitation and reduce the spread of COVID-19 at work, employees should work with their employer to enforce the following company policies:

- Masks:
- Handwashing:
- Testing:
- If you become sick:

Dear Small-business owner:
Please edit this slide to add your company COVID-19 policies, requirements, and guidance for your employees.
DELETE NOTE WHEN DONE



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Cleaning the Workplace

The CDC recommends cleaning and disinfecting high-traffic shared spaces and frequently touched surfaces:

- On a regular basis
- If someone who has tested positive for COVID-19 was present in the last 24 hours

To improve your workplace's sanitation habits, the CDC recommends employees:

- Work with management to develop a cleaning plan outlining what should be cleaned and how often
- Prepare cleaning equipment and Personal Protective Equipment (PPE) ahead of time

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Best Practices for Workplace Hygiene

Wash hands for at least 20 seconds before and after cleaning surfaces

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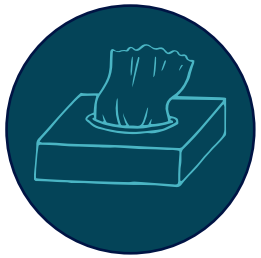
Best Practices for Workplace Hygiene

Wash hands for at least 20 seconds before and after cleaning surfaces

Make special considerations for employees with asthma, as some cleaning and disinfection products can trigger asthma



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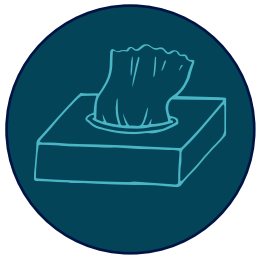
Best Practices for Workplace Hygiene

Wash hands for at least 20 seconds before and after cleaning surfaces

Make special considerations for employees with asthma, as some cleaning and disinfection products can trigger asthma

Wear a mask and gloves while cleaning and disinfecting



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Best Practices for Workplace Hygiene

Wash hands for at least 20 seconds before and after cleaning surfaces

Make special considerations for employees with asthma, as some cleaning and disinfection products can trigger asthma

Wear a mask and gloves while cleaning and disinfecting

Use Environmental Protection Agency (EPA)-registered disinfectants according to their label directions

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Best Practices for Workplace Hygiene

Wash hands for at least 20 seconds before and after cleaning surfaces

Make special considerations for employees with asthma, as some cleaning and disinfection products can trigger asthma

Wear a mask and gloves while cleaning and disinfecting

Use Environmental Protection Agency (EPA)-registered disinfectants according to their label directions

Read the instructions on the product label of cleaners to determine the necessary safety precautions for using them, such as wearing gloves

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Best Practices for Workplace Hygiene

Wash hands for at least 20 seconds before and after cleaning surfaces

Make special considerations for employees with asthma, as some cleaning and disinfection products can trigger asthma

Wear a mask and gloves while cleaning and disinfecting

Use Environmental Protection Agency (EPA)-registered disinfectants according to their label directions

Read the instructions on the product label of cleaners to determine the necessary safety precautions for using them, such as wearing gloves

Clean high-touch surfaces (like pens, counters, shopping carts, tables, doorknobs, and elevator buttons) at least once per day

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Knowledge Check

Select the correct answer.

Which of the following is **NOT** a best practice for cleaning the workplace?

A. Wash your hands for at least 20 seconds before and after cleaning surfaces
B. Clean high-touch surfaces at least once per day
C. Make special considerations for employees with asthma
D. Use the same cleaning precautions for all cleaning products

Knowledge Check

Select the correct answer.

Which of the following is **NOT** a best practice for cleaning the workplace?

A. Wash your hands for at least 20 seconds before and after cleaning surfaces
B. Clean high-touch surfaces at least once per day
C. Make special considerations for employees with asthma
D. Use the same cleaning precautions for all cleaning products

Not all products may require the same precautions. Read the instructions on the product label of cleaners to determine the necessary safety precautions for using them, such as wearing gloves.

BEST PRACTICES FOR FOOD AND BEVERAGE BUSINESSES

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Risk Types for Food and Beverage

Masks may reduce the risk of COVID-19 spread when worn in any of these risk scenarios.

Lowest Risk

Food service limited to:

- Drive-through
- Delivery
- Take-out
- Curb-side pick up

More Risk

- Drive-through, delivery, take-out, and curb-side pick-up emphasized
- On-site dining limited to outdoor seating
- Seating capacity allowing tables to be spaced at least six (6) feet apart

Higher Risk

- On-site dining with indoor seating capacity reduced to allow tables spaced at least six (6) feet apart
- On-site dining with outdoor seating
- Tables **not** spaced at least six (6) feet apart

Highest Risk

- On-site dining with indoor seating
- **No reduction** in seating capacity
- Tables **not** spaced at least six (6) feet apart

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Best Practices for Food and Beverage Businesses

This addresses key considerations for how foods offered at retail can be safely handled and delivered to the public, as well as key best practices for employee health, cleaning and sanitizing, and personal protective equipment (PPE).

Click the image for more information

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Knowledge Check

Select the correct answer.

What risk scenario for food and beverage establishments is displayed in this image?

A. Low
B. More
C. High
D. Highest

Knowledge Check

Select the correct answer.

What risk scenario for food and beverage establishments is displayed in this image?

A. Low
B. More
C. High
D. Highest

Highest Risk scenarios have on-site dining with indoor seating, no reduction in seating capacity, and tables not spaced at least six (6) feet apart.

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RESOURCES

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Resources (1 of 3)

The following Fort Bend County and Texas state links are available to provide additional information and resources:

- Fort Bend COVID-19 Health Guidance for the Public
- Fort Bend COVID 19 Testing Information and Scheduling
- Fort Bend COVID 19 Dashboard and Resources
- Fort Bend COVID 19 Workplace Exposure & Recovery Flowchart (October 2020)
- Additional Fort Bend County COVID-19 Resources
- Texas State COVID-19 Resources
- Texas COVID-19 Vaccine Information
- Governor's Strike Force to Open Texas
- Texas COVID-19 FAQ

Resources (2 of 3)

Resources and citations used in this training can be found in the notes section of their respective slides. The following are useful Government COVID-19 Resources:

- General COVID-19 Information (CDC)
- Types of Masks and Respirators (CDC)
- How COVID-19 Spreads (CDC)
- Cleaning Guidelines (CDC)
- COVID-19 Risks and Vaccine Information for Older Adults (CDC)
- COVID-19 Work and School Resources (CDC)
- Protecting Workers: Guidance on Mitigating and Preventing the Spread of COVID-19 in the Workplace (OSHA)
- Best Practices for Retail Food Stores, Restaurants, and Food Pick-Up/Delivery Services During the COVID-19 Pandemic (FDA)

Resources (3 of 3)

Resources and citations used in this training can be found in the notes section of their respective slides. The following are useful Government COVID-19 Resources:

- Best Practices (CDC)
- How to clean your home (CDC)
- Cleaning Best Practices (EPA)
- EPA-registered disinfectants (EPA)
- Extra precautions for people with asthma (CDC)
- How to clean your home (CDC)