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Help prevent the spread of respiratory viruses like COVID-19 and the Flu.

WHAT TO DO IF A WORKER BECOMES ILL WITH OR SUSPECTED TO HAVE COVID-19?

Food facilities should follow protocols set by the CDC and DHEC regarding workers with known or suspected COVID-19, and follow the guidelines listed below:

WORKERS WHO ARE OR MAY BE ILL WITH COVID-19

If a worker calls in ill, they should be advised to remain at home, self-isolate, and seek medical advice.

If a worker is found to be ill when screened on arrival, they should immediately be separated from other persons and advised to do the following:

- Place a face covering over their nose and mouth
- Return home immediately, self-isolate, and seek medical advice

If a worker becomes ill while at work, they should notify their supervisor immediately. They should immediately be separated from other persons and advised to do the following:

- Place a face covering over their nose and mouth
- Return home immediately, self-isolate, and seek medical advice

If a worker exhibits any emergency warning signs for COVID-19, call 911 for emergency assistance.

Emergency warning signs include the following:*

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

***Note:** *This list is not all inclusive; please seek medical advice for any other symptoms that are severe or concerning.*

ADDITIONAL INFORMATION ON COVID-19

For additional information on COVID 19, visit the DHEC website for Businesses and Employees (COVID-19) at: **https://www.scdhec.gov/infectious-diseases/viruses/coronavirus-disease-2019-covid-19/businesses-employers-covid-19**

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WHAT TO DO IF A WORKER IS EXPOSED TO COVID-19 BUT IS NOT ILL (ASYMPTOMATIC)?

CDC's recommendations for managing critical infrastructure workers—including workers in the food sector—who have known or potential exposure to COVID-19 differ from recommendations for persons who are not critical infrastructure workers. Food facilities and workers should follow protocols set by the CDC and DHEC regarding workers with exposure to COVID-19 but are asymptomatic (do not have symptoms of COVID-19), and follow the guidelines listed below:

To ensure continuity of operations of essential functions, the 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.

Potential exposure means having been in close contact with someone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before illness onset until the time the infected person is released from isolation. Close contacts should stay home and self-quarantine and self-monitor until 14 days from the last date of exposure. People who worked with an infected person during the same time period but were not close contacts are at lower risk and should carefully monitor themselves for symptoms for 14 days after the last date of exposure.

Critical Infrastructure workers who have had an exposure but remain asymptomatic should adhere to the following practices prior to and during their work shift:

- **Pre-screen**: Employers should measure the worker's temperature and assess symptoms prior to their starting work; ideally, workers should check their temperature before entering the facility.

- **Regular monitoring**: As long as workers do not have a fever or symptoms, they should self-monitor their temperature and symptoms.

- **Wear a face covering:** The worker should wear a face covering at all times while in the workplace for 14 days after last exposure; employers should issue cloth face coverings if a worker does not have one.

- **Physical distance:** The worker should maintain **six (6) feet** between themselves and other persons and practice physical distancing in the workplace as duties and space permit.

- **Clean and disinfect:** Clean and disinfect all areas such as offices, bathrooms, common areas, and shared electronic equipment routinely.

If the worker becomes sick during the day, they should be sent home immediately.

- Surfaces in their workspace should be cleaned and disinfected.

- The workplace supervisor should contact the DHEC Care Line at 1-855-472-3432 for guidance.

- Information on persons who had contact with the ill worker during the time the worker had symptoms and two days before the onset of symptoms should be compiled and provided to the DHEC Epidemiology Staff.

- Others at the facility with close contact within 6 feet of the worker during the two days before onset of symptoms should be considered exposed.

- Based on information gathered on the contacts, the DHEC Epidemiology staff will advise you if fellow workers may need to be notified of their possible workplace exposure to COVID-19, while maintaining the confidentiality of the COVID-19 positive worker.

Adapted from: https://www.cdc.gov/coronavirus/2019-ncov/community/critical-workers/implementing-safety-practices.html

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WHAT WORKERS SHOULD DO IF THEY ARE SICK WITH OR THINK THEY MAY HAVE COVID-19?

Workers should take care of themselves and protect other people. Workers should do the following:

STAY HOME EXCEPT TO GET MEDICAL CARE

- Most people with COVID-19 have mild illness and are able to recover at home without medical care; they should not leave their homes except to get medical care and should not visit public areas.

STAY IN TOUCH WITH THEIR DOCTOR

- Call ahead before visiting the doctor, and let the doctor know they have or may have COVID-19.
- Be sure to get care if having trouble breathing, having any other emergency warning signs, or if it is an emergency.
- Avoid using public transportation, ride-sharing, or taxis.

SEPARATE THEMSELVES FROM OTHER PEOPLE IN THE HOME (HOME ISOLATE)

- Stay away from others as much as possible; stay in a specific "sick room" if possible; and use a separate bathroom, if available.

WEAR A FACE COVERING

- Wear a face covering when around other people (including when entering a healthcare provider's office).

COVER COUGHS AND SNEEZES

- Cover their mouth and nose with a tissue when coughing or sneezing.
- Throw used tissues in a lined trash can.
- Immediately wash hands with soap and water for at least 20 seconds (if soap and water are not available, clean hands with an alcohol-based hand sanitizer with greater than 60% ethanol or 70% isopropanol).

WASH HANDS OFTEN

- Wash hands often with soap and water for at least 20 seconds (especially after blowing their nose, coughing, sneezing, or going to the bathroom, and before eating or preparing food).
- Avoid touching their face (especially eyes, nose, and mouth).

AVOID SHARING PERSONAL HOUSEHOLD ITEMS

- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other persons.

CLEAN ALL "HIGH-TOUCH" SURFACES EVERY DAY

- Clean and disinfect high-touch surfaces and objects in the isolation area ("sick room" and bathroom) every day.
- High-touch surfaces and objects include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards and mice, tablets, and bedside tables.

MONITOR SYSMPTOMS

- Seek medical attention if symptoms worsen.
- Follow care instructions from your healthcare provider and local health department.

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WHAT WORKERS SHOULD DO IF THEY ARE SICK WITH OR THINK THEY MAY HAVE COVID-19?

Workers should take care of themselves and protect other people. Workers should do the following:

GET MEDICAL ATTENTION IMMEDIATELY IF EMERGENCY WARNING SIGNS FOR COVID-19 DEVELOP

Emergency warning signs include:*

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability of others to arouse the ill person
- Bluish lips or face

***Note:** **This list is not all inclusive; please consult your medical provider for any other symptoms that are severe or concerning.**

RETURN TO WORK

The decision to discontinue home isolation for persons with confirmed or suspected COVID-19 should be made in the context of local circumstances; options include (1) **a symptom-based strategy** based on time since illness onset and time since recovery or (2) a **test-based strategy**.

Symptom-based strategy

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least three (3) days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath) **AND**
- At least 10 days have passed since symptoms first appeared.

Test-based strategy

Persons who have COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- Resolution of fever without the use of fever-reducing medications **AND**
- Improvement in respiratory symptoms (e.g., cough, shortness of breath) **AND**
- Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥24 hours apart (total of two negative specimens).

Note: **It has been reported that some individuals continue to test positive for detection of COVID-19 RNA for several weeks or months without evidence that they continue to be contagious during that time period.**

The decision for workers to discontinue isolation and return to work should be made in consultation with their healthcare provider.

Adapted from: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html

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WHAT TO DO IF A WORKER TESTS POSITIVE FOR COVID-19 BUT IS NOT ILL (ASYMPTOMATIC)?

Food facilities should follow protocols set by the CDC and DHEC regarding workers who test positive for COVID-19 but are asymptomatic (do not have any symptoms of COVID-19), and follow the guidelines listed below:

CONTACTING DHEC

If a worker tests positive for COVID-19 but is asymptomatic, the workplace supervisor should contact the DHEC Care Line at 1-855-472-3432 for guidance.

- The DHEC Epidemiology Staff will need to know who has had close contact* with the COVID-19 positive worker while they were at the workplace.

- Based on information gathered on the contacts, fellow workers may need to be notified of their possible workplace exposure to COVID-19, while maintaining the confidentiality of the COVID-19 positive worker.

*Note: *It is important to know that transmission of COVID 19 is more likely between close contacts. A close contact is someone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before illness onset until the time the infected person is released from isolation. Close contacts should stay home and self-quarantine and self-monitor until 14 days from the last date of exposure. People who worked with an infected person during the same time period but were not close contacts are at lower risk and should carefully monitor themselves for symptoms for 14 days after the last date of exposure.*

CLEANING AND DISENFECTING THE WORKPLACE

Food facilities should follow the best practice cleaning protocols listed below:

- Increase air circulation in the area, following applicable guidelines for food-service establishments

- Use recommended personal protective equipment (PPE) for cleaning and disinfecting

- Clean and disinfect all areas used by the infected person (for example, work stations, offices, bathrooms and other common areas)

- Clean and disinfect shared electronic equipment (for example, touch screen, keyboard and mouse, remote control) and other shared equipment

- If more than 7 days have passed since the sick person visited or used the facility, additional cleaning and disinfection is not necessary

- Continue routine cleaning and disinfection

It is not necessary to recall or destroy food products that the worker may have handled.

Guidance for disinfecting the workplace after having a worker who tests positive or is ill with COVID-19 is available on the CDC and DHEC websites.

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WHAT TO DO IF A WORKER TESTS POSITIVE FOR COVID-19 BUT IS NOT ILL (ASYMPTOMATIC)?

Food facilities should follow protocols set by the CDC and DHEC regarding workers who test positive for COVID-19 but are asymptomatic (do not have any symptoms of COVID-19), and follow the guidelines listed below:

RETURN TO WORK

Workers who have tested positive for COVID-19 but have not had any symptoms now have two options for discontinuing isolation and returning to work: (1) a **time-based strategy** and (2) a **test-based strategy**.

Time-based strategy

- Workers with laboratory-confirmed Covid-19 who have not had any symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

  At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test.

  Workers can return to work within 10 days from the onset of symptoms **AND** after three (3) days (72 hours) with no fever above 100.4 °F without the use of fever reducing medication.

  If they develop symptoms, then the symptom-based or test-based strategy should be used.

Note: *Because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.*

Test-based strategy

- Workers with laboratory-confirmed COVID-19 who have not had any symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

  Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥24 hours apart (total of two negative specimens).

Note: *Because of the absence of symptoms, it is not possible to gauge where these individuals are in the course of their illness. It has been reported that some individuals continue to test positive for detection of COVID-19 RNA for several weeks or months without evidence that they continue to be contagious during that time period.*

The decision for workers to discontinue isolation and return to work should be made in consultation with their healthcare provider.

Adapted from: https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html

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