



# COVID-19 Public Health Guidelines



**FOR GETTING DESCHUTES COUNTY BACK TO WORK**

**DESCHUTES.ORG**

## Guiding Principles

**1**

**Protect the health  
of employees,  
customers, and  
their families**

**2**

**Support  
community efforts  
to control the  
spread of the virus**

**3**

**Lead in responsibly  
getting Deschutes  
County back to  
work**

## TOPICS

1. **Physical Distancing Officer and Protocols**
2. **Maximum Capacity**
3. **Cloth Face Coverings for Staff and Patrons**
4. **Hand Hygiene and Use of Gloves**
5. **Cleaning and Disinfecting**
6. **Employee Illness and Continuity of Operations**
7. **Employee Use of Personal Protective Equipment**
8. **Patron Health**
9. **Public Notice and Contact Tracing**

## RESOURCES

18. **Sample Physical Distancing Protocol**
19. **Sample Health Screening Chart**
20. **Local Supply Resource List**

### BUSINESS RESOURCES



HEALTH  
SERVICES

# Write a policy for your establishment

## HOW TO USE THIS GUIDE

Use this guide to develop a written document that outlines protocols and strategies to reduce the risk of spreading COVID-19.

Make sure to include policy that addresses:

- Recommendations or requirements for face masks for employees and clients/consumers
- Conducting daily health assessments for employees (self-evaluation) to determine if "fit for duty"
- Maintaining good hygiene at all times, hand washing and physical distancing
- Cleaning and sanitizing workplaces throughout the workday and at the close of business or between shifts
- Limiting maximum capacity to meet physical distancing guidelines.

**BUSINESS RESOURCES**



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# FACE MASKS VS. PPE

	FACE MASK	PPE
<i>Who wears it</i>	General public, foodservice workers	Medical staff
<i>What</i>	Surgical Mask Procedure Mask	N95 Mask
<i>Why</i>	Protecting others in case you're infected	Protect medical workers from sick patients
<i>Example</i>	 	

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# Employee and Patron Illness

			Symptoms						
Day	Date	Temp	Cough	Difficulty Breathing	Sore Throat	Body Aches Joint Pain	Fatigue	Abrupt Loss of Smell/Taste	Diarrhea, nausea or vomiting
1									
2									
3									

- Fever/Chills
- Cough
- Repeated Shaking with Chills
- Shortness of Breath or Difficulty Breathing
- Muscle Pain
- Sore Throat
- Headache
- New Loss of Taste or Smell

**MAKE SURE YOUR POLICY INCLUDES RETURN TO WORK GUIDELINES THAT ARE CONSISTENT WITH THE LATEST CDC GUIDELINES.**

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## **KEEPING A LOG OF CUSTOMERS WILL ALLOW FOR EASIER CONTACT TRACING IF NEEDED**

### **HOW CONTACT TRACING WORKS**

Public health staff interview all lab confirmed positive cases and ask many questions to determine who may have been exposed. These interviews are very thorough and can take several hours.

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# HAND HYGIENE



- Hand-washing - The best way to keep your hands clean is by washing them frequently with soap and water.
- Hand sanitizer- If hand-washing is not available, alcohol-based hand sanitizers with greater than 60% ethanol or 70% isopropanol are the next best way to keep hands clean.
- Gloves - At this time there is no specific recommendation for staff or patrons to wear gloves except when cleaning or certain circumstances in food preparation. Gloves are often used improperly and can spread viruses if not used correctly. Gloves do not eliminate the need for frequent hand-washing or hand sanitizing.

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Train employees and give them language to redirect patrons on physical distancing and hygiene

*“Please help us comply with local physical distancing requirements and try to stay at least 6 feet from people who are not in your group.”*

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# CLEAN AND DISINFECT HIGH TOUCH NON FOOD HARD SURFACES REGULARLY

## *A diluted household bleach solution:*

- Dilute 4 Teaspoons bleach per 4 cups of cool water OR
- Dilute  $\frac{1}{3}$  cup bleach per gallon of water

**Allow the surface to remain wet for 2 mins, then wipe with a clean paper towel OR just allow to air dry**

DO:	DON'T:
Mix solutions daily	Mix bleach with other chemicals including ammonia
Use bleach that lists % sodium hypochlorite	Use scented or splashless bleach
Label or color code containers so staff know what is inside	Use expired bleach
Fully wet surfaces by spraying or wiping	Forget to wear gloves to protect skin from prolonged contact with bleach solutions

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**REMEMBER THAT BOTH DISTANCE AND DURATION OF EXPOSURE ARE FACTORS IN RATES OF TRANSMISSION. SET A MAXIMUM CAPACITY AND PREPARE EMPLOYEES TO BOTH TRACK AND ENFORCE IT.**

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# Deschutes County Environmental Health

(541)317-3114

[countyenvironmentalhealth@deschutes.org](mailto:countyenvironmentalhealth@deschutes.org)

[www.deschutes.org/healthybusiness](http://www.deschutes.org/healthybusiness)

**BUSINESS RESOURCES**



**HEALTH  
SERVICES**

# COVID-19 Public Health Guidelines



FOR GETTING DESCHUTES COUNTY BACK TO WORK [DESCHUTES.ORG](http://DESCHUTES.ORG)

## Guiding Principles

1

Protect the health of employees, customers, and their families

2

Support community efforts to control the spread of the virus

3

Lead in responsibly getting Deschutes County back to work

## We have written protocols in place that include:

1

**Recommending face coverings** for employees and clients/customers at all times.



2

**Conducting daily health assessments** for employees (self-evaluation) to determine if "fit for duty".



3

**Maintaining good hygiene** at all times, hand-washing and physical distancing.



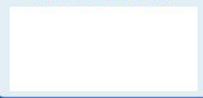
4

**Cleaning and sanitizing** workplaces throughout workday and at the close of business or between shifts.

5

**Limiting capacity** to meet physical distancing guidelines.

**OUR SET MAXIMUM CAPACITY IS:**



Please help us follow best practices by complying with health department requests.

## BUSINESS RESOURCES



HEALTH SERVICES