



# COVID-19 Public Health Guidelines



DESCHUTES.ORG

## Guiding Principles

1

Protect the health  
of employees,  
customers, and  
their families

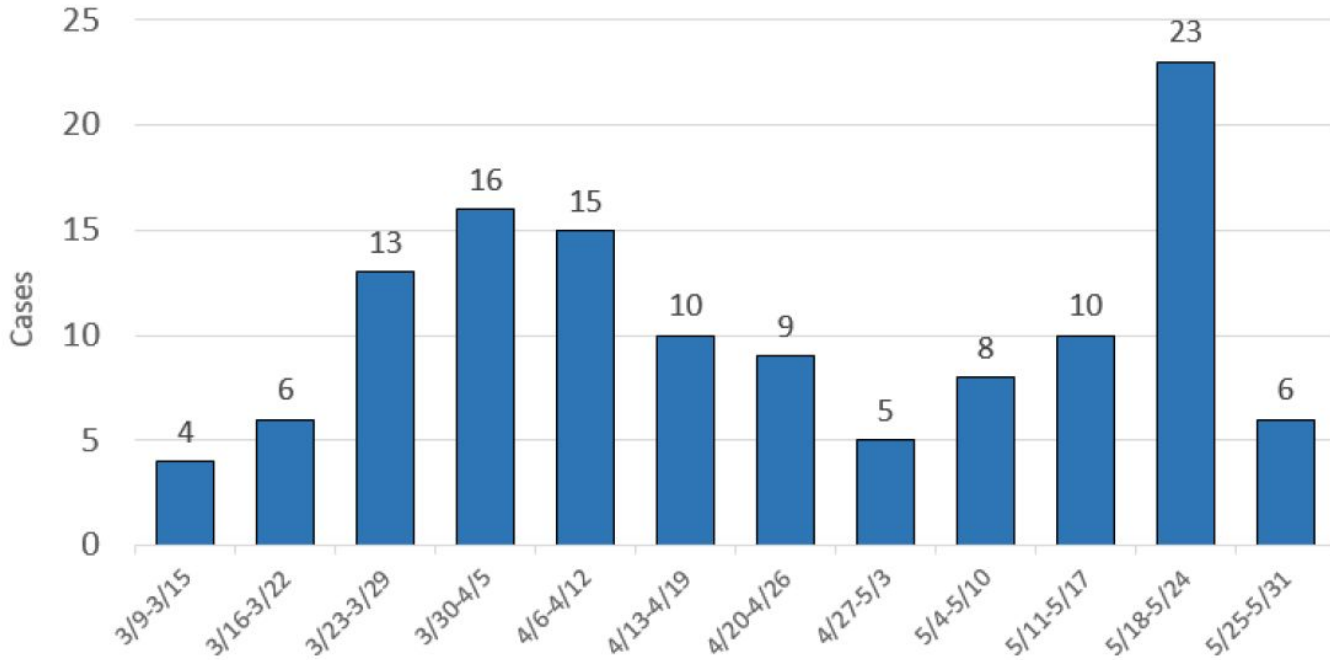
2

Support  
community efforts  
to control the  
spread of the virus

3

Lead in responsibly  
getting Deschutes  
County back to  
work

Deschutes County COVID-19 Epi Curve – by Week Reported by OHA



Graph is updated once per week to include a full calendar week of data.

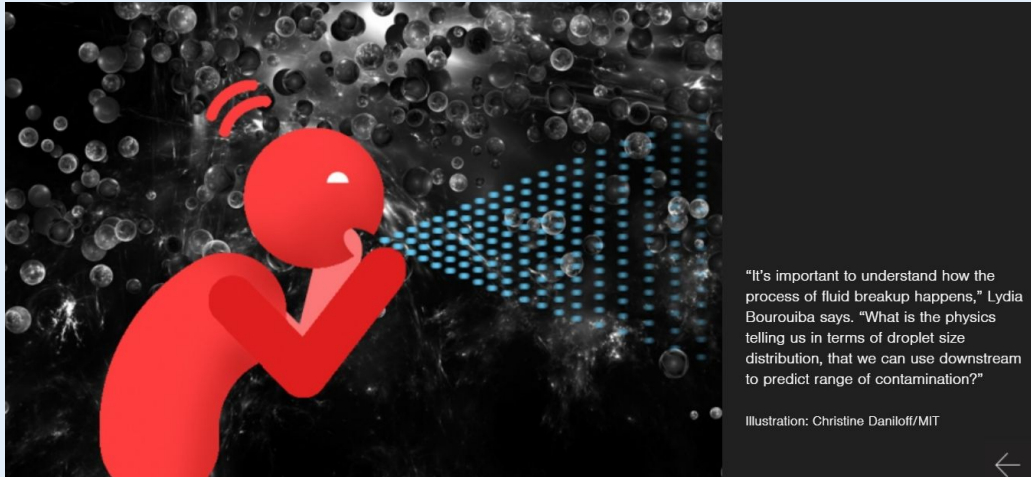


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# Don't forget the intent!

COVID-19 is a respiratory illness and the primary transmission route is through person-to-person contact and through direct contact with respiratory droplets generated when an infected person coughs or sneezes.

1. Physical Distancing - Maximum occupancy
2. Face masks or other PPE
3. Health screening
4. Cleaning and disinfecting



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# Layers of protection - none are 100% effective



Screening for Symptoms

Maximizing Distancing

Hygiene - washing hands, touching face etc.

Disinfecting surfaces



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# Health Screening

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

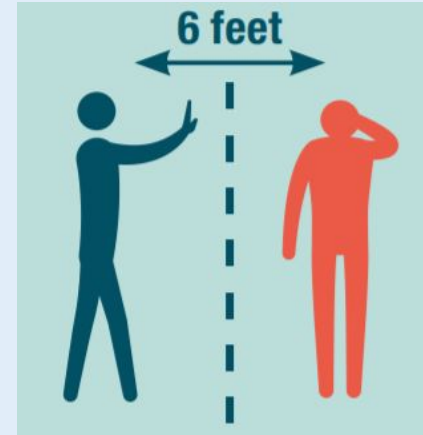
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# Disease can spread rapidly in the workplace especially among workers in close proximity.

- Minimize to the extent possible group interaction between individuals or groups
- Distance and duration of interaction are factors in transmission



MAXIMIZE DISTANCE

MINIMIZE DURATION



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# PRIORITY: Facemasks

Use when physical distancing cannot be maintained - REQUIRED IN MANY BUSINESSES

	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>	 	



# PRIORITY: Facemasks

Use when physical distancing cannot be maintained - REQUIRED IN MANY BUSINESSES



Businesses can pick up faceshields at:  
2577 NE Courtney Drive | Bend, Oregon 97701





# PRIORITY: Facemasks

## Wear your Face Covering Correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily



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# PRIORITY : 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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# PRIORITY : Hand Hygiene

## How?



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



**Rinse** hands well under clean, running water.



**Dry** hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

LIFE IS BETTER WITH

**CLEAN HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



- REMOVE BARRIERS TO HAND WASHING!
- USE HAND SANITIZER ONLY WHEN HAND WASHING IS NOT AN OPTION

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

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# PRIORITY: Clean and Disinfect

**About 1 in 3\* adults** used chemicals or disinfectants unsafely while trying to protect against COVID-19

Stay safe while using household cleaning and disinfectant products



Always read instructions



Wear protective gear



Do not mix chemicals

\*According to a nationally representative survey of 502 U.S. adults—May 4, 2020

CDC.GOV

[bit.ly/MMWR6520](https://bit.ly/MMWR6520)

MMWR



## HOW TO: CLEAN & DISINFECT NON-FOOD HARD SURFACES

- 1 Clean noticeably dirty or soiled surfaces using a soap and water mixture or another cleaning solution.
- 2 Disinfect hard surfaces, using an approved disinfectant such as:

- ▶ **Diluted household bleach solution:**
  - Dilute 4 Teaspoons bleach per 4 cups of cool water OR
  - Dilute 1/3 cup bleach per gallon of waterAllow the surface to remain wet for 2 mins, then wipe with a clean paper towel OR allow to air dry.

DO:	DONT:
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

- ▶ Other approved disinfectants include:
  - Chemicals listed on EPA List N: Disinfectants for Use Against SARS-CoV-2
  - Alcohol solutions with 70%–95% alcohol content (generally appropriate for electronics)Follow manufacturer's instructions (e.g., concentration, application method and contact time).

Questions? Visit [www.deschutes.org/reopening](http://www.deschutes.org/reopening)



# PRIORITY: Clean and Disinfect

## 6 Steps for Safe & Effective Disinfectant Use



### Step 1: Check that your product is EPA-approved

Find the EPA registration number on the product. Then, check to see if it is on EPA's list of approved disinfectants at: [epa.gov/listn](https://www.epa.gov/listn)



### Step 2: Read the directions

Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."

### Step 3: Pre-clean the surface

Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.



### Step 4: Follow the contact time

You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

### Step 5: Wear gloves and wash your hands

For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.

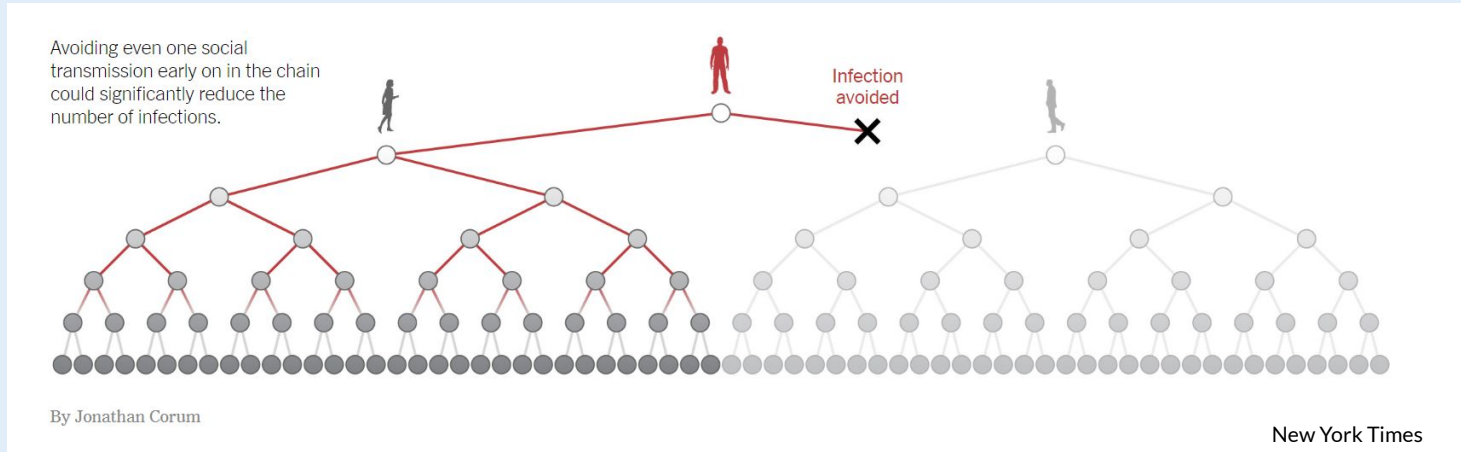


### Step 6: Lock it up

Keep lids tightly closed and store out of reach of children.

[coronavirus.gov](https://www.coronavirus.gov)

# Does it matter?



The disease is in the community and often people won't know how where they acquired it. Breaking only a few links will make a difference.



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

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