Essential Workers
COVID-19 Guide
A Message from Health & Wellness Services

Your wellness is our top priority. Health & Wellness Services is here to help you stay healthy and safe in this unique and challenging time. We’re here for all of your health needs all year long. We offer telehealth appointments as well as on-campus appointments as needed.

As the school year starts, remember to “lay low” the first two weeks to help prevent the spread of COVID-19. While we all want you to continue to have fun, protecting yourself against Coronavirus is more important. Here are some tips to keep in mind:

- Wash or Sanitize Your Hands Frequently
- Maintain Physical Distance of at Least 6 Feet Apart
- Wear your Face Mask
- Avoid Touching Your Face

Let it be known that WSU’s Health & Wellness Services welcomes and appreciates everyone regardless of race, creed, religion, country of origin, documentation or sexual orientation.

Let it be known that at WSU’s Health & Wellness Services you are valued not despite your differences but with full appreciation of your differences.

Let it be known that at WSU’s Health & Wellness Services you are safe, protected and not judged.

Let it be known that WSU’s Health & Wellness Services stands with you not just when there is a horrible incident that makes the news but day to day with all that you face, during the challenges that only you may know, we stand by you.
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WSU students, faculty, staff & visitors are expected to fill out this self-assessment daily.

This self-assessment offers the best guidance on the next steps you should take based on your symptoms.
Know the Lingo

**Contact Tracing:** Public health staff begin contact tracing by notifying exposed people (contacts) of their potential exposure as rapidly and sensitively as possible, not revealing the infected patient's identity.

**Case Investigation:** Public health staff work with a patient to help them recall everyone they have had close contact with during the time they may have been infectious.

**Contact Support:** Contacts are provided with education, information, and support to help them understand their risk, what they should do to separate themselves from others who are not exposed, and how to monitor themselves for illness. In addition, they are informed of the possibility that they can spread the infection to others even if they do not feel ill.

**Self-Quarantine:** Contacts are encouraged to stay home, monitor their health, and maintain social distance (at least 6 feet) from others until 14 days after their last exposure to the infected patient, in case they also become ill.

Contact tracers will ask for personal information such as your birthday and where you live. They will NEVER ask for sensitive personal information such as credit card information or social security number.

If you have been in close contact with someone who has COVID-19, a public health worker may call you to inform you that you’ve been exposed to a confirmed case.

If you are diagnosed with COVID-19, a public health worker may call you to check-in on your health, discuss who you’ve been in contact with, and ask where you spent time while you may have been infectious.
Everyday ESSENTIALS

Keep your face mask on you at all times!

The CDC strongly recommends the use of cloth face coverings to help prevent the spread of COVID-19.

Keep hand sanitizer close by!

The CDC recommends the use of hand sanitizer with an alcohol content above 60%.

Keep extra wipes near by!

H&WS recommends keeping wipes with you to help sanitize shared spaces and high touch surfaces.

Bring water with you!

H&WS recommends bringing a full water bottle to your classes to avoid high touch surface areas such as water fountains.

Don’t forget snacks!

H&WS recommends bringing healthy snacks with you to your classes that overlap meal times. This can help avoid unnecessary trips to the vending machine, which is another frequently touched surface.

PRO TIP: Keep these items in your backpack!

Health & Wellness Services

WSU Health & Wellness Services 507.457.2292
Know The Risk: Essential Worker (Workers)

Low Risk

- Working from home when possible.
- Calling in sick when you are experiencing symptoms—regardless of if you have tested positive or not.
- Leaving accessories at home, such as jewelry, rings, and watches.
- Keeping hand sanitizer on you, or nearby, at all times throughout your shift. Wash hands frequently and whenever possible.
- Changing into clean clothes before coming home. Keep contaminated work uniform separate in a bag or bin and wash uniform and mask before reuse.
- Disinfecting your car when returning home from work.
- Showering when you return home from work.

Moderate Risk

- Forming “pods” with your co-workers. For example: John and Sarah work in the office on Mondays and Wednesdays. Jimmy and Susan work in the office on Tuesdays and Thursdays. Pods help limit the amount of contact with others.
- Washing or sanitizing hands often throughout your shift.
- If you wear contacts, consider wearing glasses as this will help keep your fingers away from your eyes and provide additional protection.
- Using personal equipment in the work place, such as computers.
- Showering when you return home from work and changing into clean clothes.
- Washing your work uniform and mask before reuse.

Higher Risk

- Working late or staying past your shift.
- Working overtime which can result in increased stress and mental health issues. Find time to take a day off to reset from a busy work schedule and focus on your mental health.
- Carpooling with co-workers to work.
- Using shared equipment in the workplace, such as computers, wiping it down in between each use.
- Using shared equipment in the break room with proper disinfecting between use. Bring your own utensils from home to use.
- Changing out of work uniform and into clean clothes when you return home.

Highest Risk

- Going into work unnecessarily.
- Hanging out around your job site after your shift ended.
- Working consistently and bringing work home with you. This will have negative impacts on your mental health.
- Going to work with symptoms or being dishonest about symptoms.
- Blending pre-established pods.
- Using shared equipment in the workplace without any sanitary precautions.
- Sharing personal items and utensils in the break room.
- Re-wearing yesterday’s work uniform to work today.

Information approved by H&WS Medical Staff
**Low Risk**

**Personal**

- Having a personal bathroom is the safest for protecting yourself against COVID-19.
- If you have a personal bathroom—clean on a regular basis.
- Avoid sharing your personal bathroom with others.
- Keeping a personal set of towels, wash cloths, and bath towels for only you to use.

**Moderate Risk**

**Shared in the Home**

- Wiping down frequently touched surfaces daily such as: toilet seat, flush, sink, faucet, soap light switches, and door knobs.
- Flushing with toilet cover down to help protect against the virus becoming airborne.
- Keeping and using a separate sets of hand towels, wash cloths, and bath towels for each person in your home.
- Does your home bathroom have a window? Keep it open to increase air ventilation.
- Developing a shower schedule with your housemates. This will help to ensure that the shower is completely dry in between uses.

**Higher Risk**

**Res Hall Bathrooms**

- Wiping down stall door, lock, toilet seat and flush before and after use.
- Using your foot to flush and closing lid while flushing (if possible).
- Wiping down sink, faucet, soap dispenser, and paper towel dispenser before and after use.
- Using personal sink as much as possible (if applicable).
- Avoid setting personal items in sink or shower (especially tooth brush).
- ALWAYS wearing shower shoes.
- Bringing personal shower supplies in a container or plastic Ziploc bag.
- Bringing a robe to limit the amount of time in the bathroom. Get dressed and ready in your room.

**Highest Risk**

**Public Restrooms**

- Washing hands before and after going to the bathroom.
- Wiping down frequently touched surfaces before and after use.
- Disinfecting stall door, lock, toilet seat and flush before and after use with a wipe.
- Wiping down sink, faucet, soap dispenser, and paper towel dispenser.
- Flushing with toilet seat down and using your foot to flush (if possible).
The CDC recommends cleaning and disinfecting frequently touched surfaces daily. This includes tables, light switches, door knobs, counter tops, handles, desks, toilets, faucets, and sinks. E-surfaces include phone, remotes, controllers, and keyboards.

6 STEPS FOR SAFE & EFFECTIVE DISINFECTING AGAINST COVID-19

1. **Check that your product is EPA-approved**
   Find the EPA registration number on the product. Then, check to see if it is on the EPA’s list of approved disinfectants at: [epa.gov/listn](http://epa.gov/listn)

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.”

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.

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.

5. **Wear Gloves & 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.

6. **Lock It Up**
   Keep lids tightly closed and store out of reach of children and pets.
What should I do if...
I’ve been in close contact with someone...

...who is being tested?
Be extra aware and mindful while waiting for their results, in case of need to quarantine

...who has tested negative for COVID-19?
If you become symptomatic, isolate 10 days from onset of symptoms AND 24 hours fever free

...who has tested positive for COVID-19?
Quarantine for 14 Days since last contact, Self-Monitor AND Get Tested

...who is a close contact of a positive case...
Continue to quarantine for 14 days regardless of YOUR test result

...and IS experiencing symptoms?
Self-Monitor, Practice Physical Distancing, Wash Hands & Wear a Mask

...but IS NOT experiencing symptoms (yet)?
Continue to Practice Physical Distancing, Wash Hands, & Wear a Mask

...who has been in close contact with someone ELSE who might have been exposed?
Be extra aware and mindful while waiting for their results, in case of need to quarantine

Close contact is being within 6 feet of a positive case for 15 minutes regardless of if a mask was worn.

COVID Symptoms Include:
fever, cough, shortness of breath, chest pain, sore throat, loss of taste or smell, headache

Information sourced from: MIT Medical and H&WS Medical Staff July 2020
**COVID Symptoms Include:** fever, cough, shortness of breath, chest pain, sore throat, loss of taste or smell, headache

**WHILE IN ISOLATION...**
- Stay home and do not go out into public
- Stay away from people in your home as much as possible
- Wear a facemask during every interaction with your caregiver
- Avoid sharing personal household items such as bedding, towels, and dishes

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Information sourced from: CDC, MDH, and H&WS Medical Staff July 2020