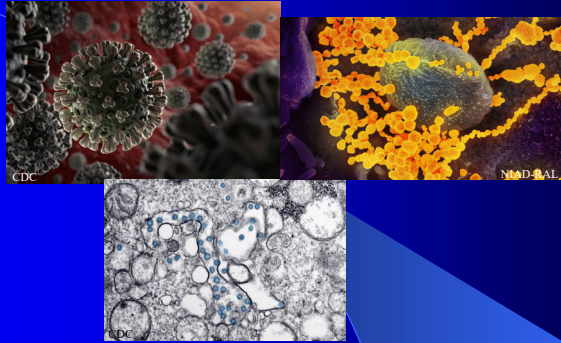


DEVELOPING A COVID-19 PREPAREDNESS AND RESPONSE PLAN



Sampa Das Ostrem, MS, CIH
D.A.S. Consulting Services, LLC



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D.A.S. Consulting Services

- Industrial Hygiene, Environmental, Health and Safety firm
 - Certified Industrial Hygienist
- Located in Springfield, IL
- Serve clients throughout the country
- Woman, minority owned business

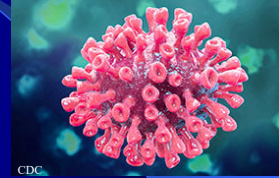
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BACKGROUND

- Coronavirus
 - Large family of viruses common in people and animals
 - Under a microscope they look like crowns
- SARS-CoV-2 (name of the virus)
 - severe acute respiratory syndrome coronavirus 2
- COVID-19 (name of the disease)
 - Disease associated with SARS-CoV-2



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HEALTH EFFECTS

- Most Common Symptoms
 - Fever (100.4°F or higher)
 - Cough
 - Shortness of breath
- Other symptoms
 - Sore throat
 - Runny or stuffy nose
 - Body aches
 - Headaches
 - Chills
 - Fatigue

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HEALTH EFFECTS (cont.)

- For most healthy people the illness will be mild and can recover at home
 - Drink lots of fluids
 - Use over the counter medications
- When to get medical attention
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

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TREATMENT

- No vaccine to prevent COVID-19
- No specific FDA approved medication or treatment for COVID-19
- Treatment is supportive to help relieve symptoms
- People who are mildly ill should isolate at home during the illness



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REGULATIONS

- OSHA – 29 CFR 1910 (General Industry)
 - General Duty Clause, Section 5 (a)(1)
 - Hazard Communication (HAZCOM) – 1910.1200
 - Respirators – 1910.134
 - Website – www.osha.gov



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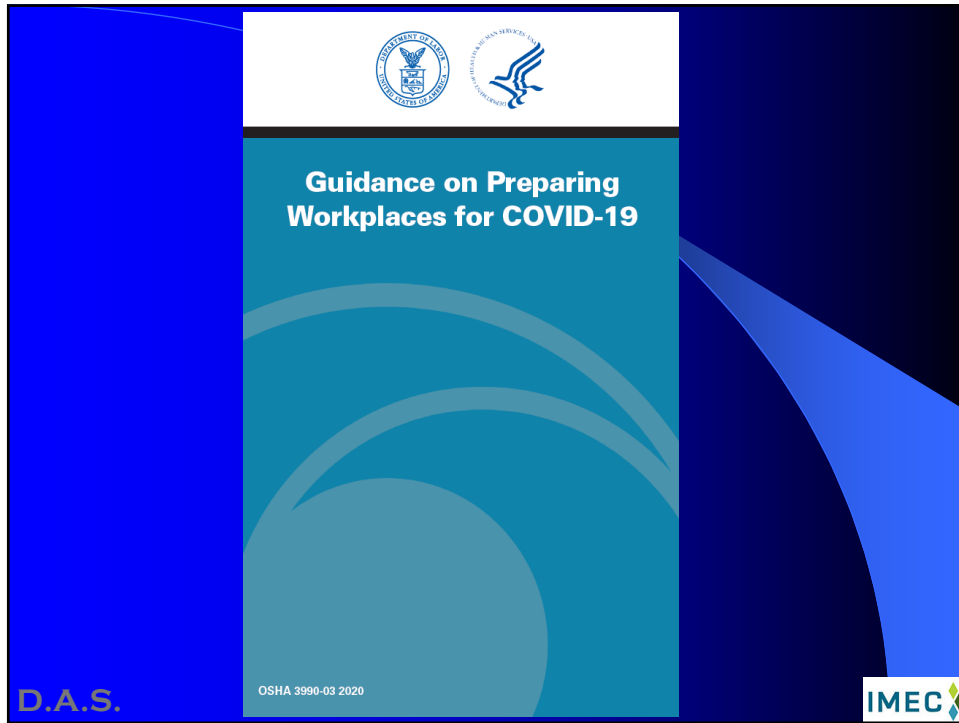
GUIDELINES – MANAGING EPIDEMICS IN WORKPLACE

- OSHA
 - Guidance on Preparing Workplaces for COVID-19, OSHA 3990-03 2020
(<https://www.osha.gov/Publications/OSHA3327pandemic.pdf>)
 - Guidance on Preparing for an Influenza Pandemic, OSHA 3327-02N-2007
(<https://www.osha.gov/Publications/OSHA3990.pdf>)
- CDC
 - Interim Guidance for Business and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19)
(<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>)

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OSHA GUIDELINES FOR PREPARING WORKPLACES FOR COVID-19

- **Be Prepared/Be Proactive**
- **Implement Infectious Disease Preparedness and Response Plan**
 - Stay current of all federal, state and local health agencies guidelines and incorporate these recommendations into workplace-specific plans
 - Identify a workplace coordinator responsible for COVID-19 issues

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OSHA GUIDELINES (cont.)

- **Implement Infectious Disease Preparedness and Response Plan (cont.)**
 - Address the level of risk associated with various worksites and job tasks workers perform
 - Where, how and to what sources of SARS-CoV-2 might be exposed
 - Non-occupational risk factors at home and community
 - Individual risk factors (i.e., age, medical conditions)
 - Controls necessary to address those risks

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OSHA GUIDELINES (cont.)

- **Implement Infectious Disease Preparedness and Response Plan (cont.)**
 - Develop a contingency plan as a result of an outbreak
 - Increased rate of worker absenteeism
 - Need for social distancing, staggered work shifts, downsizing operations, delivering services remotely and exposure-reducing measures
 - Options for conducting essential operations with a reduced workforce, including cross-training workers
 - Interrupted supply chains or delayed deliveries

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OSHA GUIDELINES (cont.)

- **Prepare to Implement Basic Infection Preventions Measures**
 - Promote frequent and thorough hand washing
 - Encourage workers to stay at home if sick
 - Encourage respiratory etiquette including covering coughs and sneezes
 - Provide customers and public with tissues and trash receptacles
 - Explore other work options (i.e., telecommuting, flexible work hours – to increase social distancing)

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OSHA GUIDELINES (cont.)

- **Prepare to Implement Basic Infection Preventions Measures (cont.)**
 - Discourage workers from using other workers' phones, desks, offices, or other work tools and equipment, if possible
 - Maintain regular housekeeping practices including routine cleaning and disinfecting
 - Use EPA approved disinfectants
 - Follow manufacturer's instructions for use of all products (i.e., concentration, application method, contact time, PPE, etc.)

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OSHA GUIDELINES (cont.)

- **Develop Policies and Procedures for Prompt Identification and Isolation of Sick Workers**
 - Critical step in protecting workers, customers, etc.,
 - Inform and encourage employees to self-monitor for signs and symptoms if they suspect possible exposure
 - Develop policies/procedures for employees to report when they are sick or experiencing symptoms

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OSHA GUIDELINES (cont.)

- **Develop Policies and Procedures for Prompt Identification and Isolation of Sick Workers (cont.)**
 - Develop policies/procedures for immediate isolation of exposed workers and train them
 - Designated areas with closeable doors may serve as isolation rooms until they can be removed from the worksite
 - Take steps to limit spread of respiratory secretions of the exposed worker

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OSHA GUIDELINES (cont.)

- **Develop, Implement and Communicate about Workplace Flexibilities and Protections**
 - Encourage sick employees to stay at home
 - Ensure that sick leave policies are flexible and consistent with public health guidelines and employees are aware of these policies
 - Talk with companies that provide contract or temporary employees

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OSHA GUIDELINES (cont.)

- **Develop, Implement and Communicate about Workplace Flexibilities and Protections (cont.)**
 - Maintain flexible policies that permit employees to stay home to care for a sick family member.
 - Be aware of workers' concerns about pay, leave, safety, health and other issues that may arise during infectious disease outbreaks.
 - Work with insurance companies (i.e., those providing health benefits) and state/local health departments

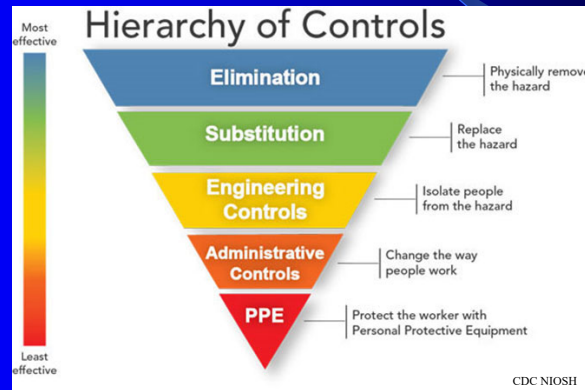
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OSHA GUIDELINES (cont.)

- **Implement Workplace Controls**



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OSHA GUIDELINES (cont.)

- **Implement Workplace Controls**
 - Engineering controls
 - Install HEPA filters
 - Increase ventilation rates
 - Install physical barriers (i.e., plastic sneeze guards)
 - Install drive through window for customers

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OSHA GUIDELINES (cont.)

- **Implement Workplace Controls (cont.)**
 - Administrative controls
 - Encourage sick workers to stay home
 - Minimize contact among workers, clients with virtual meetings
 - Establish alternating days or extra shifts to reduce total number of workers in the facility
 - Discontinue nonessential travel
 - Develop emergency communication plans for answering worker's concerns
 - Provide up-to-date education and training

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OSHA GUIDELINES (cont.)

- **Implement Workplace Controls (cont.)**
 - Safe Work Practices
 - Promote personal hygiene (i.e., tissues, no-touch trash cans, hand soap, alcohol-based hand sanitizers with at least 60% alcohol, disinfectants, and disposable towels)
 - Requiring regular hand washing or using alcohol-based hand sanitizers
 - Post handwashing signs in restrooms

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OSHA GUIDELINES (cont.)

- **Implement Workplace Controls (cont.)**
 - Personal Protective Equipment (PPE)
 - Selected based upon the hazard
 - Properly fitted and periodically retrofitted
 - Consistently and properly work when required
 - Regularly inspected, maintained, and replaced as necessary
 - Properly removed, cleaned and stored or disposed of to avoid contamination
 - Train and educate employees



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CLEAN-UP PRACTICES

- Decontamination (confirmed virus)
 - Retain remediation contractor that has coronavirus protocol following CDC and insurance specific for coronavirus
 - Complying with OSHA regulations
- Routine Cleaning Methods (in-house or outside janitorial contractor)
 - Cleaning procedures, safety/health programs, SDSs, PPE
 - Use EPA-registered disinfectants
 - Use per manufacturer's instructions
 - Most have 10 minute contact time



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CLEAN-UP PRACTICES (cont.)

- Routinely clean high contact surfaces (i.e., tables, door knobs, light switches, desks, faucets, electronics, etc.)
 - Electronics – follow manufacturer’s guidelines, consider wipeable covers, if no manufacturer’s guidelines consider using alcohol wipes or spray with at least 70% alcohol and then dry surfaces to avoid pooling of liquids



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CLEAN-UP PRACTICES (cont.)

- Hard (non-porous surfaces)
 - If dirty use detergent or soap and then EPA registered disinfectant
 - Can use bleach if diluted and applied properly with caution (see CDC)
- Soft (porous surfaces)
 - Clean with appropriate cleaners
 - Launder items as appropriate in accordance with manufacturer’s instructions (if possible at warmest setting)
 - EPA registered disinfectant suitable for porous surfaces

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ENVIRONMENTAL SAMPLING

- No test specific for the coronavirus
- There are surrogate tests that can determine cleanliness of an area that has been remediated
- Conduct visual observations to determine that the area has been cleaned



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STEPS TO PREVENT EXPOSURE

- Wash hands often for at least 20 second
 - Use hand sanitizers with at least 60% alcohol
- Social distancing
 - Avoid close contact with people who are sick
 - Stay home if you are sick except to get medical attention
- Cover coughs and sneezes with tissue or inside of your elbow



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STEPS TO PREVENT EXPOSURE (cont.)

- Avoid touching your face
- Wear a facemask if you are sick or caring for someone who is sick
- Clean and disinfect surfaces



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IF YOU ARE SICK...

- Stay home
- Monitor symptoms
- Rest and stay hydrated
- Call ahead to let hospital know that you are coming and your symptoms
- If severe, call 911



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IF YOU ARE SICK & AT HOME...

- Wash hands often
- Stay away from others in home and use separate bathroom
- Avoid sharing personal items
- Clean surfaces especially high contact like door knobs, counters, table tops
 - Use in accordance with manufacturer's instructions



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CDC GUIDELINES ON RETURN TO WORK

- When to allow sick workers back to work if under home isolation (per CDC) – As directed by the Health Department
 - Time-since-illness-onset and time-since-recovery
 - At least 72 hours passed since recovery (no fever without medication)
 - At least 7 days have passed since symptoms first appeared
 - Other symptoms have improved (i.e., cough)
 - Test Based (if tests are available)
 - No longer have a fever without medication
 - Other symptoms have improved
 - 2 negative tests in a row at least 24 hours apart

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CDC GUIDELINE ON RETURN TO WORK (cont.)

- When to allow workers who were confirmed with COVID-19 but had no symptoms (per CDC) – As directed by the Health Department
 - At least 7 days have passed since the date of their first positive COVID-19 diagnostic test
 - Have had no subsequent illness

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WEB SITES

- Most up to date information is found on the CDC website (www.cdc.gov)
- Updated cases and locations – Johns Hopkins University website (<https://coronavirus.jhu.edu/map.html>)
- US Govt through FEMA (<https://www.coronavirus.gov>)
- OSHA (<https://www.osha.gov/covid-19>)

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DISCLAIMER

D.A.S. and IMEC are here to help.

Submit your questions to the Illinois Manufacturing Helpline and receive a direct response from IMEC.



- IMEC helpline: <https://www.imec.org/helpline/>
- For additional information or to speak with D.A.S. Consulting Services, LLC, please contact Sampa Das Ostrem at sostrem@das-cs.com
- Information presented in this webinar are from CDC, USEPA, OSHA, NIH (NIEHS & NIAID), WHO and Johns Hopkins.

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