





NEW YORK STATE

COVID-19 RESPONSE
RETURN TO WORK TRAINING

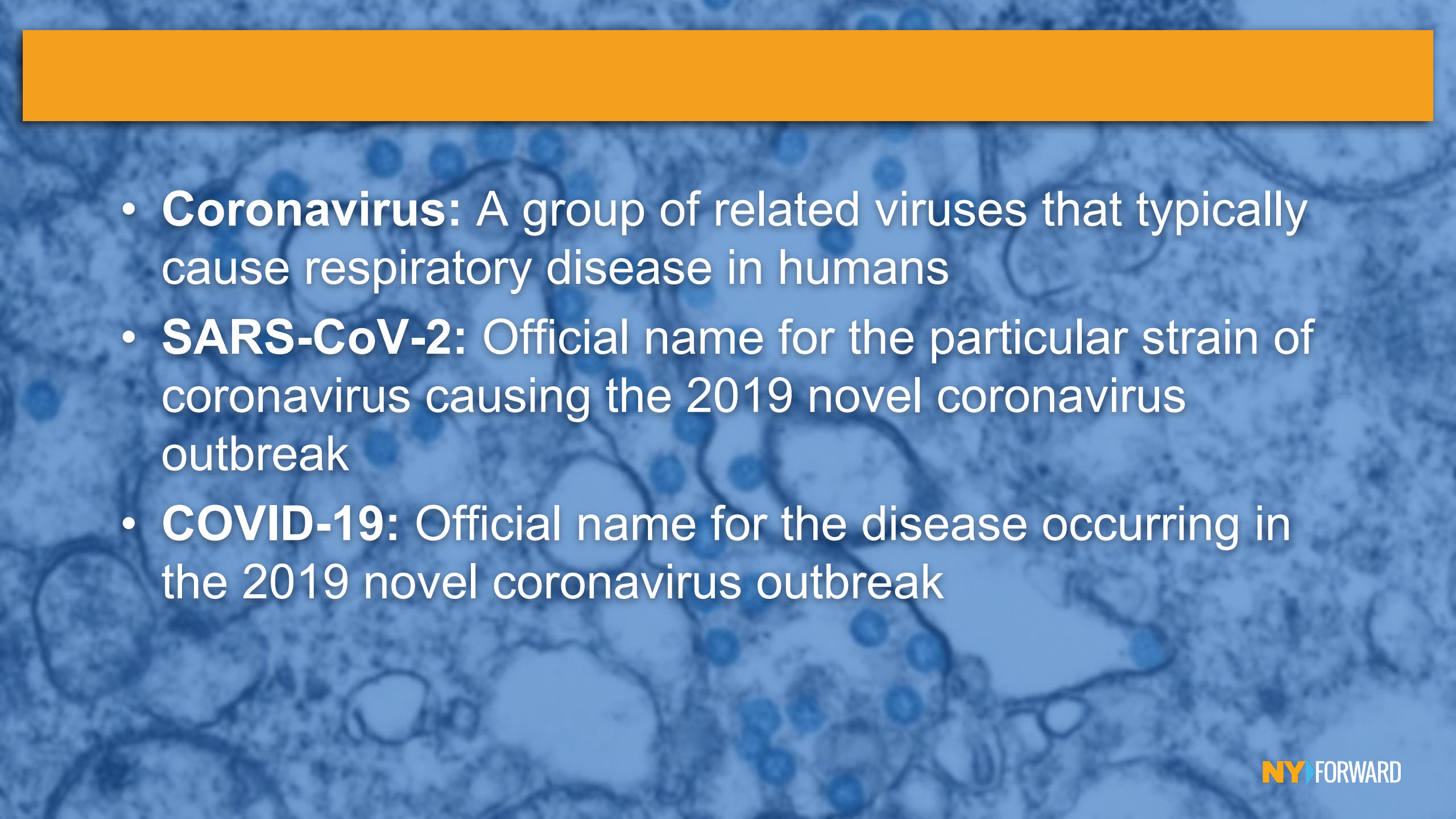


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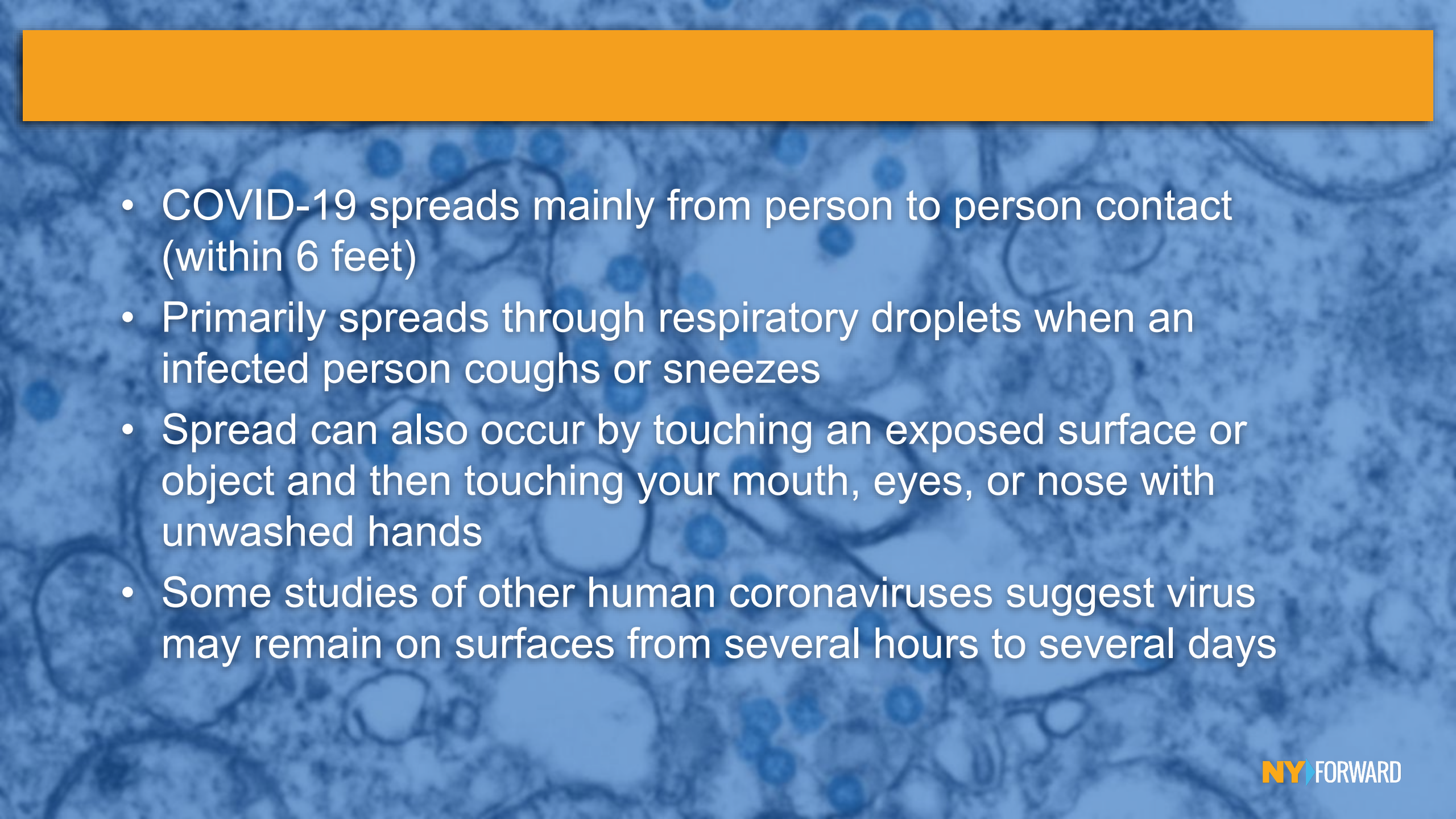
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WHAT IS COVID-19?

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- The background of the slide is a blue-tinted microscopic image showing numerous coronavirus particles. These particles are spherical with a distinct outer layer and a darker, textured interior. They are scattered across the frame, with some appearing in small clusters. The overall appearance is that of a dense population of these viruses.
- **Coronavirus:** A group of related viruses that typically cause respiratory disease in humans
 - **SARS-CoV-2:** Official name for the particular strain of coronavirus causing the 2019 novel coronavirus outbreak
 - **COVID-19:** Official name for the disease occurring in the 2019 novel coronavirus outbreak

- For comprehensive information and resources on COVID-19, visit the NYS Department of Health (DOH) COVID-19 website or call the DOH hotline:
 - Website: <https://coronavirus.health.ny.gov/home>
 - Hotline: 1-888-364-3065

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- The background of the slide is a blue-tinted microscopic image showing various cellular structures, including what appear to be cell membranes and small, dark, circular particles. At the top of the slide, there is a solid orange horizontal bar.
- COVID-19 spreads mainly from person to person contact (within 6 feet)
 - Primarily spreads through respiratory droplets when an infected person coughs or sneezes
 - Spread can also occur by touching an exposed surface or object and then touching your mouth, eyes, or nose with unwashed hands
 - Some studies of other human coronaviruses suggest virus may remain on surfaces from several hours to several days



Symptoms: Can appear in 2 to 14 days after exposure

- Mild to severe respiratory symptoms
 - Fever
 - Cough
 - Trouble Breathing
- Some patients may also experience other symptoms including:
 - Chills
 - Muscle aches
 - Headache
 - Sore throat
 - Abdominal pain
 - Vomiting
 - Diarrhea
 - Runny nose
 - Fatigue
 - Wheezing
 - New loss of taste or smell

The background of the image is a microscopic view of cells, rendered in shades of blue. The cells are irregular in shape and have a granular, textured appearance. Overlaid on this background are two horizontal orange bars. The top bar contains the text 'DAILY STAFF' in white, bold, sans-serif font. The bottom bar contains the text 'SCREENING PROGRAM' in white, bold, sans-serif font.

DAILY STAFF

SCREENING PROGRAM

DAILY STAFF SCREENING PROGRAM

- As part of the reopening process, state agencies and authorities are required to implement a mandatory daily health screening program
- All staff entering a state owned or leased premise must be screened prior to, or within the first hour of, the start of each shift, and every 12 hours thereafter while on duty
- Screening may be performed remotely (e.g. health check is done at home and checked remotely by the supervisor by telephone or electronic survey), before staff report to office locations, or may be performed on site
- Screenings will be completed quickly and require minimal time to complete

DAILY STAFF SCREENING PROGRAM

- The screenings will check for:
 - Temperature \geq 100.0 degrees Fahrenheit
 - Symptoms consistent with COVID-19
 - Known close contact with a person confirmed or suspected to have COVID-19 in the past 14 days
- Staff who answer “NO” to all screening questions AND have a temperature lower than 100.0 degrees Fahrenheit may begin their shift
- Staff who answer “YES” to any of the screening questions OR have a temperature equal to or greater than 100.0 degrees Fahrenheit will be immediately sent home
- Staff should remotely notify their supervisor and Human Resources when they arrive home
- Staff should also notify their healthcare provider for medical advice and assistance



If you develop symptoms at work:

- Immediately stop work
- Return home
- Remotely notify your supervisor and Human Resources personnel
- Contact your healthcare provider
- Discuss COVID-19 testing with your healthcare provider



**HOW DO I GET TESTED
FOR COVID-19?**

COVID-19 TESTING

Testing is currently being offered to:

- Individuals who are symptomatic or have a history of symptoms of COVID-19 (e.g. fever, cough, and/or trouble breathing), particularly if the individual is 70 years of age or older, the individual has a compromised immune system, or if the individual has an underlying health condition;
- Individuals who have had close (i.e. within six feet) or proximate contact with a person known to be positive with COVID-19;
- Individuals who are subject to a precautionary or mandatory quarantine;
- Any health care workers, first responders, or other essential workers who directly interact with the public while working, whether symptomatic or asymptomatic, and individuals returning to the workplace; or
- Individuals with cases where the facts and circumstances – as determined by the treating clinician in consultation with state or local department of health officials – warrant testing.

- Employees should arrange for COVID-19 testing if they have a temperature ≥ 100.0 degrees Fahrenheit, have symptoms consistent with COVID-19, or had any known close contact with a person confirmed or suspected to have COVID-19 in the past 14 days.
- Additional information on COVID-19 testing is available at: <https://coronavirus.health.ny.gov/covid-19-testing>.
- To find a testing site near you and schedule an appointment, visit: <https://coronavirus.health.ny.gov/find-test-site-near-you>.



WORKING SAFELY



SOCIAL DISTANCING

- Keep 6 feet between you and others
- Limit the number of people in an elevator to one person at a time if everyone is not wearing a face covering
- Every person who is not alone in an elevator should have on a face covering
- Leave space between chairs and/or sit in alternating chairs



FACE COVERINGS

- State agencies and authorities must procure, fashion, or otherwise obtain face coverings and provide such coverings to all employees at no cost to the employee
- Employees who interact with the public must be provided one face covering per day, unless it is soiled or damaged, in which case they can request a new one from the state agency or authority
- Employees who do not interact with the public while working must be provided one face covering per week, unless it is soiled or damaged, in which case the employee can request a new one from the state agency or authority

WORKING SAFELY

FACE COVERINGS

- Face coverings must be worn any time an employee comes within 6 feet of another person
- Employees must be prepared to don a face covering if another person unexpectedly comes within 6 feet
- Acceptable face coverings include, but are not limited to, cloth-based face coverings and disposable masks that cover both the mouth and nose
- Cloth, disposable, or other homemade face coverings are not acceptable for workplace activities that typically require a higher degree of protection due to the nature of the work – for those activities, N95 respirators or other PPE used under existing industry standards (e.g. OSHA) should continue to be used
- When you can maintain a distance of 6 feet in your work station, a face covering can be removed



PROPER HYGIENE

- Wash hands with soap and warm water for at least 20 seconds, frequently
- Use NYS Clean or hand sanitizer with at least 60% alcohol when soap and water is not available

A woman with dark hair, wearing a light blue surgical mask and a grey t-shirt, is holding a baby wrapped in a white blanket. The background is a blurred library with bookshelves. The entire image has a blue color overlay.

MANAGING STRESS

AND ANXIETY

MANAGING STRESS & ANXIETY

During the COVID-19 public health emergency, you can take the following steps to manage your stress and anxiety levels:

- Manage your information flow by choosing reliable sources and establish boundaries on checking for updates
- If you have children, help your school-aged child and adolescent set boundaries on their information flow in the same way you are setting your own boundaries and assure your child that it is okay to feel scared or anxious
- Practice good self-care by exercising, eating healthy foods, practicing mindfulness, sleeping enough at night and going outside when permissible
- Seek peer support to stay connected so you have people who understand your experiences and can help you problem solve
- Facilitate ways for you, your family members and friends to maintain social connections. This might include technological assistance or coordinating times with others to physically check in on vulnerable individuals

RESOURCES AVAILABLE

- NYS Office of Mental Health (OMH) Emotional Support Helpline: **1-844-863-9314**
- OMH Fact Sheet “Feeling Stressed About Coronavirus?”: [omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf](https://www.omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf)
- OMH COVID-19 Resource page: [omh.ny.gov/omhweb/covid-19-resources.html](https://www.omh.ny.gov/omhweb/covid-19-resources.html)
- Free meditation and mindfulness content: [headspace.com/ny](https://www.headspace.com/ny)

A woman wearing a blue surgical mask is holding a baby in a library setting. The background shows bookshelves filled with books. The image has a blue tint and a semi-transparent orange bar at the top.

SEEK HELP

- If you are having thoughts of self-injury or suicide, seek immediate help at:
 - **1-800-273-TALK (8255)** or
 - text **Got5** to **741741**



Your agency will provide further direction to assist you and answer any additional questions.



THANK YOU!

