

Containment Packet Definitions and Information



Coronavirus Resources

Symptoms of COVID 19:

MAJOR	MINOR
<ul style="list-style-type: none">• Feeling feverish and chills• Temp > 100.4 °F• Loss of taste or smell• New or unexplained cough• Shortness of breath• Difficulty breathing	<ul style="list-style-type: none">• Sore throat• Runny nose• Congestion• Muscle or body aches• Headache• Fatigue• Nausea/vomiting• Diarrhea

Isolation:

- Isolation is used to separate people infected with the virus (those who are *sick* with COVID-19 and those with no symptoms but who are positive for COVID-19) from people who are not infected.
- People who are in isolation need to remain isolated until it's safe for them to be around others.
- In Gunnison County, isolation ends 10 days after symptom onset and will include being fever free for 24 hours and symptoms improving before ending isolation.

Quarantine:

- Quarantine is designed to keep someone who might have been *exposed* to COVID-19 away from others.
- Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.
- In Gunnison County, quarantine starts 14 days from the last time of exposure. Remember, if symptoms develop, a person's quarantine can turn into required isolation. Also, a negative test result DOES NOT allow your quarantine to end if you are being tested as a CLOSE CONTACT.

Close Contact:

- People who have been within 6 feet of a person infected with COVID-19 for at least 15 minutes without wearing appropriate personal protective equipment (PPE), such as a mask, gloves, and eye protection.
- A person with COVID-19 is able to spread the virus two days before their symptoms started and up to 14 days after exposure.

Outbreak:

According to the Colorado Department of Public Health and Environment, the following define outbreaks;

- Confirmed outbreak: Two or more Confirmed cases of COVID-19 in a workplace/facility with onset within a 14-day period; with no outside connection (an example of a close connection would be roommates, married, etc.)
- Suspected outbreak: Two or more probable COVID-19 cases (or one confirmed COVID-19 case and one or more probable COVID-19 cases) in a workplace/facility with onset in a 14-day period.

COVID-19 Critical Analysis:

- When a business is deemed to have an outbreak, the business will have to assess the high-risk activity that may have led to the outbreak.
 - Examples include but are not limited to: improper spacing of tables, not using floor guidance to denote 6 feet apart, not having masks available to customers, not doing employee health screens, etc.
- The business will then put this analysis in a format that Gunnison Health and Human Services (HHS) can see - paper, computer, google doc, etc. - so that HHS can assist in improving these things for the reopening plan.

COVID-19 Outbreak Form: An example of the reporting form can be found at the end this packet. This form is required by the State of Colorado to be filled out and submitted within 24 hours of known outbreak.

Contact tracing:

- Contact tracing is used by health departments to prevent the spread of infectious disease. In general, contact tracing involves identifying people who have an infectious disease (in this case COVID-19) and their contacts (people who may have been exposed) and working with them to interrupt disease transmission.
- For COVID-19, this includes asking cases to [isolate](#) for 10 days and contacts to [quarantine](#) for 14 days at home.

Contact tracing for COVID-19 typically involves:

- Interviewing people with COVID-19 to identify everyone with whom they had close contact during the time they may have been infectious
- Notifying contacts of their potential exposure
- Referring contacts for testing
- Monitoring contacts for signs and symptoms of COVID-19
- Connecting contacts with services they might need during the self-quarantine period

To prevent the further spread of disease, COVID-19 contacts are asked to stay home and maintain social distance (at least 6 feet) from others until 14 days after their last exposure to a person with COVID-19. Contacts should monitor themselves by checking their temperature twice daily and watching for [symptoms of COVID-19](#).

- **What if I have been around someone who was identified as a close contact?**

If you have been around someone who was identified as a close contact to a person with COVID-19, you should closely monitor yourself for any [symptoms of COVID-19](#). You do not need to self-quarantine. If symptoms develop, notify Gunnison County Health and Human Services by calling the Gunnison County Health Hotline (the Call Center) by calling **(970) 641-6770**.

- **How will contact tracers contact people?**

Initial contact is by phone. If a voicemail is left, please call back at the phone number provided.

Line List: A line list is a way of organizing and monitoring employee health as it relates to COVID-19.

Re-Opening Plan:

- After a business or organization has been required to close due to a COVID-19 outbreak, a plan must be developed that addresses social distancing, masks, appropriate disinfecting and cleaning, etc.
- This plan is dynamic and in direct response to the COVID-19 Critical analysis that was created at closure.

Community Resources:

During the initial pandemic response, many came together to start providing resources for community members in need. That list of resources has grown over the last few months and can be found by visiting covid19.gunnisoncounty.org/community-resources/

- Delivery Assistance Hotline at **(970) 641-7959**
 - IF ON QUARANTINE OR IN ISOLATION, USE DELIVERY ASSISTANCE EVEN IF NO SYMPTOMS ARE NOTED
- The Gunnison Valley Hospital can be reached at **(970) 641-1456**
- For telehealth options:
 - The Family Medicine Clinic, please call **(970) 642-8413**
 - Gunnison Valley Family Practitioners, please call **(970) 641-0211**
- If you are unable to access the information from the website, please reach out to Health and Human Services at **(970) 641-3244**, and ask to speak to a public health nurse.

COVID-19 Outbreak Containment and Mitigation for Businesses



Coronavirus Resources

Developed July 21, 2020. Finalized August 19, 2020.
Following Centers for Disease Control and
Colorado Department of Public Health & Environment recommendations

Gunnison County Health and Human Services
(970) 641-3244

Introduction

The phases of containment are:

OUTBREAK PREVENTION- steps taken to monitor employees and limit the spread of COVID in the workplace.

OUTBREAK- declared when 2 or more confirmed COVID-19 cases are present in the workplace and do not have a link outside of work. Once an outbreak is declared there are outbreak mitigation steps to be taken and the Colorado Department of Health and Environment is notified of a business or organization meeting outbreak criteria.

Below are valuable practices businesses or organizations can do to prepare now:

- A system to:
 - retain Employee Health Screening Records for at least 30 days.
 - provide them to Health and Human Services within 24 hours of request.
- Create and or update the employee contact list with current phone numbers so that it is accurate and easily available when requested.
- Create and or keep accurate:
 - Employee shift schedules
 - Participation rosters and phone numbers

Definitions and additional details can be found in the “Containment Packet Definitions and Information”, available on the [Business Sector page](#).

Outbreak Prevention

This set of protocols is intended for a business or organization that has:

- An employee or volunteer that is screened before their shift and found to have symptoms (symptom list available in the “Containment Packet Definitions and Information” document)
- Employees or volunteers that calls in reporting symptoms or develops symptoms at work
- One positive COVID-19 case
- Employees or volunteers that have been in contact with someone who tested positive for COVID-19

If any of the above occurs at your business, please call Health and Human Services at **(970) 641-3244** to speak with a Containment Team member or public health nurse.

Where Does Your Business Start?

- If an employee tests positive for COVID-19, calls in sick or becomes sick while at work, dismiss that **employee** from work and direct them to:
 - The employee needs to report their symptoms and communicate their place of employment to the Gunnison County Health Hotline (the Call Center) by calling **(970) 641-7660**
 - If the employee tests positive for COVID-19 or is a close contact of someone that tested positive for COVID-19 the **supervisor** is then directed to call Health and Human Services (HHS) at **(970) 641-3244** and ask to speak to a public health nurse so they can report an employee for follow-up contact
- Communicate Personal Responsibility to employee(s):
 - Those who test positive for or deemed exposed to COVID-19 are legally ordered to isolate or quarantine.
 - Quick and appropriate actions now may help prevent a mandatory closure in the future.

Next Steps for Businesses or Organizations That Have an Employee Who Tested Positive for COVID-19

- The public health nurse or Containment Team member assigned to that employee or business will contact you as needed to begin contact tracing efforts by requesting information regarding schedules and contact information.
 - Please begin compiling up-to-date schedules from the date requested by Public Health, including the 2 days before the employee began presenting symptoms.
 - A contact and phone list will be requested for your entire staff.
- The supervisor will communicate with the employee that the employee is responsible for updating their supervisor of any isolation or quarantine dates provided by public health
 - The isolation protocol is usually 10 days of isolation starting from onset of symptoms, being fever free without use of medication for 24 hours, this may change depending on circumstances.
- Begin identifying:
 - Where the employee was working so that cleaning and disinfection can be done in that area.
 - Determine if deep cleaning and disinfection of your business is required, closing temporarily may be necessary to do so appropriately.

- As that employee continues to communicate with public health the public health nurse will determine if testing is required. That employee will be required to continue isolation as directed.
- That employee will be responsible for notifying their supervisor of their test results and the public health nurse will initiate the contact tracing protocol.
- If an employee is unable to be contacted within 24 hours, Health and Human Services will notify your business that there is an employee that tested positive and begin contact tracing efforts.

Guidance during the process:

- Employees who have been in close contact with a positive COVID-19 case may be considered for quarantine and should **not** report to work. Their quarantine time will be determined by a public health nurse. They should contact a public health nurse at Health and Human Services: **(970) 641-3224**
 - Close contact is defined as- being within 6 feet for at least 15 minutes AND both parties not wearing a mask
- Initiate a plan for cleaning and disinfection of the area or facility that the employee was working in.
- Continue Routine Prevention steps:
 - Ensure all employees are wearing masks as required
 - Ensure all customers are wearing masks as required
 - Ensure physical distancing is followed by employees and customers
 - Employee Health Screening daily
 - Encourage those experiencing symptoms to stay home and report their symptoms to you and the Call Center immediately
 - Regular handwashing is the best means of reducing risk
 - Ample supplies of hand sanitizer available if unable to wash hands
 - Regular cleaning and disinfection of high touch surfaces
 - Disinfection directions located on the label must be followed to ensure that the product is being used effectively
 - Always follow directions on the label for any cleaning, sanitizing, and disinfection product used
 - Ongoing considerations for at-risk employees and customers
 - Ventilation is operating at an enhanced level and all other steps have been taken to promote more ventilation
 - Make sure signage for customers and employees is up to date
 - Signage is translated as needed so that ALL employees are informed
 - Visit covid19.gunnisoncounty.org/updates/ daily for COVID-19 updates in our county
 - Routine updates occur on Thursdays, but any update can be released as needed outside of those days
 - Continue to attend any COVID-19 related meetings for your business sector
 - covid19.gunnisoncounty.org/businesses/
 - Reach out to Gunnison Health and Human Services as needed for any questions regarding the best routine prevention practices: **(970) 641-3244**

Guidance for Return to Work:

- COVID-19 Positive Employee
 - Isolation for 10 days from first symptoms
 - Fever free for 24 hours with symptoms improving
 - No fever reducing medicine

- Sick Employee with a Negative COVID-19 Test (that is not a close contact)
 - Follow your businesses illness policy
 - Fever free for 24 hours with improving symptoms
 - No use of fever reducing medicine

- Employee placed in Quarantine by Public Health
 - After the 14-day quarantine has been completed without the employee becoming ill they may return to work

- Sick Employee that does not qualify for testing (per Public Health/Call Center)
 - Follow your businesses illness policy
 - Fever free for 24 hours with improving symptoms
 - No use of fever reducing medicine

- If an Employee REFUSES testing
 - They must isolate for 10 days from first symptoms if they are/were experiencing symptoms
 - They must quarantine for 14 days from last known contact with someone who is positive for COVID-19
 - They must be fever free with symptoms improving for 24 hours with no use of fever reducing medicine.

Outbreak & Mitigation Steps

This phase section and set of protocols is intended for:

- A business or organization where 2 or more employees or volunteers have tested positive for COVID-19 **OR** where at least 1 employee that has tested positive with 1 or more employees presenting with major symptoms
- Any business where an outbreak has been declared

Contact Health and Human Services at **(970) 641-3244** to speak with a public health nurse who will assign you a Containment Team member to assist your business with appropriate next steps based on your situation.

Where does your business start?

- Communicate Personal Responsibility to employee(s): see pages 7-8
- Any employee that has been in close contact with a positive COVID-19 case should be dismissed from work and direct them to call the assigned public health nurse; the public health nurse will provide guidance on next steps.
- The supervisor is to screen all employees currently at the facility. Send anyone home experiencing symptoms and have them contact Health and Human Services to speak with a public health nurse.
- Your business may be asked to do a temporary closure for a minimum of 24 hours

Next steps:

- Employees will be responsible for communicating with their supervisor regarding isolation and quarantine dates and any changes in their status
 - Isolation is generally 10 days from symptom onset and fever free without fever reducing medication and improvement in symptoms for 24 hours
 - Quarantine is 14 days starting on the date of exposure to a positive case
 - Public health may send employees for testing, and test results or onset of symptoms may extend the original quarantine timeframe
 - If an employee refuses testing, they are required to isolate for 10 days from symptom onset and may return to work after that time, WITH improving symptoms AND no fever for 24h
- Employees will be responsible for notifying the supervisor of their test results. If Public Health is unable to contact them, your business will be notified.
- Begin planning for the following:
 - Cleaning and disinfecting the area where the employee was working
 - Determine if deep cleaning and disinfection of your business is required, closing temporarily may be necessary to do so appropriately
- The public health nurse or Containment Team member assigned to your business will contact you as needed to begin or continue contact tracing efforts by requesting information regarding schedules and contact information
- If a closure is found to be warranted, a COVID-19 Critical Analysis and a re-opening plan is to be developed and sent into Health and Human Services for review by a Containment Team member along with the Public Health Director

- During the closure, the following are to be done:
 - Cleaning and disinfecting are required to be done per [CDC Guidelines](#)
 - Filling out the required COVID-19 Outbreak Reporting [form](#) and Line [lists](#) from CDPHE (links to access the documents and examples can be found on the Information and Definitions Page)
 - Continue having employees self-monitor at home and report as needed
 - An evaluation conducted by a Containment Team member must take place
- Review the [Gunnison County Letter to Businesses](#) and the [Checklist](#) for businesses to ensure your business is in compliance with the Public Health Orders
 - [CDC guidance for re-opening](#) can be utilized as well
- The public health nurse or Containment Team member assigned to your business will contact you as needed
- Remember: Before your business or organization can resume its operations, an evaluation of operations at the facility and a Re-opening Plan must be completed and any concerns addressed

Guidance during the process:

- Employees who have been in close contact with a positive COVID-19 case may be considered for quarantine and should **not** report to work. They should contact a public health nurse at Health and Human Services: **(970) 641-3224**

Checklist for Prevention, Maintenance, and Mitigation of Health Outcomes

Prevention:

- Employees self-monitor for COVID-19 symptoms daily
- Sick employees are not permitted at the workplace
- Actively screen employees for COVID-19 symptoms daily before they start their work shift as required per the [Tenth Amended Public Health Order](#)
- Identify where and how workers might be exposed to COVID-19 at work
- Require the use of masks or face coverings among employees and customers in public settings where social distancing is difficult to maintain
- If an employee becomes sick at work, separate them from other employees and customers and send them home
- If an employee is suspected or confirmed to have COVID-19 at work, reach out to a public health nurse with Health and Human Services at **(970) 641-3244**
- Educate employees about how they can reduce the spread of COVID-19 at work AND at home by visiting the following sources:
 - CDC: www.cdc.gov/
 - CDPHE: www.colorado.gov/cdphe
- For employees who commute to work using public transportation or carpooling, consider alternate forms of transportation
- Provide accommodations for at-risk employees at the workplace

Maintaining Healthy Business Operations:

- Deputize a workplace coordinator who will be responsible for COVID-19 issues
- Implement flexible sick leave and supportive policies and practices
- Communicate supportive workplace policies clearly, in multiple forms and in translated versions as needed
- Assess your essential functions and the reliance that others and the community have on your business or organization's services and products
- Determine how you will operate if absenteeism spikes from increases in sick employees, those in quarantine, those caring for sick family members, and those who must stay home with their children when dismissed from childcare/school
- Establish practices and policies for physical distancing
- Employers with more than one business location should consider employee overlap between locations and the affect it can have
- Consider planning for ways to reduce pandemic fatigue due to the dynamic, new, and increased expectations in the workplace

Maintaining Healthy Work Environments:

- Evaluate your building's ventilation for adjustments, and consult as needed with those in charge of ventilation for the building or company

- Ensure the safety of your building's water system and devices from mold and *Legionella* after a prolonged shut down
- Give employees, customers, and visitors what they need to clean their hands and cover coughs and sneezes
- Perform routine cleaning and disinfection, particularly on high touch surfaces
- Perform enhanced cleaning/disinfection after people or employees suspected/confirmed to have COVID-19 have been in the workplace or building
- Limit travel and advise employees if they must travel to take extra precautions and preparations:
 - Physical distancing
 - Mask use
 - Enhanced hand hygiene when traveling
 - Consider plans to self-isolate upon return
 - Have supplies ready or utilize a grocery store's pick-up/delivery service
- Minimize risk to employees when planning meetings and gatherings
 - remote participation is also an option to reduce how many people are physically in one place for a meeting

Reporting Outbreaks:

- Work with Containment Team members at Health and Human Services to determine if an outbreak has been declared
- If an outbreak is declared,
 - Begin the paperwork for reporting an outbreak to the CDPHE and
 - Begin filling in the Line List, which helps identify each employee at your business
- Determine details for a possible temporary closure

Mitigating Outbreaks:

- Temporarily close the workplace/facility once an outbreak is declared and work with Health and Human Services to determine the specific actions to be taken and when it is safe to re-open
 - A re-opening plan is to be developed with a member from the Containment Team and implemented before a facility can re-open
- Screen employees for COVID-19 symptoms and exposure daily before they enter the workplace or facility to start their shift
- Send sick employees home immediately and contact the necessary Containment Team member
- Identify employees with recent exposure to someone with COVID-19 and ensure a public health nurse is aware that those employees may have been exposed
 - Those employees may be sent home to quarantine for 14 days per Public Health
- Exclude the at-risk employees from the workplace when an outbreak is determined
- Require employees to wear face covering/masks as directed in the Tenth Amended Public Health Order
- Re-evaluate your ventilation system
- Increase the frequency of cleaning and disinfecting of high touch surfaces
- Implement stricter distancing policies as needed
- Be aware of limitations on testing are occurring in the community

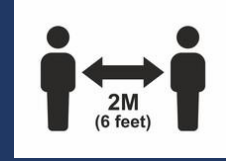
- Remember, testing itself cannot always “clear” an employee for returning to work
- Additional closures may be required if the measures taken do not help prevent spread of the virus in the workplace
- Additional considerations and recommendations may be required depending on specific situations and will vary from facility to facility

7 COMMITMENTS OF CONTAINMENT

1

Physical Distancing

Starts at 6 feet and increases as activity level and group size increases.



2

Face Covering

Required in public and indoors; outdoors when physical distancing cannot be achieved.



3

Screening, Isolation, or Quarantine

Screen staff prior to event; screen vendors, volunteers, and attendees as needed. Follow the Do Your Part to Slow the Spread protocols to stay safe and isolate/quarantine (or as directed by a public health nurse).



4

Enhanced Hand Hygiene:

Handwashing is more important than ever to reduce COVID-19 transmission and is the most effective way to remove germs and soils from one's hands, hand sanitizer can be used when handwashing is not possible.



5

Enhanced Cleaning/Disinfection

Frequent cleaning and disinfection of high touch surface areas (i.e., high-use objects and surfaces) is critical to reduce COVID-19 transmission.



6

Protecting the At-Risk Community

Providing alternate access and applying all Commitments to Containment to your event will help protect at-risk populations in our community.

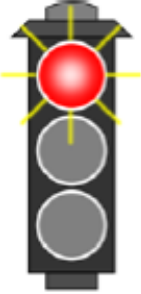


7

Enhanced Ventilation

Use the Gunnison County's Interim Ventilation Guidance to apply ventilation improvements in your home and other facilities.

Do Your Part to Slow the Spread



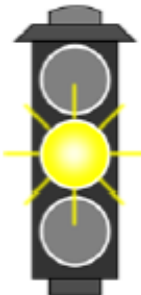
If you have any of these symptoms:

- Fever greater than 100.4 °F
- New cough
- Difficulty breathing
- Extreme fatigue
- Sore throat
- Runny nose
- Diarrhea
- Loss of taste or smell



Stay Safe and Isolate

- Call (970) 641-7660 to be screened for a test
- Isolate for 10 days from symptom onset and stay at home, except for medical care.
- For community resources, visit covid19.gunnisoncounty.org
- Reach out to the delivery assistance hotline for assistance with groceries, prescriptions, etc. at (970) 641-7959
- Call 911 for a medical emergency



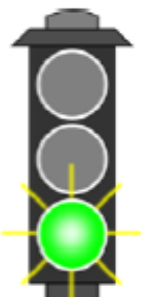
If you have had contact* with a confirmed positive case or someone experiencing symptoms

*Contact is defined as being within 6 feet of a person for 15 minutes or more without both parties wearing a mask



Stay Home and Quarantine

- For 14 days regardless of symptoms
- Check your temperature twice a day
- Do not leave home except for medical care
- Monitor symptoms, new or worsening
- Reach out to the call center to be screened (970) 641-7660



If you have not had any symptoms or contact with an individual who has tested positive

*Minimize contact with others



Stay Home, Wear a Mask, Social Distance, and Wash Your Hands

- Stay at home as much as possible
- Wear your mask in public
- Only go out for essential needs and travel
- Avoid groups
- Maintain 6 feet distance from others
- Wash your hands often
- Use hand sanitizer

COVID-19 CLOSE CONTACT EXPOSURE RISK MANAGEMENT



ISOLATION

- Isolation is used to separate people infected with the virus from people who are not infected.
- People who are in isolation need to remain isolated until it's safe for them to be around others.
- In Gunnison County, isolation ends 10 days after symptom onset and will include being fever free for 24 hours and symptoms improving before ending isolation.

QUARANTINE

- Quarantine is a 14-day period intended to keep someone who might have been exposed to COVID-19 away from others.
- Quarantine begins when a person had last known exposure to a positive case.
- Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.
- In Gunnison County, quarantine can turn into required isolation.
- Receiving a negative test does not exempt you from your 14 day quarantine

CLOSE CONTACT

- Being within 6 feet of a person for 15 minutes or more without properly wearing a mask.



**HIGH
RISK**

QUARANTINE AT HOME FOR 14 DAYS FROM EXPOSURE

If both parties were not wearing a face covering/mask properly and:

- Were exposed to a confirmed case
- Living at home with someone who tested positive
- Your intimate partner tested positive



**LOW
RISK**

PRACTICE SOCIAL DISTANCING, ASSESS TEMPERATURE AND SYMPTOMS AT HOME, AND IMMEDIATELY ISOLATE IF SYMPTOMS PRESENT

If both parties were wearing a mask properly, maintaining social distancing, and were in the same indoor environment (class, office, hospital waiting room) with a symptomatic individual for a short period of time (less than 15 minutes).

