

## COVID-19 Prevention 2023 Refresher Training

After more than two years of living with COVID-19 we are all learning how to navigate our new reality with the disease.

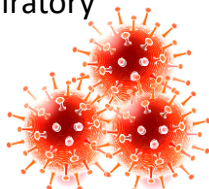
At the beginning of the pandemic Cal/OSHA developed the [COVID-19 Prevention](#) Emergency Regulation designed to help employers protect their employees. In early 2023, Cal/OSHA will adopt significant changes to the regulation, based on guidelines from the California Department of Public Health (CDPH), but the goal is still the same, to protect employees.

This is the perfect time to refresh employees on COVID-19 signs, symptoms, and prevention.

As you review the information in this *Safety Talk*, it is important to talk to your supervisor or HR representative if you have any questions about your District's specific COVID-19 processes and procedures.

### ABOUT COVID-19

COVID-19 is an airborne disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).



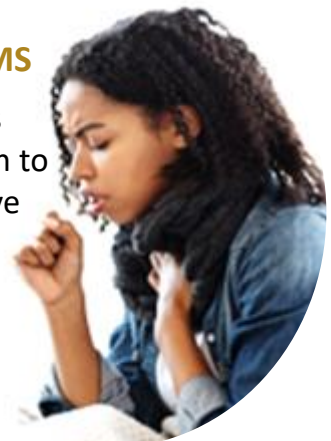
It is a part of a large family of viruses that typically cause respiratory infections and can result in severe illness.

Particles can be spread through the air when an infected person exhales, talks, sneezes, or coughs. Particles can travel more than 6 feet. It can also be transmitted when you touch a contaminated surface, and then touch your eyes, nose, or mouth; however, this type of transmission is less common.

### SIGNS & SYMPTOMS

COVID-19 symptoms can vary from person to person. You may have no symptoms at all, or symptoms can be severe. Common Symptoms include:

- Fever
- Cough or sore throat
- Runny nose
- Sinus congestion
- Chills
- Shortness of breath or difficulty breathing
- Loss of taste or smell
- Headache
- Muscle pains or body aches
- Unusual fatigue
- Diarrhea
- Nausea or vomiting



## PREVENTING THE SPREAD

The following guidance continues to help prevent the spread of COVID-19:

- **Handwashing** – Frequent handwashing continues to be a strong prevention measure. Wash your hands with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if washing is not feasible.
- **Coughing** - Cover your mouth and nose with a tissue when you cough/sneeze. If you don't have a tissue, cough or sneeze into your elbow, not your hands.
- **Cleaning** – Periodically clean and disinfect your workspace(s).

## POLICIES & PROCEDURES

The following COVID-19 policies and procedures are designed to protect you from the hazards of the Coronavirus:

- **Reporting Symptoms** – It is critical to report potential symptoms to the designated person at your District prior to coming to work or when symptoms first appear. This will enable your employer to provide you with guidance and instructions.
- **Exposure Notification** – If you have been exposed to a potential COVID-19 case at the “worksite”, you will be notified by your employer and will receive instructions and guidance on testing, face covering, and other factors.



- **Investigation** - Your employer will conduct an investigation to determine which employees have had a “close contact” with the COVID-19 case. Please note, the terms “**close contact**” and “**worksite**” have specific definitions depending on the size and type of your workspace.

- **Testing** – If you have COVID-19 symptoms, or if it has been determined that you had a close contact at the worksite, your employer will make COVID-19 testing available at no cost and during paid time.



- **Worksite Exclusion** – If there is a need to exclude you from the worksite based on having COVID-19 or a close contact, employer will provide you with information regarding related benefits that you may be entitled to.
- **Returning to Work** – The CDPH has developed a set of criteria on when employees can return to work . If you have been excluded from the worksite due to COVID-19 or a close contact, your employer will advise you on the return-to-work criteria.
- **Face Covering** – There are times and conditions when face coverings will be required by the California Department of Public Health (CDPH). Your employer will provide guidance based on specific circumstances. Even when face coverings are not required, you can voluntarily wear them at work unless it would create a safety hazard.