



# Health and Safety Protocol Training

*COVID-19 Reopening Training*

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# COVID-19 Health and Safety Protocol Training

1. How to protect yourself
2. Health and Safety Act (HSA) training module on disinfection your work station
3. Self check your symptoms
4. What to do if you are sick and where to get tested
5. What if I have the symptoms at work
6. SLOCOE's safe environment



# How to protect yourself

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There is currently no vaccination for COVID-19. The best prevention is to avoid being exposed to the virus. As with any virus, there are also steps you can take to protect yourself and those around you:

- Wash hands with soap and warm water for at least 20 seconds. If soap is not available, use an alcohol-based hand sanitizer.
- Avoiding touching eyes, nose or mouth with unwashed hands.
- Avoiding close contact with people who are sick
- Staying away from work, school or other people if you become sick with any of the COVID-19 symptoms
- Cover your cough or sneeze with a tissue and discard the tissue.
- Physical distancing of 6 ft
- Wearing face mask as required
- Clean and disinfect frequently touched objects and surfaces



# Health and Safety Act training and how to disinfect your workstation

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All staff must be trained before applying any cleaner or disinfectant at a SLOCOE school, child care facility or office environment.

- **SIPE Get Safety Trained Module**  
**Environmental Compliance and Hazardous Materials,**  
**Course -HSA Basic Pest Management in the School**  
**and Childcare Settings at:**

[www.GetSafetyTrained.com](http://www.GetSafetyTrained.com)



# Daily COVID-19 Self Assessment for Symptoms

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People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. **Remember to stay home if you feel ill.**

- **Fever or Chills**
- **Cough**
- **Shortness of breath and difficulty breathing**
- **Fatigue**
- **Muscle or body aches**
- **Headache**
- **New loss of taste and smell**
- **Sore throat**
- **Congestion or runny nose**
- **Nausea or vomiting**
- **Diarrhea**

**Immediately call your supervisor and then call your healthcare provider right away if you develop symptoms.**



# What if I am sick?

- Call your supervisor, then call your doctor. If you need to get tested right away SLO County has free testing sites. See the handout list of providers and free County testing sites located on the COVID-19 carts or contact your Supervisor for the list of locations.
- If you are sick but are having trouble getting tested, please call the SLO County Public Health Department at 805-781-5500.
- If you are experiencing a medical emergency, please call 9-1-1.
- If you have symptoms other than fever, cough and shortness of breath, SLO County Public Health recommends staying home until you are well.
- If you develop a fever while home, contact your supervisor, then your doctor immediately to get tested and stay home until:
  - at least 3 days (72 hours) after fever has resolved,\* AND
  - respiratory symptoms such as cough and shortness of breath have improved, AND
  - at least 10 days have elapsed since symptoms first appeared.



# What if I have symptoms at work

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- Notify your direct supervisor
- An isolation room will be available at your site (i.e., HR training room, (small) conference rooms, nurses stations)
- Notify local health officials, staff, and families immediately of any possible case of COVID-19
- Advise staff member to seek medical attention and get tested
- Protocol is established if staff member is positive with COVID-19
  - Staff member will be advised to stay home
  - Those SLOCOE employees who have been in contact with the a known infected staff member with COVID-19 will be informed and advised of next steps
  - Operations will disinfect workspace area
  - Follow recommendation of SLO County Public Health



# Creating a Safe Environment

- Continue with HSA Basic Pest Management in the School and Childcare Settings
- Continue with increased sanitizing and disinfecting methods
- Face mask covering as required
- COVID-19 carts
- Floor markers and directional foot traffic
- Room occupancy posted
- COVID-19 signage
- Replace HVAC filters and fresh air flow when possible
- Plexiglass screens
- Added Picnic Tables
- Discontinue non-essential travel
- Plan for if you get sick at work
- Work with and follow the recommendations of SLO County Public Health Department