COVID-19 and Your Business

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Legalese

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COVID-19 Numbers

	Total Cases	Deaths
World	86,555,947	1,871,517
United States	21,052,711	357,390
New Hampshire	47,992	792
Carroll County	991	4
Conway	214	

COVID-19 Symptoms

- Fever
- Fatigue
- Cough
- Congestion
- Runny nose
- Trouble breathing
- Sore throat
- Headache
- Muscle aches
- Nausea/vomiting/diarrhea
- Loss of taste or smell

Travel Guidance for Employers

- Discourage personal international travel
- Discourage personal travel outside of New England (NH, ME, VT, MA, RI, CT)
- Discourage personal travel on public mass transportation
- Discourage travel on cruise ships
- Discourage personal social or family gatherings of those other than immediate close household contacts

Screening Employees

- Consider screening employees daily with a questionnaire and temperature check.

Employee Illness and Risk Screening

- 1. Do you have a fever of 100.4 or greater or any of the following symptoms:
    - ○ Cough
    - ○ Trouble breathing
    - ○ Runny nose or nasal congestion
    - ○ Fatigue
    - ○ Headache
    - ○ Sore throat
    - ○ Nausea/vomiting/diarrhea
    - ○ Muscle aches
    - ○ Loss of taste or smell
- 2. Have you had close contact with someone who has tested positive for COVID-19 in the past 10 days?
- 3. Have you traveled in the past 10 days for non-essential purposes outside of NH, ME, VT, MA, RI, or CT?

Employee with new or unexplained symptom of COVID-19

- Even if the symptom is mild, employee must not be allowed into the facility.

- Instruct employee to contact healthcare provider to be tested for COVID-19

- Self-isolate at home until results are known

Employee Tests Negative for COVID-19

- **May return to work once:**
  - Fever free for 24 hours (without the need for fever reducing medication)
  - Symptoms are improving.

Employee is Positive for COVID-19

- Employee must self-isolate at home for a minimum of 10 days from start of symptoms or 10 days from positive test if asymptomatic.

- Direct employee to the following NH Department of Public Health link for more information on self-isolation: https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-isolation-covid.pdf

- Recommend employee's close contacts quarantine for 10 days and get tested on day #5-7 of quarantine.
  - Their household contacts should quarantine for 20 days if the employee cannot self-isolate from them.

Definition of Close Contact

- Living in the same household as a person who tested positive for COVID-19.

- Caring for a person who tested positive for COVID-19.

- Being within 6 feet of a person who has tested positive for COVID-19 for 10 minutes or more going back to 2 days before the person began having symptoms or if asymptomatic, then 2 days before the positive test.
    - The 10 minutes is cumulative over a 24 hour period.

- Contact with secretions(e.g., sharing utensils, being coughed or sneezed on) from a person who tested positive for COVID-19.

Return to Work for a COVID-19 Positive Employee

- May return after mild-moderate COVID-19 infection after:
  - Self-isolation for a minimum of 10 days AND
  - No fever for 24 hours (without needing fever reducing medication)
  - Symptoms are improving.
- Isolation may be longer if employee was hospitalized

Contact Tracing

- The NH Department of Public Health is no longer able to contact trace except for certain situations.
- The employer is responsible for contact tracing at this time if there is a positive employee.
- Close contacts (other employees or customers) need to self-quarantine for 10 days from the date of last known exposure.
- Direct them to the NH Department of Public Health link: https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine-covid.pdf
- They should be advised to get tested on day 5-7 of quarantine. A negative test however does not get them out of quarantine prior to the 10 days.

Contact Tracing

- Recommend the close contact self-monitor for potential COVID-19 symptoms for a full 14 days(even though the quarantine is 10 days) and get tested if any symptoms develop.

Employee is Known Close Contact

- Employee needs to self-quarantine for 10 days from the date of last known exposure.
- Direct them to the NH Department of Public Health link: https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine-covid.pdf
- They should get a test on day #5-7 of quarantine. A negative test however will not get them out of quarantine.
- Self monitor for symptoms for a full 14 days and get tested if any symptoms occur.

Employee had High-Risk Travel (Outside of NH/ME/VT/MA/RI/CT)

- Self-quarantine for 10 days from day of return from travel.
  - Option of getting a test(PCR test, cannot be an antigen rapid test) on day 6-7 of quarantine and if negative and the employee is asymptomatic, quarantine can end after 7 days.
    - They should still self-monitor for symptoms for a full 14 days after travel and get tested if any symptoms.

COVID-19 Prevention Tips

- Wear a mask that covers mouth/nose and is made out of 2 layers of breathable/washable fabric.
- Socially distance – stay more than 6 feet apart
- Wash hands frequently with soap/water for at least 20 seconds
  - Or use hand sanitizer with at least 60% alcohol.
- Avoid touching eyes/nose/mouth.
- Avoid close contact with those that are sick.
- Stay home if sick and get tested for COVID-19.
- Avoid social gatherings.

Guidance for At-Home Service Providers

- Educate employees on avoiding common residential high contact surfaces (doorknobs, faucets, light switches).

- Payment system that avoids cash/checks.

- Avoid customer contact if possible
  - If signature is needed, have customer use own pen

Guidance for At-Home Service Providers

- Select appropriate disinfectant to use on surface before/after servicing.
  - Here is the EPA link to search for a disinfectant to see if is effective against COVID-19: https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19
- Also disinfect tools and electronic items before/after use.
  - Discourage sharing of tools if possible.
- Establish routine disinfecting protocol for work place.

Guidance for At-Home Service Providers

- Provide employees with cloth or disposable face coverings, gloves, shoe covers, alcohol based hand sanitizer.

- Before going into home, ask customer about any potential COVID-19 symptoms or if they or anyone in the home is positive.
  - If customer is positive or symptomatic, postpone the appointment.
    - However if the service is essential/emergency, consider using a KN-95, gown(painter overalls), gloves, eye protection(goggles)

Guidance for At-Home Service Providers

- Train employees on the proper use of PPE(personal protective equipment).

- Conduct training on proper donning/doffing of PPE.
  - Here is the CDC link which describes proper donning/doffing of PPE: https://www.cdc.gov/niosh/npptl/pdfs/PPE-Sequence-508.pdf

mRNA Vaccine

- mRNA is what is used to cause our cells to make proteins.
- mRNA vaccine is injected into our arm muscle
  - This mRNA then instructs the muscle cells to produce a certain protein(spike protein)
    - The spike protein is what is found on the outside of the COVID-19 virus
    - Once our immune system sees this spike protein, it produces antibodies towards it.
      - This thus teaches our body to make antibodies to the COVID-19 virus.
      - If we are infected with the COVID-19 virus in the future, we now will have antibodies to fight it.

mRNA Vaccine

- CANNOT give someone COVID-19 since it does not have the virus as a component

- It cannot affect our DNA because it never interacts with our DNA

- Once the cells use the mRNA, our bodies break it down and get rid of it.

Vaccine Development

- **Phase 1**
  - Safety
- **Phase 2**
  - Effectiveness
- **Phase 3**
  - Safety and Effectiveness – Large Scale
- **Phase 4**
  - Post approval monitoring

Vaccine Trials

❖ Usually takes several years

❖ Pfizer's and Moderna's took 11 months

  ❖ Used a new type of vaccine, mRNA, that is much easier to produce and study.

  ❖ The 3 trial phases were run continuously.

  ❖ Funded by the United States Government

Pfizer COVID-19 Vaccine

- 12/11/2020
  - FDA grants Emergency Use Authorization (EUA)

- **Moderna is one of the other mRNA vaccine manufacturers**
  - It received EUA on 12/18/20.

CDC Recommendations for COVID-19 Vaccination Priority

- ## Group 1a:
  - Front-line health care personnel
- ## Group 1b:
  - 75 years of age and older
  - Essential workers (fire, police, education, food services, agriculture, public transit, grocery stores, corrections, U.S Postal Service)
- ## Group 1c:
  - 65 – 74 years of age
  - 16-64 years of age with risk factors (obesity, diabetes, heart disease, kidney disease, COPD, cancer, pregnancy, smoker)

Pfizer COVID-19 Vaccine

- 43, 548 study participants
  - ½ received the vaccine, ½ received placebo
- 162 positive COVID-19 cases in placebo group
- 8 positive COVID-19 cases in vaccine group
- 95% effective after 7 days from the second dose
- 2nd dose given 3 weeks later
- Approved for ages 16 and up.

Pfizer COVID-19 Vaccine

- 10 severe cases of COVID-19
  - 9 in the placebo group
  - 1 in the vaccine group

- Side effects – If seen, were within 1-2 days of vaccination
  - Pain at injection site
  - Fever
  - Fatigue
  - Muscle aches
  - Headache

Moderna Vaccine

- More than 30,000 study participants
- 185 positive COVID-19 patients in placebo group
- 11 positive COVID-19 patients in vaccine group
- 94.1% efficacy
- 30 severe cases of COVID-19 seen
  - All in the placebo group, none in the vaccine group

Moderna Vaccine

- Side effects similar to the Pfizer vaccine
- Approved for ages 18 and up
- Booster dose after 4 weeks

COVID-19 Vaccines

- Not yet approved for:
  - Children
  - Pregnant women
  - Breastfeeding women
  - Immunocompromised

- However, guidance is that pregnant/breastfeeding women and immunocompromised can receive it if they are in the prioritized vaccine group
  - They should discuss with their PCP first.

V-Safe

- CDC smart-phone based monitoring program for COVID-19 vaccine safety
  - Uses test messaging/web surveys to check in with vaccine recipient
  - Participants can report side effects/health impact
  - Includes active telephone f/u by CDC for reports of significant health impact(missed work/unable to do normal daily activities/received medical care)
  - Captures information on pregnancy status and enables f/u on pregnant women

Vaccination Information

- Recommended to vaccinate those that were positive with COVID-19 in the past.

- Vaccine will not affect results of COVID-19 test(PCR or antigen)

Bottom Line

- Strongly consider getting vaccinated
- Studies show the vaccine is safe and effective
- The vaccine can help us get to 75-85% herd immunity!!!!
  - This is when our lives can finally start getting back to a new normal.