COVID-19 Update for Area Businesses

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COVID-19 Update for Area Businesses

Focus of our prior sessions in April & May

- Mandatory health measures from State of Nebraska, Douglas & Lancaster counties.
- CDC guidelines for businesses.
- OSHA guidelines.
- COVID-19 response plan template.
- Emerging topics such as Face Coverings & Temperature Checks.
COVID-19 cases in 2020

• One early argument was that COVID-19 risk of death was minor in comparison to other health risks.........
  
  • [https://app.flourish.studio/visualisation/3622453/edit](https://app.flourish.studio/visualisation/3622453/edit)

![Bar chart showing global deaths due to various causes and COVID](chart.png)

Values January 1 to August 12, 2020

Source: Global Burden of Disease study, Worldometers populations, Johns Hopkins COVID repository

*Except COVID, causes of death shown account for ~7% of global deaths annually
Are COVID-19 cases dropping or rising?

- Cases in Iowa are not projected to peak until about Nov. 4\textsuperscript{th} and Nebraska around Nov. 12\textsuperscript{th}.


Nebraska Directed Health Measure

- A legally enforceable health measure from Nebraska Dept. of Health & Human Services (DHHS).
  - Most Nebraska counties are in “Reopening Phase 3” which limits “gatherings” (defined as >10 patrons / guests / invitees) to no more than 50% indoor / 75% outdoor capacity.
  - Gatherings at restaurants, weddings, funerals limit individual parties to 8 or less and parties must be separated by 6’.
  - The limitations on gatherings do not apply to health care facilities, offices, factories, retail stores, polling places, places of worship. Those are simply advised to use heightened disinfection practices.


*The Nebraska Directed Health Measure has very few requirements around 6’ distancing and/or face mask use.*
Nebraska Directed Health Measure

• Travel Quarantine Criteria

• The CDC has dropped its requirement to self-quarantine after being involved in international travel. Rather follow what your point of origin or final destination dictates.

  • *Nebraska DHHS says any person coming from any foreign point of origin and entering Nebraska as a final destination must quarantine for 14 days.*

  • *Some states and communities also have an “intra-national” travel related quarantine requirement.*

• August 25 CNN article with state links

• State by state links supplied by CDC
  https://www.cdc.gov/publichealthgateway/healthdirectories/healthdirectories.html
Douglas County

- Previously Douglas County had an Amended Order related to COVID – but no longer.
- They now refer you to Nebraska Directed Health Measure & City of Omaha face mask mandate.

https://www.douglascountyhealth.com/
Lincoln & Lancaster County

- Lincoln / Lancaster County has an excellent COVID website [https://www.lincoln.ne.gov/city/covid19/](https://www.lincoln.ne.gov/city/covid19/)

Residents begin the testing process with a free online risk assessment available at BryanHealth.com and CHIHealth.com.
Lincoln & Lancaster County

- They still have their own Directed Health Measure
  https://www.lincoln.ne.gov/city/covid19/index.htm#DHM

- They define / restrict “Gatherings“ more strictly than Nebraska DHHS.

  - Gatherings are events with >50 patrons/guests/invitees, > 50% indoor capacity, >75% outdoor capacity….these are prohibited.

  - Gatherings also include <50 capacity, <50% indoor capacity, <75% outdoor capacity where 6’ distance between all individuals / groups is not maintained….these are also prohibited.

  - Gatherings must not allow groups of more than 8 individuals.

  - Restaurants may seat up to full capacity but there must be at least 6’ separation between groups.
Face Mask Requirements

- First Lincoln / Lancaster County then City of Omaha issued a Face Mask Policy. They are virtually identical:
  - Any individual or entity which maintains premises open to the general public, including but not limited to educational institutions, shall require all individuals age 5 and older to wear a face covering over their mouth and nose while indoors unless the individual maintains at least 6 feet of separation at all times from anyone who is not their household member.
  - There are limited situations in those policy’s where face coverings are not required…..such as seated at table while eating.
    - Omaha [https://www.lincoln.ne.gov/city/covid19/how-to-help.htm](https://www.lincoln.ne.gov/city/covid19/how-to-help.htm)
  - State of Nebraska says they cannot legally issue a widescale mask mandate.
Centers for Disease Control - CDC

- The CDC is used for **primary guidance** in the US:
Centers for Disease Control - CDC

The CDC now has an extensive video library on youtube: https://www.youtube.com/user/CDCstreamingHealth

- Narrated in English
- Sign Language
- Narrated in Spanish
Most Recent CDC Guidance on Face Coverings


**How to Select**

When selecting a mask, there are many choices. Here are some dos and don'ts.

**DO choose masks that**

- Have two or more layers of washable, breathable fabric
- Completely cover your nose and mouth
- Fit snugly against the sides of your face and don't have gaps

**DO NOT choose masks that**

- Are made of fabric that makes it hard to breathe, for example, vinyl
- Have exhalation valves or vents, which allow virus particles to escape
- Are intended for healthcare workers, including N95 respirators or surgical masks

**Caution: Gaiters & Face Shields**

- Evaluation is on-going but effectiveness is unknown at this time

**Special Situations: Children**

- If you are able, find a mask that is made for children
- If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin

**Special Situations: Glasses**

- If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging
- Do NOT put on children younger than 2 years old

**Do NOT wear a mask**

- Around your neck
- On your forehead
- Under your nose
- Only on your face

- On your chin
- Dangling from one ear
- On your arm

**How to take off a mask**

1. Carefully, untie the strings behind your head or unclasp the ear loops
2. Handle only by the ear loops or ties
3. Fold outside corners together
4. Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

**How to Clean**

Masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until completely dry

For more information, visit our [How to Wash Masks](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html) webpage.

OSHA

- Most what they offer are “tips” & “guidance”….but consider as “shall do”….  https://www.osha.gov/SLTC/covid-19/

- OSHA will cite using General Duty Clause & PPE regulation.

- Includes Record Keeping guidance.

- Have a good look at OSHA publication 3990 – a highlighted version is at the NSCN Coronavirus webpage.

- Many non-healthcare employers will have personnel in “Medium Risk” category,
OSHA

- OSHA offers a webpage that tracks all recent updates [https://www.osha.gov/SLTC/covid-19/news_updates.html#psa](https://www.osha.gov/SLTC/covid-19/news_updates.html#psa)
Other COVID-19 Resources

- **National Safety Council SAFER**
  - Checklists & “playbooks” developed by NSC & consortium of Fortune 500 companies.  

- **NSC-Nebraska Templates & Assessments webpage**….this presentation with live links will also be located there.
  - www.SafeNebraska.org/Covid19

- **Be Safe Nebraska Pledge**
  - In partnership with Nebraska, Omaha, Lincoln, and Kearney chambers of commerce https://safenebraska.org/BeSafe