## CentraCare Supports Our Business Communities During COVID-19

As we work together in the fight against COVID-19, CentraCare understands the challenges our business communities face during these unprecedented times.

The well-being of your employees and business is a priority. As your community partner, we have created some helpful guidance to answer your questions and provide support if your business has been impacted by a COVID-19 outbreak.

**How do I maintain a healthy workplace?**
- Practice social distancing by ensuring employees maintain a 6-foot distance.
- If possible, encourage telework or staggered shifts to reduce the number of staff on-site.
- Identify where and how employees may be exposed to COVID-19 in your workplace, for example phones, workspaces and gathering spots such as vending machines or coffee stations.
- Provide resources for personal hygiene such as handwashing stations, no-touch soap, hand sanitizer and tissues.
- Provide education on COVID-19 prevention such as handwashing guidelines, social distancing and PPE usage if necessary.
- Cancel non-essential meetings and use technology for remote meetings.
- Additional guidelines can be found at https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html or visit https://www.osha.gov/Publications/OSHA3990.pdf.
- If you have COVID-related symptoms or believe there has been a workplace exposure to COVID-19 at your facility, please contact your local Public Health Department at *Stearns County Human Services. (320)-656-6284* renee.frauendienst@co.stearns.mn.us

**What are some steps that I can take to reduce the transmission of COVID-19 if an employee is ill?**
- If an employee exhibits COVID-19 symptoms such as a fever, cough or shortness of breath, they should be separated from co-workers and required to go home.
- Increase sanitization of work environment.
- Employees who are ill should follow the CDC guidelines to stay home, keep track of symptoms for 14 days and seek medical attention immediately if symptoms increase.
- Employees who are well but have a family member with COVID-19 should notify employer and follow CDC guidelines to self-monitor and stay home if symptoms arise.

**Where do I find access to COVID-19 testing?**
- Contact your current provider who will assess your condition and order your test.
- Call CentraCare Connect at 320-200-3200, 24 hours a day, to speak with a nurse who can assist you with a symptom check and help set up your test.

**How long does it take for test results to come back and what do the results mean for my employees?**
- The test results for COVID-19 can take two to three days.
- If the test results are negative, employees should contact their employee health department to determine return to work date based on your business protocols.
- If the test results are positive, employees will be required to self-quarantine and will be contacted by either the Minnesota Department of Health (MDH) or Public Health and receive further instructions from those agencies.

**How do I know if COVID-19 is in my community?**
- Local public health departments and the Centers for Disease Control (CDC) are responsible for publicly reporting COVID-19 cases. CentraCare is dedicated to patient privacy and follows all applicable laws including the Health Insurance Portability and Accountability Act (HIPPA).
- To learn more visit https://www.health.state.mn.us/diseases/coronavirus/situation.html#map1

**How do I establish visitor and employee screenings at my business?**
- Conduct screenings each time a visitor or employee enters your business.
- Temperature screenings can be conducted with social distancing and proper hygiene.
- Consider verbal screenings using the following questions:
  - Have you had any of these symptoms since your last visit here or the last time you worked? Answer "yes" or "no."
    - A fever of 100 F or higher?
    - A new cough?
    - Shortness of breath?
    - New sore throat?
    - New muscle aches?
- If an employee answers "yes" to any of these questions or has a fever of 100 F with an oral thermometer they should be evaluated by employee health to determine if home monitoring is recommended or medical attention is needed.
- For additional guidelines, visit www.health.state.mn.us/diseases/coronavirus/hospitalityfaq.pdf or www.cdc.gov.

**How can employees protect themselves and their co-workers from COVID-19?**
- Wash hands with soapy water for 20 seconds, multiple times a day. Use hand sanitizer often.
- Do not touch your nose, eyes or mouth.
- Stay home from work if not feeling well.
- Employees should stay home if they are sick.
- Cover nose and mouth with a tissue if coughing or sneezing.
- Clean and disinfect frequently touched objects.
- Avoid large gatherings and practice social distancing at work and at home.
- Limit travel and follow the current CDC Traveler's Health Notice for additional guidelines.
- For additional information on COVID-19 prevention, visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html.