

This guidance document is intended only for critical infrastructure businesses and their workers. For detailed information on requirements for each business type, please reference the [Phase 4 Restore Illinois Guidelines](#).

What can I do to prevent COVID-19 from spreading at my worksite?

- All workers should wear a mask at all times in congregate settings, when working with others, or when social distancing is not feasible.
 - If disposable masks are unavailable, cloth face coverings may be used. See [these CDC guidelines](#) on how to create a cloth face covering.
- All staff should **stay home** if sick.
- Restrict, as described above, employees if they have a family/household member who is a confirmed or presumed positive (exhibiting COVID-19 symptoms) case for COVID-19.
- Staff should wash their hands often, cover coughs and sneezes, avoid touching shared surfaces.
- Staff should practice social distancing and remain at least six feet apart.
- Do not allow gatherings of more than 50 people. Use virtual meetings whenever possible.

What worksites or occupations are considered critical infrastructure?

- Workers, including employees, contracted vendors, temporary workers, and volunteers, in the following workplaces/occupations are considered critical infrastructure workers:
 - **Food (production, distribution and sales including restaurants and grocery stores)**
 - Federal, state, & local law enforcement
 - 911 call center employees
 - Fusion Center employees
 - Hazardous material responders from government and the private sector
 - Janitorial staff and other custodial staff
 - Agriculture
 - Critical manufacturing
 - Informational technology
 - Transportation
 - Energy
 - Government facilities

What should I do if a worker tests positive for Coronavirus Disease 2019 (COVID-19)?

- You may be informed by the individual themselves or by the Health Department that a worker at your facility has tested positive or has been directly exposed to a positive COVID-19 case.
 - When the Health Department is notified of the positive test, they will contact you to help with the case follow-up.

- After a COVID-19 case is identified, testing strategies of exposed co-workers may be considered to help prevent disease spread, to identify the scope and magnitude of SARS-CoV-2 infection, and to inform additional prevention and control efforts that might be needed.
 - To identify the best strategy within your worksite, please reference the [CDC's Guidance for Testing Strategy for Coronavirus \(COVID-19\) in High-Density Critical Infrastructure Workplaces after a COVID-19 Case Is Identified.](#)
- For a confirmed or presumed positive case (someone exhibiting COVID-19 symptoms²), if the individual is still at work, **send them home. Instruct them to isolate at home for at least 10 days. They must be fever/symptom free without medication for at least 24 hours before returning to work.** They should also contact their health care provider or Health Department for guidance.
 - Family/household members of confirmed/presumed positive cases are considered high risk and must self-quarantine to monitor for symptoms.
 - Family/household members with separate living quarters between case and contacts must quarantine for 14 days after last exposure to case.
 - Family/household members that share a room/living quarters (i.e. have ongoing contact with or exposure to the case) must quarantine during contact and for 14 days after case is released from isolation.
- Family/household members that have been diagnosed with symptomatic COVID-19 within the last 3 months and remain asymptomatic after recovery are not recommended to self-quarantine due to close contact. Prohibit workers from sharing headsets or other objects used near the mouth or nose.
- Increase the frequency of cleaning commonly touched surfaces.
- Businesses should work with facility maintenance staff to increase air exchanges in room.
- Workers should physically distance when they take breaks together. Stagger breaks and don't congregate in the break room, and don't share food or utensils.

What should I do if a worker has direct exposure¹ to a positive case?

Exposed or potentially exposed critical infrastructure workers may continue to work, as long as they are asymptomatic, but must adhere to the following practices prior to and during their work shift:

- Pre-Screen for COVID-19 symptoms when arriving for a shift:
 - Employers should measure the employee's temperature and assess symptoms prior to them starting work.
 - Ideally, temperature checks should happen before the individual enters the facility.
 - Monitor temperature and symptoms during their shift.
- **If symptoms develop, a worker must notify their supervisor and immediately leave the workplace.**
- Wear a facemask at all times at the worksite.
- Practice social distancing. The employee should maintain 6 feet of distance from others as their duties permit.
- Clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment routinely.

- Workers should wash hands frequently with soap and water or use hand sanitizer with at least 60 percent alcohol, cover coughs and sneezes with a tissue and immediately throw the tissue in the trash and wash their hands, or if no tissue is available, cough or sneeze into their elbow.
- **Any business with areas open to the public** that have a worker who is a confirmed or presumed positive COVID-19 case AND that worker has worked in the facility within the last 72 hours **must temporarily close the public area and may not reopen it until they have cleaned and disinfected the public access areas.**
- **Restaurants shall clean and sanitize all food preparation and food storage areas.**
- After the positive worker has been sent home and the areas described above have been cleaned, disinfected, and/or sanitized, the facility may re-open.

When can my staff return to work?

- **A worker who is sent home or stays home with COVID-19 symptoms should obtain a medical evaluation and/or be tested for COVID-19 to determine next steps.**
- Confirmed/presumed cases must isolate for a **minimum of 10 days after symptom onset or a positive test (whichever is first) AND must be fever and symptom-free for at least 24 hours²** Both criteria must be met in order for the staff member to return to work.
 - Example 1: If a staff member tests positive, isolates, and fever and symptoms end on day 8, he/she should not return to work until day 10. They would have isolated for the minimum 10 days and been fever and/or symptom free for 24 hours.
 - Example 2: If a staff member tests positive, isolates, but fever and symptoms do not end until day 12 after a positive test, he/she could not return until day 13. Even though the minimum 10-day isolation requirement was met, the staff member could not return to work until they were fever and symptom-free for 24 hours
- If your worksite requires employees have a doctor's note before returning to work, that must be obtained by the employee through their healthcare provider. The Health Department does not provide return to work notes except for its established Community Health Center patients.

Footnotes referenced above

¹ What is considered direct exposure to COVID-19? (Who is a close contact?)

- Direct exposure to COVID-19 (close contact) means an individual had **at least 15 minutes of cumulative contact AND that contact was within 6 feet** of the infected person during the period starting;
 - 2 days before symptom onset; or
 - 2 days before positive specimen was collected (for an asymptomatic case)
- COVID-19 is primarily transmitted through droplets from coughing, sneezing, or talking. These droplets do not remain in the air. They fall to the ground or surfaces. This means that being in the same room as a confirmed case does not necessarily mean the person was directly exposed.
 - Transmission occurs when an uninfected person either inhales droplets or ingests them by touching infected surfaces and then touching their mouth, nose, or eyes.

² Symptoms of COVID-19 include:

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

Source: <https://www.cdc.gov/coronavirus/2019-ncov/community/critical-workers/implementing-safety-practices.html>

For more information on COVID-19, visit www.lakecountyiil.gov/coronavirus and www.cdc.gov/coronavirus

For further questions, contact the Lake County Health Department at (847) 377-8020