



COVID-19 INFORMATION AND EDUCATION

All employees who have come in close contact with someone who tests positive for COVID-19 MUST complete the questionnaire at the link below

<https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp>

Typically, the Minnesota Department of Health will require you to get tested immediately.

To protect the vulnerable population that we serve, Cherish Employees must inform the Cherish Office Staff of exposure to COVID-19, testing requirements and testing results to remain employed. Should an employee test positive for COVID-19, they may not work for the Minnesota Department of Health prescribed time period, but should qualify for Minnesota Unemployment Insurance.

❖ TAKE STEPS TO PROTECT YOURSELF

CLEAN YOUR HANDS OFTEN

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

AVOID CLOSE CONTACT

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

❖ TAKE STEPS TO PROTECT OTHERS

- **Stay home** if you are sick, except to get medical care. Call your provider prior to going into clinic or urgent care if you're experiencing COVID-19 symptoms to be triaged on whether to be seen or not.

COVER COUGHS AND SNEEZES

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

WEAR A FACEMASK IF YOU ARE SICK

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because

it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.

- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

CLEAN AND DISINFECT

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

❖ WATCH FOR SYMPTOMS

Reported illnesses have ranged from **mild symptoms to severe illness** and death for confirmed coronavirus disease 2019 (COVID-19) cases.

These symptoms may appear **2-14 days after exposure** (based on the incubation period of COVID-19):

- **Fever**
- **Cough**
- **Shortness of breath**

❖ WHEN TO SEEK MEDICAL ATTENTION

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.
Emergency warning signs include*:

- **Trouble breathing**
- **Persistent pain or pressure in the chest**
- **New confusion or inability to arouse**
- **Bluish lips or face**

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

❖ PROCEDURES FOR CHERISH LLC STAFF:

1. Staff will observe any signs of possible infections or symptoms of COVID-19 of themselves. Stay home, and call your Medical Professionals office for diagnosis/direction to take, then report to Cherish LLC or Qualified Professional.
2. Report to Cherish LLC or Qualified Professional, with any changes in your condition **and call 911 in an emergency**.
3. If you are unable to work for any reason please be sure to contact Cherish to ensure your clients have a safe at home emergency plan.
4. Staff diagnosed with a COVID-19 may return to work upon direction of a health care professional.