

IMPORTANT UPDATES TO INFECTION CONTROL PROTOCOLS FOR COVID-19



As the science evolves and better data on COVID-19 becomes available, Infection Control Protocols developed based on CDC Guidelines will change. The following updates (highlighted in yellow) were made by the CDC since The Graham Company COVID-19 Infection and Risk Control Plans for Construction, Office Operations, Real Estate, and Manufacturing/Distribution were released to our clients. ***Please make sure that you modify your plans accordingly:***

- 1. INFECTION CONTROL PROTOCOLS** - we updated the symptoms list to comport with the CDC's latest (May 8, 2020) update to their webpage listing COVID-19 symptoms. The list now shows as follows with an added item by the CDC indicating that "This list is not all inclusive. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea." We've added a note to the end of the updated symptoms list as shown in red below.

ORIGINAL SYMPTOMS LIST – April 24, 2020

- a. fever
- b. feeling feverish
- c. cough
- d. shortness of breath/difficulty breathing
- e. fatigue
- f. chills/repeated shaking with chills
- g. general soreness or achiness of muscles
- h. headache
- i. sore throat
- j. diarrhea
- k. loss of appetite
- l. loss of taste
- m. loss of smell

UPDATED SYMPTOMS LIST – May 11, 2020

- a. Cough
- b. Shortness of breath or difficulty breathing
- c. Fever
- d. Chills
- e. Muscle pain
- f. Sore throat
- g. New loss of taste or smell

NOTE: This list is not all inclusive. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

Supporting link:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

2. **INFECTION CONTROL PROTOCOLS** – we updated the guidance regarding when to discontinue home isolation for those with symptoms. Again, this update is to comport with the CDC's latest (May 8, 2020) update to their webpage providing guidance on what to do if you are sick.

ORIGINAL GUIDANCE – April 24, 2020

NOTE: The CDC recommends that employees who have COVID-19 symptoms not come to work until they are:

- a) Free of fever for at least three full days without the use of medicine that reduces fevers,
AND
- b) Other symptoms have improved, AND
- c) At least 7 days have passed since your symptoms first appeared.

UPDATED GUIDANCE – May 11, 2020

NOTE: The [CDC recommends](#) that:

People with COVID-19 who have stayed home (home isolated) can leave home under the following conditions**:

- a) If you have not had a test to determine if you are still contagious, you can leave home after these three things have happened:
 - i. You have had no fever for at least 72 hours (that is three full days of no fever **without** the use of medicine that reduces fevers)
AND
 - ii. other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
 - iii. at least 10 days have passed since your symptoms first appeared
- b) If you have had a test to determine if you are still contagious, you can leave home after these three things have happened:
 - i. You no longer have a fever (**without** the use of medicine that reduces fevers)
AND
 - ii. other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
 - iii. you received two negative tests in a row, at least 24 hours apart. Your doctor will follow [CDC guidelines](#).

People who DID NOT have COVID-19 symptoms, but tested positive and have stayed home (home isolated) can leave home under the following conditions**:

- c) If you have not had a test to determine if you are still contagious, you can leave home after these two things have happened:

- i. At least 10 days have passed since the date of your first positive test
AND
- ii. you continue to have no symptoms (no cough or shortness of breath) since the test.

d) **If you have had a test** to determine if you are still contagious, you can leave home after:

- i. You received two negative tests in a row, at least 24 hours apart. Your doctor will follow [CDC guidelines](#).

Note: if you develop symptoms, follow guidance above for people with COVID19 symptoms.

****In all cases, follow the guidance of your doctor and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Some people, for example those with conditions that [weaken their immune system](#), might continue to shed virus even after they recover.

Supporting link:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>.

3. HEALTH SURVEY QUESTIONS—

- a. We updated the list of symptoms on the health survey to comport with the CDC's latest (as of May 11, 2020) symptoms and to match those in the sample plan.
- b. We revised the paragraph that follows the last of the survey questions to comport with the latest CDC's guidance. The April 24, 2020 paragraph read as follows:

If you answered YES to any question above, you must immediately leave the project, contact your health care provider, and remain out of work until you are free of fever for at least three full days without the use of medicine that reduces fevers, AND your other symptoms have improved, AND at least 7 days have passed since your symptoms first appeared. Contact your supervisor BEFORE returning to work.

The revised paragraph in the May 11, 2020 version now reads:

If you answered YES to any question above, you must immediately leave the project, contact your health care provider, and remain out of work in accordance with CDC guidance.

Supporting link: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>.