

**OFFICE OF THE BOARD OF SELECTMEN AND TOWN MANAGER**



COVID-19 Control Plan as of May 22, 2020

**SCOPE**

The Town of Duxbury has developed this COVID 19 written control plan on how to safely re-open Town facilities to the public, and schedule employees to work, in compliance with mandatory safety standards to maximize safety and minimize the risk of spreading COVID-19 during the re-opening period. This Plan is a living document that shall be distributed to all employees, Board of Health and Select Board via email, posted online, kept in each fixed premise and made available in case of an inspection or outbreak and adjusted as needed based on updated information from the state.

The Town of Duxbury's COVID-19 Control Plan includes:

Standard MA COVID-19 Checklist (Office Spaces)  
COVID-19 Control Plan  
Compliance Poster/Attestation Poster Signage for  
each fixed premise  
Addendum A - Human Resource Protocols and Information  
Addendum B - Public Health Protocols and Information  
Addendum C - Building Protocols and Information  
Addendum D - List of fixed premises and responsible employee  
Addendum E - Beaches and Recreational Areas Protocols and Information Addendum

**PROCEDURE**

The Town of Duxbury shall:

1. Require all persons, including employees, customers, vendors and members of the public to wear a face covering or mask that completely covers mouth and nose, and maintain social distancing whenever possible (at least six feet apart from others) both inside and outside workplaces.
2. All employees are required to have face coverings or masks available to them.
3. Persons who refuse to wear face coverings or masks will be asked to leave the area.
4. Refusal to wear face covering or mask due a medical condition shall be handled on a case by case basis, as per the CDC's guidelines for "People Who Are at Higher Risk for Severe Illness", with a doctor's note confirming the condition and reasonable accommodation considerations.
5. All employees shall have hand washing capabilities throughout the workplace.
6. Employees shall conduct frequent hand washing and shall have adequate supplies to do so.
7. All Town facilities shall have posted signage for social distancing, hand washing and personal protective equipment (PPE).
8. Building Custodians shall sanitize high touch areas frequently throughout the workplace, such as doorknobs and restrooms, and Department Heads may adjust the frequency due to volume.
9. At the beginning and end of each work day, and as necessary, all employees shall clean their own high touch work areas such as doorknobs, workstations, equipment, screens, mouse, keyboard, phone, pens, etc.

**TRAINING**

All employees shall be trained on current social distancing, hygiene, staffing and operations, cleaning and disinfecting protocols and receive periodic updates. Posters to remind employees about these safety standards shall be displayed in all fixed premises.

## EMPLOYEE RELATED ILLNESS

1. Employees who are displaying COVID-19 like symptoms (e.g. fever, clammy, cough, chills) do not report to work and shall be sent home if displaying these, or flu like symptoms at work.
2. When an employee is diagnosed with COVID-19, cleaning and disinfecting is performed in all areas in where the employee worked.
3. Employees who are ill from COVID-19 at work and any related return-to-work plan shall utilize the Town of Duxbury's Human Resources Department policies and practices.

## CONTACT INFORMATION

Rene Read, Town Manager, 781-934-1100, ext. 5400 or [read@town.duxbury.ma.us](mailto:read@town.duxbury.ma.us)

Chief Kevin Nord, 781/934-5693 or [nord@town.duxbury.ma.us](mailto:nord@town.duxbury.ma.us)

Brian Cherry, 781/934-1100, ext. 5460 or [cherry@town.duxbury.ma.us](mailto:cherry@town.duxbury.ma.us)

Tracy Mayo, Health Agent, 781-934-1100, ext. 5490 or [mayo@town.duxbury.ma.us](mailto:mayo@town.duxbury.ma.us)

Jeannie Horne, Human Resource Director, 781-934-1100, ext. 5410 or [horne@town.duxbury.ma.us](mailto:horne@town.duxbury.ma.us)

Number of workers onsite: 170 (varies)

Mandatory Safety Standards for Workplaces

<https://www.mass.gov/info-details/reopening-mandatory-safety-standards-for-workplaces>

<https://www.mass.gov/info-details/reopening-massachusetts#sector-specific-protocols-and-best-practices>

<https://www.mass.gov/doc/beaches-guidance-for-managers-5-18-20/download>

MA COVID-19 Office Spaces Checklist <https://www.mass.gov/doc/office-spaces-checklist/download>

Control Plan Template <https://www.mass.gov/doc/covid-19-reopening-control-plan-template/download>

Compliance Attestation Poster <https://www.mass.gov/doc/compliance-attestation/download>

Employer Poster <https://www.mass.gov/doc/employer-reopening-poster/download>

Employee Poster <https://www.mass.gov/doc/employee-reopening-poster/download>

## Addendum A- Human Resources Protocols and Information

May 22, 2020

Dear colleagues,

Thank you for your attention to the protective measures that have been provided and the opportunity to share information about how to maintain our collective health and safety during this pandemic. At the end of this addendum are related links to fact sheets, posters and videos which you may find helpful. In addition, Massachusetts Inter-local Insurance Association (MIIA) and AllOne Health Employee Assistance Program (EAP) will continue to make related trainings and supplemental information available to us.

If you or a family member are feeling ill, stay home, wear a mask, avoid close contact and inform your supervisor in accordance with your Personnel Policies or Collective Bargaining Agreement. Similarly, you must immediately report to your supervisor any flu like symptoms, close contact with a person with a confirmed or suspected COVID-19 test, or your own confirmed or suspected COVID-19 test so we can initiate cleaning and disinfecting protocols.

Employees exhibiting symptoms at work will be directed to leave, use sick time, and to seek medical attention and testing through their health care provider. Stay in touch with your supervisor and Human Resources as you are able, to let us help and guide you in terms of your return to work. Please be reminded of the benefits available under the [Families First Coronavirus Response Act \(FFCRA\)](#) information previously provided to you, or contact me if you need assistance.

Employees must continue to practice good hygiene. Wash your hands upon arrival to or from work, and frequently during the day with soap, or an alcohol-based hand sanitizer, for at least 20 seconds. At the beginning and end of each day clean your work area, door knobs, surfaces, supplies and equipment, etc. using disinfectant wipes. Whenever possible, avoid touching other workspaces, do not share phones, keyboards, pens, staplers, etc. and wash or disinfect hands before and after using office equipment such as copy and fax machines. Cover coughs or sneezes with a tissue, then throw the tissue in the trash and wash your hands; if no tissue is available, cough or sneeze into your elbow. Always avoid touching eyes, nose, and mouth with your hands. If your department needs hand sanitizer, masks, gloves or disinfectant wipes please contact your supervisor or the Facilities Department.

Social distancing requirements remain in place including wearing a face covering or mask, limiting use of restrooms and kitchenettes to one person at a time and maintaining at least 6 feet from others whenever possible. These requirements apply to arrival and departure from work, entering and leaving buildings, going to the printer/copier or elsewhere, leaving your department to check the mail or bring items in another department. In order to support social distancing

Department Heads and supervisors shall limit occupancy within their office in accordance with current guidance by continuing to stagger employee work days and telecommuting whenever operationally possible. In addition, in workplaces with an elevator, capacity is limited to no more than 2 individuals (masked) at any one time and we recommend only one.

Non-public safety employees must continue communicating and meeting with coworkers, customers, vendors and members of the public virtually by phone, email, teleconference and videoconference rather than in-person. Shaking hands or other unnecessary physical contact remains prohibited. If it is legally essential that a non-employee enter a municipal building, and a Supervisor has provided approval, that person must wear a mask, wash their hands, potentially fill out a health questionnaire related to COVID-19 and provide their contact information. If something is being delivered by FedEx, UPS, etc. make every effort to meet the delivery person at the door so they do not have to enter the building. All professional travel remains suspended until further notice and any out of state travel must be reported to the employee's supervisor before reporting to work.

Bear in mind the pandemic is a fluid situation with new regulations and protocols being established each day. As such, the following will help you stay updated on federal, state and local resources and ever-developing guidance:

<https://www.coronavirus.gov/>

<https://www.cdc.gov/>

<https://www.osha.gov/SLTC/covid-19/>

<https://www.mass.gov/info-details/covid-19-updates-and-information>

<https://www.town.duxbury.ma.us/>

<https://www.town.duxbury.ma.us/human-resources/news/employee-notice-archive>

What to do if you're sick poster: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Quarantine instructions poster: <https://www.mass.gov/doc/10-tips-for-at-home-quarantine-or-self-monitoring/download>

Face covering video: <https://www.mass.gov/info-details/covid-19-prevention-and-treatment#wear-a-mask->

Social distancing poster: <https://www.mass.gov/doc/help-prevent-covid-19-with-social-distancing/download>

Washing hands, staying home when sick poster: <https://www.mass.gov/doc/stop-the-spread-of-germs-respiratory-diseases-like-flu-and->

Coping with stress poster: <https://www.mass.gov/doc/coping-with-stress-and-fear-from-covid-19/download>

Mindfulness: <https://allonehealth.com/blog/>

For Healthcare Personnel and First Responders: <https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-healthcare.html>

For All Employees: <https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-non-healthcare.html>

What Workers and Employers Can Do to Manage Workplace Fatigue During COVID-19  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/managing-workplace-fatigue.html>

Thank you again for your diligence in maintaining a safe work environment for all. Please don't hesitate to contact your Supervisor, the Town Manager or myself if you have any questions or concerns.

Best,

*Jeannie Horne*

Jeannie Horne  
Town of Duxbury  
Human Resources Director

Enclosed: Flyers (5): Help Prevent Covid-19 with Social Distancing; Stop the Spread of Germs; Coping with Stress and Fear from Covid-19; 10 Tips for At-Home Quarantine or Self-Monitoring; Prevent the Spread of Covid-19 if you are sick.

## **Addendum B - Public Health Protocols and Information**

Contact information for local health authorities

- o Tracy Mayo, Health Agent, 781-934-1100, ext. 5490 or [mayo@town.duxbury.ma.us](mailto:mayo@town.duxbury.ma.us)
- o Massachusetts Department of Public Health, 617- 624-6000
- o Mass211.org or call 2-1-1

Symptoms of COVID-19 that an employee should consider BEFORE going to work

- o Cough
- o Shortness of breath or difficulty breathing
- o Fever
- o Chills
- o Muscle pain
- o Sore throat
- o New loss of taste or smell

Look for emergency warning signs of COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- o Trouble breathing
- o Persistent pain or pressure in the chest
- o New confusion
- o Inability to wake or stay awake
- o Bluish lips or face

Check your symptoms at [www.Buoy.com/mass](http://www.Buoy.com/mass)

If you are a close contact of someone who has tested positive for COVID-19, contact your medical provider or a test site near you to schedule a test.

- o You are a close contact of a COVID-19 positive person if you were within 6 feet of them, for at least 10-15 minutes, while they were symptomatic or within the 48 hours before symptom onset.
- o COVID-19 testing for symptomatic individuals and their close contacts is free and covered by your insurance.

Tips for at home quarantine or self-monitoring

- o Stay home from work, school and away from public places.
- o Monitor for symptoms and take your temperature twice daily. If you develop symptoms or a fever, call your healthcare provider immediately
- o Rest, stay hydrated and exercise if possible. If you are able to exercise, do so in your home or yard. Avoid locations where you may come into contact with others.
- o If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have been exposed to COVID-19.
- o For medical emergencies, call 911 and notify the dispatcher you have been exposed to COVID-19.

Take everyday actions to prevent the spread of germs:

- o Wash your hands often with soap and water for at least 20 seconds, or an alcohol-based hand sanitizer that contains at least 60% alcohol.
- o Cover your cough/sneeze.
- o Avoid touching your eyes, nose and mouth.

If you are sick, as much as possible, stay in a specific room and away from other people and pets in your home and use a separate bathroom, if available.

- o Avoid sharing personal items with others in your household, like dishes, towels and bedding
- o Clean all surfaces that are touched often, like counters, tabletops and doorknobs.
- o Use household cleaning sprays or wipes according to the label instructions.
- o Make the best of your time at home by teleworking, reading, exercising or other hobbies.

### Contact Tracing

- o Communication plan used when someone is diagnosed positive or comes into close with someone diagnosed with COVID-19
- o Connects you with the support and resources, you may need through quarantine
- o Identifies and reaches out via phone and text to anyone you've been in contact with
- o Your information is confidential and will be treated as a private medical record.
- o Phone calls will use the prefix 833 and 857 and your phone will say the call is from "MA COVID Team"

### Regularly review your workspace to help prevent spread of COVID-19

- o Social Distancing
- o Hygiene Protocols
- o Staffing and Operations
- o Cleaning and Disinfecting
- o Sector Specific Safety Protocols
- o Open windows to increase ventilation
- o Get outside for fresh air during breaks
- o Continue healthy living practices to maintain your immune system

### Occupancy Limitations

- o Generally speaking, municipalities should limit occupancy of municipal office spaces to 25 percent of (a) the maximum occupancy level specified in any certificate of occupancy or similar permit or as provided for under the state building code; or (b) the business organization's typical occupancy as of March 1, 2020.
- o However, if a municipality designates a municipal office as a "COVID-19 Essential Service", which it is has discretion to do, then that Office has until July 1, 2020 to comply with the 25% occupancy limitations.
- o Further, a municipality may determine that a municipal office can exceed the maximum occupancy level if the municipality determines that it is in the interest of public health or safety considerations, or where strict compliance may interfere with the continue delivery of a critical service, as determined by the municipality. So, for example the Department of Public Health could continue to exceed the maximum occupancy after July 1, but perhaps the another Department would have to follow the 25% requirement

### Addendum C - Building Protocols and Information

All positive COVID-19 workplace cases must be reported to Facilities to coordinate a site shutdown. All employees must follow the manufacturer's specifications for PPE and read the safety data sheets for hand sanitizer and disinfectant wipes.

Departments can use the attached sign in sheet to log any trainings or PPE given to staff. Building Custodians have been trained to establish and maintain their buildings with a specific focus on cleaning of common surfaces and highly used areas, cleaning and disinfecting shared spaces and high touch areas and surfaces, and providing cleaning supplies in certain areas as requested for use by employees for their own workstations/screens. Cleaning logs will be used on the days the Custodians are working.

#### Cleaning & Disinfecting

Building: \_\_\_\_\_

Custodian: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Conduct frequent cleaning and disinfection of each building.

Scope of cleaning:

Conduct frequent cleaning of heavy traffic areas and high-touch surfaces (e.g. doorknobs, elevator buttons, staircases, railings, vending machines, bathrooms)

Clean shared spaces, such as conference rooms, kitchens, tables, chairs, common areas and restock cleaning products as needed for general use (hand sanitizer, tissues, disinfecting wipes)

The following areas must be cleaned thoroughly twice per day:

\_\_\_\_\_ Bathrooms (faucets, handles, toilets, floors)

\_\_\_\_\_ Doorknobs

\_\_\_\_\_ Vending Machines

\_\_\_\_\_ Staircases/Railings

Please complete this form and check off each item for each shift worked. These forms will be collected at the end of every week by the Building Supervisor. Should you need additional supplies or have questions, please contact your Supervisor.

## **Addendum D – List of fixed premises and responsible employees**

1. Animal Shelter - Edwardo Ramos
2. Cemetery and Crematory - Chip Locketti
3. DPW Annex - James Savonen
4. Fire Stations – Chief Kevin Nord
5. Girl Scout House - Gordon Cushing
6. Guard Shack - Chief Stephen McDonald
7. Harbormaster Department - Jake Emerson
8. Library - Denise Garvin
9. North Hill Country Club - Gordon Cushing
10. Old Town Hall - Rene' Read
11. Percy Walker Pool - Gordon Cushing
12. Police Station - Chief Stephen McDonald
13. Regional Old Colony Communications Center - Michael Mahoney
14. Senior Center - Joanne Moore
15. Tarkiln Community Center - Gordon Cushing
16. Town Hall - Peter Buttkus
17. Transfer Station - Peter Buttkus
18. Water/Sewer Stations - Peter Mackin



### **Addendum E - Beaches and Recreational Areas**

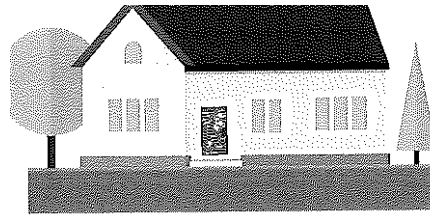
Until further information is available, see Memorandum dated May 18, 2020 from the Commonwealth of Massachusetts. Executive Office of Energy and Environmental Affairs, 100 Cambridge Street, Suite 900, Boston, MA 02114.

<https://www.mass.gov/doc/beaches-guidance-for-managers-5-18-20/>

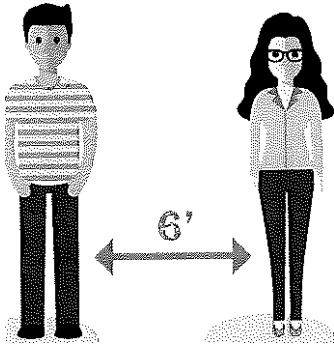
# Help Prevent COVID-19 with Social Distancing



Call/Facetime/online chat  
with friends and family.

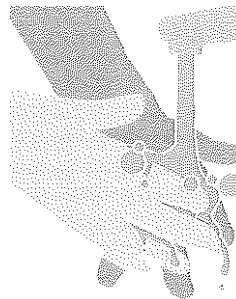


Stay home  
as much as  
you can.



If you must go out:

- Don't gather in groups
- Stay 6 feet away from others
- Don't shake hands or hug



And please continue  
to wash your hands  
frequently.

# Stop the Spread of Germs

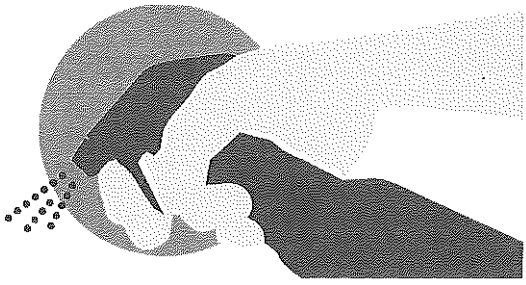
Help prevent the spread of respiratory diseases like the flu and COVID-19:



Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer.



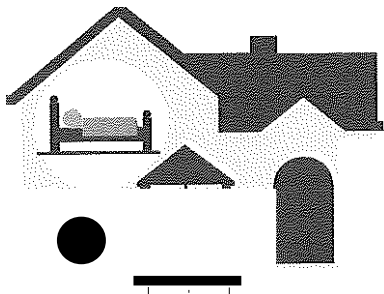
Avoid touching your eyes, nose and mouth.



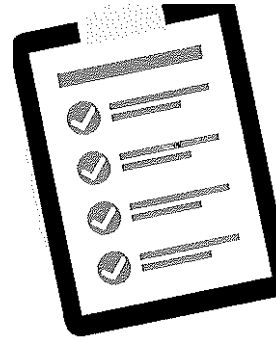
Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.



Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.



Stay home if you are sick and avoid close contact with others.



Think ahead about how to take care of yourself and your loved ones. Visit [mass.gov/2019coronavirus](https://www.mass.gov/2019coronavirus) for preparedness tips.

For more, visit: [www.mass.gov/2019coronavirus](https://www.mass.gov/2019coronavirus)



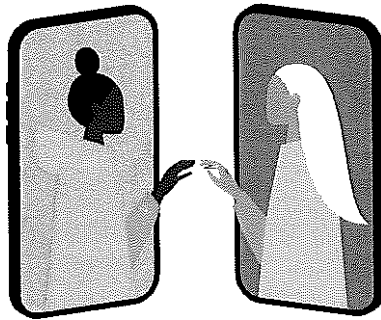
Massachusetts Department of Health

# Coping with Stress and Fear from COVID-19



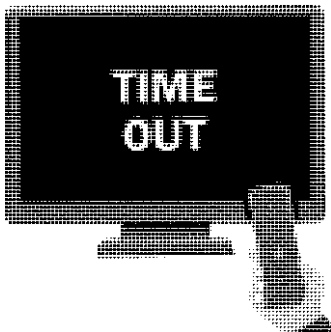
Take care of your body.

- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Take deep breaths, stretch, or meditate

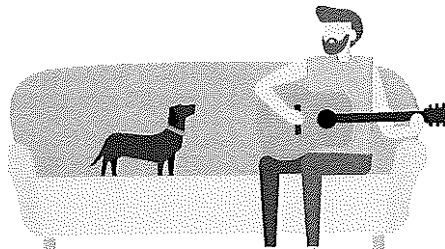


Virtually connect with others.

Talk with people you trust about your concerns and how you are feeling.



Take breaks from watching, reading, or listening to news stories, including social media.



Make time to unwind. Try to do some other activities you enjoy.

Help is available:  
Visit **Mass.gov/COVID19** or Call **2-1-1**

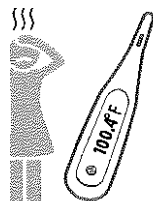
## Coronavirus Disease 2019 (COVID-19)

**If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:**

**1** **Stay home** from work, school and away from public places.



**2** **Monitor for symptoms** and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



**3** **Get rest, stay hydrated and exercise** if possible. If you are able to exercise, do so in your home or yard. Avoid locations where you may come into contact with others.




**4** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have been exposed to COVID-19.



**5** For medical emergencies, call 911 and **notify the dispatch personnel** that you have been exposed to COVID-19.



**6** <sup>1</sup> **Take everyday actions** to prevent the spread of germs.

- Clean your hands often with soap and water for at least 20 seconds, or an alcohol-based hand sanitizer that contains at least 60% alcohol.
  - Cover your cough/sneeze.
  - Avoid touching your eyes, nose and mouth.
- 
- A black and white illustration showing a hand being washed under a stream of water from a faucet. Soap suds are visible on the hand, and a bar of soap is shown on the soap dish.



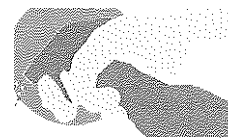
**7** As much as possible, **stay in a specific room and away from other people** and pets in your home. Use a separate bathroom, if available.



**8** **Avoid sharing personal items** with other people in your household, like dishes, towels and bedding.



**9** **Clean all surfaces** that are touched often, like counters, tabletops and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



**10** **Make the best of your time at home** by teleworking if you're able or catching up on reading, exercising or other hobbies.



**For more information, visit [mass.gov](https://mass.gov), "COVID19" or call 2-1-1**



# Prevent the spread of COVID-19 if you are sick

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

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

## Stay home except to get medical care.

**Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.



**Take care of yourself.** Get rest and stay hydrated.

**Get medical care when needed.** Call your doctor before you go to their office for care. But, if you have trouble breathing or other concerning symptoms, call 911 for immediate help.

**Avoid public transportation, ride-sharing, or taxis.**

## Separate yourself from other people and pets in your home.

As much as possible, stay in a specific room and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.



- See COVID-19 and Animals if you have questions about pets: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>

## Monitor your symptoms.

**Common symptoms of COVID-19 include fever and cough.** Trouble breathing is a more serious symptom that means you should get medical attention.



**Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.

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 not able to be woken

Bluish lips or face

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

**Call 911 if you have a medical emergency.** If you have a medical emergency and need to call 911, verify the coverage that you have or think you might have. COVID-19. If possible, put on a facemask before medical help arrives.

## Call ahead before visiting your doctor.

**Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.



**If you have a medical appointment that cannot be postponed, call your doctor's office.** This will help the office protect themselves and other patients.

## If you are sick, wear a cloth covering over your nose and mouth.

**You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).



You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people.

This will help protect the people around you.

**Note:** During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Cover your coughs and sneezes.

**Cover your mouth and nose** with a tissue

When you cough or sneeze.



**Throw used tissues** in a lined trash can.

**Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

**Clean your hands often.**

**Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom and before eating or preparing food.



**Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

**Soap and water are the best option**, especially if your hands are visibly dirty.

**Avoid touching** your eyes, nose, and mouth with unwashed hands.

**Avoid sharing personal household items.**

**Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



**Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.

**Clean all "high-touch" surfaces every day.**

**Clean and disinfect** high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.



**If a caregiver or other person needs to clean and disinfect** a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

**Clean and disinfect areas that may have blood, stool, or body fluids on them,**

**Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.

Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.

Most EPA-registered household disinfectants should be effective.

**How to discontinue home isolation**

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



- **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:

- 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

- other symptoms have improved (for example, when your cough or shortness of breath has improved)

AND

- at least 10 days have passed since your symptoms first appeared.

- **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:

- You no longer have a fever (without the use of medicine that reduces fevers)

AND

- other symptoms have improved (for example, when your cough or shortness of breath has improved)

AND

- you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

**In all cases, follow the guidance of your healthcare provider 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. Local decisions depend on local circumstances

