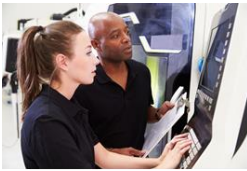
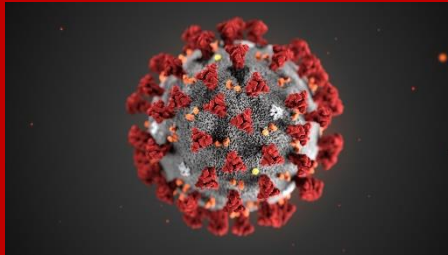




Empowers

Internship & Work Experience Handbook

COVID- 19 Addendum



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Anoka County *Empowers* Youth Programs
COVID – 19 Addendum

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Overview

Since March 2020 the entire country has been working on a unified response to fighting the COVID-19 disease. The situation changes daily, and we want you and your work experience to be safe. If you have any questions or concerns, please reach out to your counselor at any time.

This handbook is for general guidance. Please speak with medical professionals if you have medical personal questions or concerns. This information is only meant to be an overview.

The COVID-19 Disease

1. COVID-19 is a viral respiratory illness caused by a coronavirus that has not been found in people before.
2. Because this is a new virus, there are still things we do not know, such as how severe the illness can be, how well it is transmitted between people, and other features of the virus. More information will be provided when it is available.

Severity

1. Many people with COVID-19 disease get better without going to a clinic or into a hospital. Their illness is mild or moderate.
2. The risk of severe illness is higher for some people. Ask your health care provider if you have greater risk of getting sicker.
3. People at higher risk may be:
 - Age 65 and older.
 - Living in a nursing home or long-term care facility.
 - Any age if they have underlying health conditions, especially if the conditions are not well controlled:
 - ✓ Chronic lung disease or moderate to severe asthma
 - ✓ Serious heart conditions
 - ✓ Severe obesity with body mass index (BMI) of 40 or higher
 - ✓ Diabetes
 - ✓ Chronic kidney disease undergoing dialysis
 - ✓ Liver disease
4. Immunocompromised. Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.

How it Spreads

1. The virus is thought to spread mainly from person-to-person through respiratory droplets produced when an infected person coughs or sneezes.
 - It spreads between people who are in close contact with one another (within about 6 feet).
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
2. It is also possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. Washing your hands with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol and cleaning frequently touched surfaces often is a good way to prevent you from getting COVID-19 from touching surfaces.
3. Some spread might be possible before people show symptoms (when they are asymptomatic).

When to Wear a Mask

1. The federal government has issued some new guidance on the use of cloth face coverings to help slow the spread of COVID-19. CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies).

2. Here are a few important things to keep in mind:
 - Masks or cloth face coverings can help with preventing **your** germs from infecting others – especially in situations where you may spread the virus without symptoms.
 - Wearing a mask **does not** protect you from others who may spread the virus. So, whether you wear a mask or not, you still need to wash your hands frequently, cover your cough, and practice social distancing by keeping at least 6 feet of space between people.
3. People who are sick shall still stay home. Wearing a mask does not mean people who are sick should go out into the community. If you are sick and need to go to the doctor, call your health care provider before going in and wear a mask to the clinic.
4. **Don't buy or wear surgical or N95 masks.** These supplies are in high need in health care facilities to protect health care workers.
5. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Symptoms of COVID-19

1. Symptoms of COVID-19 can include fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell. Other less common symptoms include gastrointestinal symptoms like nausea, vomiting, or diarrhea.
2. These symptoms may appear 2-14 days after you are exposed to the virus that causes COVID-19.
3. Not everyone with COVID-19 has all of these symptoms, and some people may not have any symptoms.
4. Talk to your health care provider if you have questions or concerns about symptoms.

What Should I do if I am Sick?

At the first sign of illness, you shall communicate with your supervisor. If you feel ill, stay home or leave work immediately to avoid exposing coworkers and/or the public. You should remain home until you have recovered. Follow MN Department of Health guidelines regarding when to seek medical attention. If you are going to a healthcare provider because you think you may have COVID-19, call your provider ahead of time to let them know. This will help them take steps to keep other people from getting exposed.

Contact with Someone who has COVID-19

1. If you are a close contact (e.g., household or intimate contact) of someone who was told by their health care provider that they have COVID-19, you should monitor your health for 14 days.
2. Stay home as much as possible.

How Long to Stay Home if Sick

If you have symptoms of COVID-19, stay home until all three of these things are true:

- You feel better. Your cough, shortness of breath, or other symptoms are better.
and
- It has been 10 days since you first felt sick.
and
- You have had no fever for the last three days, without using medicine that lowers fevers.
- Talk to your health care provider if you have questions.
- If a lab test shows you have COVID-19, someone from the health department will give you more information and answer your questions.

How to Protect Yourself

1. Frequent and complete HANDWASHING, with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol, is still the number one action you can take.
2. When possible, wash or disinfect your work area.
3. DON'T shake hands with others and maintain distance from others when possible.
4. DON'T touch your face
5. TAKE CARE of yourself. Get plenty of rest and sleep. Eat well and exercise. Reduce stress. Stress, lack of sleep, and unhealthy habits increase the risk of illness.
6. Keep up to date on ACCURATE information. Links to CDC, Minnesota Health Department, and Anoka County information are here:
 - <https://www.health.state.mn.us/diseases/coronavirus/index.html>
 - <https://www.cdc.gov/media/index.html>
 - <https://www.anokacounty.us/3850/2019-Novel-Coronavirus-Situation-Summary>

You can find information at these sites about travel notices, risk assessments, guidance on how to avoid spreading infection, and health information.

PPE (Personal Protective Equipment)

1. Your worksite will provide you with the protective equipment that you will need to do your job. These items may include"
 - Face Mask
 - Gloves
 - Face Shield
 - Goggles
 - Disinfectant
2. Your worksite will provide you with the training needed to safely use your PPE.
3. You are required to follow your worksites instructions for being safe and wearing the protective equipment they require. If you have any concerns with this, talk to your direct supervisor or your youth counselor.

Sources for this information

This information was gathered from the following links:

<https://www.health.state.mn.us/diseases/coronavirus/basics.html>

<https://mn.gov/covid19/>

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Coronavirus-Disease-2019-Basics>