

Should I go out on the site visits or should I stay home?

1. Follow your employer's policies.
2. Do not carpool with anyone.
3. Consider the CDC's risk factors for severe illness.

Elderly people and those who are vulnerable as a result of illness should take additional precautions. People at high risk of severe illness from COVID-19, including elderly people and those who are sick, are urged to stay in their residence to the extent possible except as necessary to seek medical care. According to CDC, those at high-risk for severe illness from COVID-19 include people who are sixty-five years or older and people of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma;
 - People who have serious heart conditions;
 - People who are immune compromised;
 - People with severe obesity (body mass index [BMI] of 40 or higher);
 - People with diabetes;
 - People with chronic kidney disease undergoing dialysis; and
 - People with liver disease.¹
4. Consider your previous risk of exposure to coronavirus. Are there members of your household who are regularly in proximity to other people, like an essential worker?
 5. Are you now or have you recently experienced any symptoms?

You may have COVID-19 if you:

- Have one or both of these symptoms:
 - Cough.
 - Shortness of breath/difficulty breathing.
- Have at least two of these symptoms:
 - Fever.
 - Chills.
 - Repeated shaking with chills.
 - Muscle pain.
 - Headache.
 - Sore throat.²

¹ [Stay Safe Ohio Order](#), 5/1/20

² [COVID-19 Symptoms](#), Ohio Department of Health

If you have recently experienced these symptoms, we recommend staying home unless you meet ALL THREE of the following criteria:

- You have had NO fever for at least three (3) days without taking medication to reduce fever during that time.
- There is improvement in your respiratory symptoms (cough and shortness of breath) for three (3) days.
- At least seven (7) days have passed since your symptoms began.³

What should I bring?

We recommend bringing the following:

- Hand sanitizer
- Mask or face covering (see checklist below)
- Cleaning wipes
- Tissues
- Cell phone
- Earbuds or headset (to facilitate on-site communications)
- Car charger for cell phone
- Lunch (if desired; you will have time to buy a lunch)
- Weather gear, means for taking notes, water bottle... the usual.

Other recommended preparations

1. Clean/wipe your cell phone, personal items, and frequently touched parts inside your car (steering wheel, door handle, etc.)
2. Take your temperature with a thermometer before you leave. If you have a fever at or above 100.4 degrees Fahrenheit, stay home. Also monitor for coughing and trouble breathing and stay home if they occur.

Checklist for Cloth Face Coverings (Masks)⁴

The Centers for Disease Control and Prevention (CDC) has recommended that Americans wear cloth face coverings (masks) in public to help slow the spread of COVID-19. This recommendation is being made based on studies that show a significant proportion of people with COVID-19 lack symptoms and can transmit the virus to others in close proximity, through speaking, coughing, sneezing or other means.

³ [Screening Employees for COVID-19](#), Ohio Department of Health

⁴ [COVID-19 Checklist for Cloth Face Coverings \(Masks\)](#), Ohio Department of Health

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that Ohioans take the following actions:

- Use coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, and public parks.
- Maintain 6-foot social distancing whenever possible, even if you are wearing a face covering.
- DO NOT use medical supply masks, which must be reserved for healthcare workers, first responders, and people who are known to be sick.

Other Dos and Don'ts

- DO use coverings that fit snugly but comfortably and allow for breathing without restriction. Secure behind the head with ties or ear loops. Wear horizontally.
- DO NOT touch the mask while wearing it. If you do, wash your hands immediately.
- DO ensure that your nose, mouth, and chin are covered at all times.
- DO NOT allow the mask to slip under your nose and DO NOT untie straps/unhook ear loops.
- DO wash your hands before putting on and immediately after removing.
- DO NOT touch your eyes, nose, or mouth when removing the face covering.
- DO launder coverings after each use.
- DO NOT wear when wet from laundering or from spit or mucus.