

FIELD WORKER GUIDANCE

Preventing the Spread of Illness

HELP PREVENT THE SPREAD OF ILLNESSES

- Stay home when you are sick, except to get medical care.
- Avoid close contact with people who are sick.
- Cough or sneeze into your elbow or a tissue.
- Avoid touching your eyes, nose, and mouth.
- Frequently wash your hands with soap and water for at least 20 seconds and do so prior to eating or drinking. Use hand-sanitizer if hand washing facilities are not available.
- Clean and disinfect frequently touched objects and surfaces.
- Use social distancing practices.

BEST PRACTICES FOR CLEANING & DISINFECTING

- Disinfect your workspace at the beginning and end of every shift.
- Perform routine cleaning on all frequently touched surfaces. For field crews, this may include your vehicle interior, shared tools and equipment, cabinets and enclosure doors and handles, etc.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- Diluted household bleach solutions or alcohol solutions with at least 70% alcohol are effective if regular cleaners are not available.

BEST PRACTICES FOR SOCIAL DISTANCING

- Supervisors should allow working remotely if possible.
- Split workers into two or more teams, working at separate remote facilities. Use the minimum number of workers necessary to perform a task.
- Conduct tailboards and other required staff gatherings outside when possible and maintain at least six feet of distance between participants.
- Minimize interaction with other workers contractors, and the public.
- When possible, workers should drive separate vehicles. Vehicles with multiple occupants should increase ventilation by opening windows or adjusting air conditioning.
- Minimize gatherings and meetings. Use text or phones calls to limit interaction.
- Defer conferences and training and cancel non-essential business travel.
- Bring your lunch, drinks, and other daily needs with you to avoid visiting restaurants and stores.
- Avoid shaking hands.

BEST PRACTICES FOR ILLNESS SYMPTOMS

- Workers not feeling well should notify their supervisor and stay home from work.
- Symptoms of COVID-19 include a fever, cough, shortness of breath, chills, repeated shaking with chills, diarrhea, change in the ability to smell and taste, nasal congestion, sore throat, body aches and headaches.
- If you have a fever with respiratory symptoms, call your medical provider for guidance before your appointment.
- Isolate yourself from others until you receive further instructions from your healthcare provider.