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LOUIS ♦
COUNTY
MINNESOTA

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CONDUCT HEALTH SCREENING EACH TIME EMPLOYEES OR VISITORS ENTER THE FACILITY.

You may also opt to conduct temperature screening if it can be done with proper social distancing, protection, and hygiene protocols. However, temperature screening is not required.

If a worker or visitor answers “Yes” to any of the screening questions or has a measured temperature above 100.4°F, they should be advised to go home, stay away from other people, and contact their health care provider.



Visitor and Employee Health Screening Checklist

Have you had any of the following symptoms since your last day at work or the last time you were here that you cannot attribute to another health condition?

Please answer “Yes” or “No” to each question. Do you have:

- ☐ **Fever (100.4 F or higher), or feeling feverish?**
- ☐ **Chills?**
- ☐ **A new cough?**
- ☐ **Shortness of breath?**
- ☐ **A new sore throat?**
- ☐ **New muscle aches?**
- ☐ **New headache?**
- ☐ **New loss of smell or taste?**

COVID-19 Community Partner Facility/Home Plans

We are asking to partner and develop plans for Isolation and Quarantine in your current setting. As much as possible we aim to keep everyone in place (shelter in place in their current setting) and Isolate and Quarantine where they are residing. ***Remember that if people are in good health and are not in the high risk categories and do become exposed or infected, they will likely have mild to moderate symptoms (will not need acute medical care or hospitalization) that are manageable in appropriate congregate settings*** (WHAT is considered appropriate— groups of 10 or less in a given space without wall separation that allows for 6 foot social distancing – if you have a facility where people can congregate in separate rooms based on their status, especially with options for appropriate space and social distancing. Please see Group Quarantine and Group Isolation guidelines.

How will we know if we should Isolate & Quarantine in our home or facility?

Please refer to the *St. Louis County COVID-19 Planning, Response, and Guidelines*

[CDC Prevention Steps for People Confirmed to Have, or Being Evaluated for, COVID-19 Infection](#)

If you are confirmed to have, or being evaluated for, COVID-19 infection you should follow the prevention steps below until a healthcare provider or local or state health department says you can return to your normal activities.

- **Stay home**
You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas, and do not use public transportation or taxis.
- **Separate yourself from other people in your home**
As much as possible, you should stay in a different room from other people in your home. Also, you should use a separate bathroom, if available.
- **Call ahead before visiting your doctor**
Before your medical appointment, call the healthcare provider and tell him or her that you have, or are being evaluated for, COVID-19 infection. This will help the healthcare provider's office take steps to keep other people from getting infected.
- **Wear a facemask if you have access to one**
You should wear a facemask when you are in the same room with other people and when you visit a healthcare provider. If you cannot wear a facemask, the people who live with you should wear one while they are in the same room with you, making sure to discard and not reuse their masks each time.
- **Cover your coughs and sneezes**
Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds.
- **Wash your hands**
Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.



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- **Avoid sharing household items**

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.

- **Monitor your symptoms**

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** going to your medical appointment, call the healthcare provider and tell him or her that you have, or are being evaluated for, COVID-19 infection. This will help the healthcare provider's office take steps to keep other people from getting infected. Ask your healthcare provider to call the local or state health department.

Prevention Steps for Caregivers and Household Members

If you live with, or provide care at home for, a person confirmed to have, or being evaluated for, COVID-19 infection, you should:

- Make sure that you understand and can help the person follow the healthcare provider's instructions for medication and care. You should help the person with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Have only people in the home who are essential for providing care for the person.
 - Other household members should stay in another home or place of residence. If this is not possible, they should stay in another room, or be separated from the person as much as possible. Use a separate bathroom, if available.
 - Restrict visitors who do not have an essential need to be in the home.
 - Keep elderly people and those who have compromised immune systems or certain health conditions away from the person. This includes people with chronic heart, lung or kidney conditions, and diabetes.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wear a disposable facemask, gown, and gloves when you touch or have contact with the person's blood, body fluids and/or secretions, such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea.
 - Throw out disposable facemasks, gowns, and gloves after using them. Do not reuse.
 - Wash your hands immediately after removing your facemask, gown, and gloves.
- Avoid sharing household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with a person who is confirmed to have, or being evaluated for, COVID-19 infection. After the person uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly").
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them.
 - Read label of cleaning products and follow recommendations provided on product labels. Labels contain instructions for safe and effective use of the cleaning product including



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- precautions you should take when applying the product, such as wearing gloves or aprons and making sure you have good ventilation during use of the product.
- Use a diluted bleach solution or a household disinfectant with a label that says “EPA-approved.” To make a bleach solution at home, add 1 tablespoon of bleach to 1 quart (4 cups) of water. For a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water.
- Wash laundry thoroughly.
 - Immediately remove and wash clothes or bedding that have blood, body fluids and/or secretions or excretions on them.
 - Wear disposable gloves while handling soiled items. Wash your hands immediately after removing your gloves.
 - Read and follow directions on labels of laundry or clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the clothing label.
- Place all used gloves, gowns, facemasks, and other contaminated items in a lined container before disposing them with other household waste. Wash your hands immediately after handling these items.
- Monitor the person’s symptoms. If they are getting sicker, call his or her medical provider and tell him or her that the person has, or is being evaluated for, COVID-19 infection. This will help the healthcare provider’s office take steps to keep other people from getting infected. Ask the healthcare provider to call the local or state health department.
- Caregivers and household members of a person who is confirmed to have, or being evaluated for, COVID-19 infection, are considered “close contacts” and should monitor their health. Follow the prevention steps for [close contacts](#) below. ****Precautions indicate a 14 day Quarantine would be justified.***

Prevention Steps for Close Contacts

If you have had close contact² with someone who is confirmed to have, or being evaluated for, COVID-19 infection, you should:

- Recommended 14 day self-quarantine and monitor your health starting from the day you were first exposed to the person and continue for 14 days after you were last exposed to the person. Watch for these signs and symptoms:
 - Fever³. Take your temperature twice a day.
 - Coughing.
 - Shortness of breath.
 - Other early symptoms to watch for are chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.
- If you develop symptoms, follow the [prevention steps](#) described above, and call your healthcare provider as soon as possible. **Before** going to your medical appointment, call the healthcare provider and tell him or her about your possible exposure to COVID-19. This will help the healthcare provider’s office take steps to keep other people from getting infected. Ask your healthcare provider to call the local or state health department.
- If you do not have any symptoms, you can continue with your daily activities, such as going to work, school, or other public areas.



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CDC advises that people follow prevention steps to help reduce their risk of getting infected with respiratory viruses, like COVID-19. For more information, see [CDC's Coronavirus \(COVID-19\)](#).

[SPECIFIC GUIDANCE FOR HOMELESS SHELTERS](#)

What do I do if we are not able to support the needs in Isolation & Quarantine in our home or facility?
Contact your Public Health Liaison or Social Services contact to develop a contingency plan.

Sources for the most up-to-date information: [Center for Disease Control and Prevention](#), [MN Department of Health](#), [World Health Organization](#), [St. Louis County, MN](#)



COVID-19 Planning, Response, and Guidelines

Essential Services: Minnesota's isolation and quarantine law, enacted in 2002 as part of the Minnesota Emergency Health Powers Act, contains a provision that serves as the legal basis for the Commissioner of Health to isolate and quarantine certain individuals. Minnesota Statutes section 144.419, subdivision 2(g), states:

The needs of persons isolated and quarantined shall be addressed in a systematic and competent fashion, including, but not limited to, providing adequate food, clothing, shelter, means of communication between those in isolation or quarantine and those outside these settings, medication, and competent medical care.

MN Department of Health (MDH) Role: Responsible for following up with Isolated and Quarantined individuals to monitor their status and needs. If the Isolated or Quarantined individual has an essential need they are unable to meet within their circle of support, MDH will inform Public Health of that need. Also, MDH is responsible to contact the close contacts of Isolated or Quarantined individuals and may order Quarantine of those contacts for 14 days following the last exposure for each of those individuals.

St. Louis County Public Health Essential Services Duty: Public health has a legal and ethical duty to assure that essential needs are addressed for individuals who are in isolation and quarantine (I/Q). This includes individuals who are in I/Q pursuant to a court order obtained by MDH, as well individuals who are cooperating voluntarily with I/Q pursuant to MDH recommendation. Public Health awaits reports of individuals in Isolation or Quarantine from MDH regarding Essential Service needs.

COVID-19 Symptoms Testing Threshold (*as of March 23rd, 2020 – may change as more or less tests become available*): Per CDC: Persons with confirmed COVID-19 have mild to severe respiratory illness with symptoms of (1) a fever of over 100 degrees (2) cough, (3) shortness of breath and feeling fatigue. In order to be tested, you must have all of these symptoms. Congregate care settings are a testing priority, along with health care workers and hospitalized individuals. Otherwise, tests are very limited and unless symptoms are severe and need medical intervention people are advised to assume they have COVID-19 and self-quarantine for 14 days to reduce the spread.

CURRENT COVID-19 REALITY: We need to assume that many people have COVID-19 and are either asymptomatic (do not have any symptoms) or have minor and very manageable symptoms that do not meet testing threshold but could infect others. It is recommended that anyone with signs of respiratory illness: fever, cough, shortness of breath self-quarantine for 7 days after symptom onset or 72 hours after fever resolves, whichever is longer. We must prioritize protecting individuals who are high risk for acute medical intervention should they become Isolated and Quarantined. At all costs do not expose high-risk individuals!

Based upon available information to date, those at high-risk for severe illness from COVID-19 include:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- Other high-risk conditions could include:
 - People with chronic lung disease or moderate to severe asthma
 - People who have heart disease with complications



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- People who are immunocompromised including cancer treatment
- People of any age with severe obesity (body mass index [(BMI)] ≥ 40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease might also be at risk
- People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk

Many conditions can cause a person to be immunocompromised, including cancer treatment, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications

EVERYONE SHOULD DO THE FIVE – Help stop coronavirus

- **HANDS** Wash them often
- **ELBOW** Cough into it
- **FACE** Don't touch it
- **SPACE** Keep safe distance (at least 6 feet)
- **HOME** Stay if you can

National Prevention Recommendations & Mandates Social Distancing and Shelter in Place

Social Distancing: Recommendations to stop or slow down the spread of disease allowing the health care system to more readily care for patients over time.

Cancelling events that are likely to draw crowds is an example of social distancing. Social distancing is deliberately increasing the physical space between people to avoid spreading illness. Staying at least six feet away from other people lessens your chances of catching COVID-19.

Other examples of social distancing that allow you to avoid larger crowds or crowded spaces are:

- Working from home instead of at the office
- Closing schools or switching to online classes
- Visiting loved ones by electronic devices instead of in person
- Cancelling or postponing conferences and large meetings

Shelter in Place: Recommends residents stay in their homes and limit travel to essential trips, like picking up groceries, going to the bank, or receiving medical care.

ST. LOUIS COUNTY COMMUNITY COVID-19 PANDEMIC GOAL & PRIORITY: As much as possible we aim to keep everyone in place (shelter in place in their current setting) and Isolate and Quarantine where they are residing.

ISOLATION AND QUARANTINE

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease and prevents the spread.

Isolation separates those who have been tested and are awaiting results (4-5 day wait), or has tested positive for COVID-19 from people who have not. Isolation is for 7 days after symptom onset or 72 hours after fever, whichever is longer.

Group Isolation separates groups of Isolated individuals (those who have tested positive for COVID-19) to congregate together for 7 days after symptom onset or 72 hours after fever, whichever is longer.



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Quarantine separates and restricts the movement of people who were exposed to a person who has been tested and are awaiting results (4-5 day wait), or has tested positive for COVID-19 to see if they become symptomatic. Health experts recommend that self-quarantine lasts 14 days. Two weeks provides enough time for them to know whether or not they will become ill and be contagious to other people. Someone who is released for COVID-19 quarantine is not considered at risk for spreading the virus to others (because they did not become ill during the incubation period).

Group Quarantine is the same as quarantine except that people quarantine in groups/congregate settings.

Self-quarantine involves:

- Using standard hygiene and washing hands frequently
- Not sharing things like towels and utensils
- Staying at home
- Not having visitors
- Staying at least 6 feet away from other people in your household
- Once your quarantine period has ended, if you do not have symptoms, follow your doctor's instructions on how to return to your normal routine.

If you have had close contact with a person that is symptomatic or had a lab-confirmed COVID-19 person should:

- monitor their health
- Call your local healthcare provider right away if they develop symptoms.
- Avoid sharing household items with the patient (utensils, towels, bedding). If patient has used these items- you should wash them all thoroughly-immediately.
- Clean all "high touch surfaces with cleaning spray and/or wipes.
- Prohibit visitors that do not have an essential need to be in the home.
- Household members should handle pets. Anyone with symptoms should not handle pets or their care.
- Practice good hygiene frequently. Wash your hands often with soap and water. Do not touch your eyes, nose and mouth. If you do, wash your hands.
- If a household member, partner or caregiver has to be in the same room as a patient who has symptoms or has been lab tested, always wear a mask and gloves if you need to perform caregiving needs. Throw the mask away and gloves and do not reuse.
- Discuss any additional questions with your state or local health department or healthcare provider. Check available hours when contacting your local health department.



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SPECIFIC GUIDANCE FOR HOMELESS SHELTERS

WHAT TO DO

- If someone has all 3 symptoms and may need to be tested call your health care provider:
 - St. Luke's' Hotline: 218-249-4200
 - Essentia's Hotline : 1-833-494-0836
 - Essentia Health E-Visit – Free COVID-19 Screening
https://essentia.zipnosis.com/?_ga=2.116503045.2073315437.1584991490-1958451260.1584991490
 - St. Louis County: 218-625-3600
 - CDC Information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - MDH: <https://www.health.state.mn.us/diseases/coronavirus/situation.html> Hotlines are listed.
 - Fairview Range Medical Center (Hibbing): 218-262-4881
<https://www.mhealth.org/Care/Conditions/COVID-19>
- If medical professionals recommend the symptomatic individual comes in for testing follow their recommendations for safe transport. This will help the healthcare provider's office take steps to keep other people from getting Isolated and Quarantined.
- If someone is tested and needs to be in isolation for 4-5 day waiting period. It is ideal that an individual remain in their current setting in isolation if at all possible.
 - If that is not possible contact your assigned Public Health Liaison or Social Services contact.
- If someone has acute medical needs they will be admitted to the hospital

Each facility, foster home, shelter, or home will be assigned a Public Health Liaison or Social Services point person. You will have the name, phone number, and email of that individual as well as other back-up contacts in case your licenser is unavailable in the case of an emergency and they are unable to be reached. If this is a medical emergency or need please contact your health care provider.

St. Louis County Public Health and Human Services is working diligently to develop appropriate resources for Isolation & Quarantine needs that cannot be met in the current setting.

Sources for the most up-to-date information: [Center for Disease Control and Prevention](#), [MN Department of Health](#), [World Health Organization](#), [St. Louis County, MN](#)

