COVID-19 Checklist

Checklist: Essential Workers Potentially Exposed To COVID-19

Protecting Against COVID-19

The Centers for Disease Control and Prevention (CDC) advises that critical infrastructure workers may be permitted to continue work following potential exposure to COVID-19, provided they remain asymptomatic and additional precautions are implemented to protect them and the community. (A potential exposure is a household member or any close contact (within 6 feet) with an individual with confirmed or suspected COVID-19. The timeframe for contact includes the 48 hours before the individual became symptomatic.

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends using the following safety practices if a critical infrastructure worker has had potential exposure.

The employer should:

☑️ Employers should measure the employee’s temperature and assess symptoms prior to the start of each workday, ideally before the employee enters the facility.

☑️ Increase cleaning and disinfecting of workspaces, offices, bathrooms, common areas, and shared electronic equipment.

☑️ Send the employee home immediately if symptoms develop during the workday.
   - Clean and disinfect surfaces in the employee’s workspace.
   - Compile information on people who had contact with the ill employee, going back to two days prior to symptoms developing.
     o Others at the facility with contact within 6 feet of the employee during this time should be considered exposed.

☑️ Work with facility maintenance staff to increase air exchanges.

☑️ Consider pilot testing the use of face masks to ensure they do not interfere with work assignments.

The employee should:

☑️ If there is no temperature or symptoms, self-monitor under the supervision of the employer’s

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occupational health program.

- Wear a face mask while in the workplace for 14 days after last exposure. Employers can issue facemasks or can approve employees’ supplied cloth face coverings.

- Maintain 6 feet from others as work duties permit.

- Refrain from sharing headsets or other objects that are near the mouth or nose.

- Stagger breaks and don’t congregate in the break room or other common areas. Don’t share food or utensils.

For more information on COVID-19, please visit coronavirus.ohio.gov

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword “4HOPE” to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

Additional resources:


For more information, visit: coronavirus.ohio.gov