

Cooper County, Missouri

THE WAY AHEAD



COVID-19 Recovery
May 14, 2020

Executive Summary

During the initial phase, we can gradually start to reopen economic and social activity. This will be a deliberate process and is flexible to adapt to the situation. Some communities may be able to reopen at a faster rate, while others may need to continue restrictions to keep the virus from spreading. During this time, we should limit our activity and interactions and continue to maintain social distancing and practice good hygiene to protect our neighbors and ourselves.

The plan to reopen the economy and get Missourians back to work is based on ensuring a healthy workforce by:

Flattening the curve and expanding healthcare capacity, while utilizing federal programs and deploying state resources.

Making decisions based on Missouri-specific data and medical expertise.

Protecting healthcare workers, first responders, and other direct care workers so that our citizens have access to the care they need.

Looking after our most vulnerable and at-risk populations.

Partnering with community leaders and incorporating flexibility based on each community's circumstances.

Slowing and containing the spread of COVID-19; and

Implementing a measured approach to mitigate risk of a resurgence.

This is a working document and intended to provide recommendations and guidance to implementing measures to mitigate the exposure of the Coronavirus and spread of disease. It is not intended to be a comprehensive guide.

Questions, Comments, or Suggestions may be directed to:

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Introduction

Cooper County has compiled some best practices and is providing the following guidelines and suggestions to assist, individuals, families, businesses, organizations, churches, and other entities to create safe practices as they seek to restore operations and employees returning to work.

The Recovery Plan requires citizens to maintain six feet of social distancing space in most cases. There are certain situations that require additional procedures to protect businesses, communities, and citizens. Refer to the [Health Order for more details](#).⁽¹⁾

Missouri businesses have played a critical role in the effort to stop the spread of COVID-19. As local and statewide restrictions were put into place, many employers drastically altered their operations with some closing their doors completely. As the response continues, many employers across the state are working to develop strategies to enable them to reopen when the threat subsides. ⁽²⁾

As businesses establish their procedures for re-opening, we strongly recommend employers start by reviewing the comprehensive guidance available from the Department of Labor's Occupational Safety and Health Administration (OSHA) and the Centers for Disease Control and Prevention (CDC). ⁽²⁾

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Individual/Family Recommendations

Things to consider for Individuals and Families

- Continue to practice good hygiene
- Wash your hands with soap and water especially after touching frequently used items or surfaces. Wash hands with soap and water for at least 20 seconds.
- Using hand sanitizer does not replace hand washing!
- Avoid touching your face
- Sneeze or cough into a tissue, or the inside of your elbow
- Disinfect frequently used items and surfaces as much as possible
- Strongly consider using face coverings while in public settings, and particularly when using public transit systems or public indoor facilities including retail businesses, restaurants, and places of worship. If your health does not permit you to wear face coverings for the length of time you will be inside a public facility, consider staying home. Children less than 2 years of age should never wear face coverings.
- All individuals, WHEN IN PUBLIC (e.g. parks, outdoor recreation areas, shopping areas), should maximize physical distance from others.
- Minimize non-essential travel
- Elderly or otherwise vulnerable populations should take enhanced precautionary measures to mitigate the risks of contracting COVID-19.
- Individuals may go to and from a place of worship, provided that limitations on social distancing are properly adhered to.

People who feel sick should stay home

- Do not go to work, school, or participate in activities that you will be around others
- Contact and follow the advice of your medical provider
- Stay home until you are fever free for 72 hours (3 days) without fever reducing medicines
- Persons who have been tested for COVID-19 **must** stay home until they receive their test results. If the test is positive, follow the guidance of your health care provider.
- At risk personnel should avoid exposure and use universal health care precautions when around potentially high-level risk situations.

General Business Recommendations

Things to consider for Phase One: Businesses, Employers, Organizations, Places of Worship and other Public entities.

Develop and implement appropriate policies, in accordance with Federal, State, and local guidance, and informed by industry best practices, <https://www.cdc.gov/coronavirus/2019-ncov/index.html> regarding:

Protect employees

- Checking on their well-being and health before every work shift by screening employees for possible exposure or COVID-19 symptoms
- Providing them with Personal Protective Equipment and training as appropriate, including:
 1. Washing with soap and water for at least 20 seconds
 2. Hand sanitizer
 3. Face masks
 4. Nitrile gloves (as appropriate)
 5. Face shields (as appropriate)
- Asking our customers to kindly wear face masks when interacting with employees
- Modify physical workspaces to maximize social distancing.
- Minimize business travel.
- Develop an infectious disease preparedness and response plan, including policies and procedures for workforce contact tracing when an employee tests positive for COVID-19.
- Monitor workforce for indicative symptoms. Do not allow symptomatic people to physically return to work until cleared by a medical provider.

Protect customers

- Monitoring social distancing within stores, to include:
 - Placing spacing marks six feet apart near registers, cue lines, etc.
 - Encouraging guests not to congregate in large groups
- Making hand sanitizer readily available at every entrance
- Wearing face masks when dealing with customers
- Washing and/or sanitizing our hands on a regular basis
- Sanitizing frequently used surfaces “customer touch points” such as doorknobs, handles, push plates, shopping carts, and fuel pump handles on a frequent basis
- Promptly cleaning up any spills or breakage
- Designating parking spots for curbside delivery that leave room for customers and employees to maintain six (6) feet between them
- Training employees to place goods in the rear seat of a customer’s vehicle to minimize physical contact
- Encourage customers to pay online or over the phone to minimize physical contact

Determine the occupancy load

Measure the square footage of the space employees, customers or congregations will occupy.

1. If 10,000 or more square feet divide by 30 = Quotient
Quotient x 0.25 = Occupancy Limit
2. If less than 10,000 square feet divide by 30 = Quotient
Quotient x 0.10 = Occupancy Limit
3. Occupancy Limit minus (-) maximum employees at one time = customer or congregation limit at one time. This is a recommendation to enhance protection for everyone.

Prepare to implement basic infection prevention measures informed by industry best practices

- Testing, isolating, and contact tracing; and
- Sanitation, including disinfection of common and high-traffic areas (entrances, breakrooms, locations where there is high-frequency employee interaction with the public/customers).

Develop, implement, and communicate about workplace flexibilities and protections

- Encouraging telework whenever possible and feasible with business operations.
- Returning to work in phases and/or split shifts, if possible.
- Limiting access to common areas where personnel are likely to congregate and interact; and
- Ensuring that sick leave policies are flexible and consistent with public health guidance.

- Social distancing requirements shall apply in all situations, including, but not limited to, when customers are standing in line or individuals are using shared indoor or outdoor spaces.
- Social distancing requirements do not apply to individuals performing job duties that require contact with other people closer than six feet. They should take enhanced precautionary measures to mitigate the risks of contracting or spreading COVID-19.
- Retail businesses shall limit the number of individuals in any particular location. Consult the Health Order and FAQs for additional details.
- Restaurants may offer dining-in services but must adhere to social distancing and other precautionary public health measures. Tables must be spaced at least six feet apart. Communal seating areas for parties that are not connected are prohibited. There can be no more than ten people at a single table. The continued use of drive-thru, pickup, or delivery options is encouraged.
- People shall not visit nursing homes, long-term care facilities, retirement homes, or assisted living homes unless to provide critical assistance or in end-of-life circumstances.

HR Policies (Excerpts from the CDC website)

Review human resources policies to make sure that policies and practices are consistent with public health recommendations and are consistent with existing state and federal workplace laws.

Sick Leave

- Ensure that sick leave policies are flexible and consistent with public health guidance and that employees are aware of and understand these policies.
- Maintain flexible policies that permit employees to stay home to care for a sick family member or take care of children due to school and childcare closures.
- Additional flexibilities might include giving advances on future sick leave and allowing employees to donate sick leave to each other.
- Employers that do not currently offer sick leave to some or all of their employees may want to draft non-punitive “emergency sick leave” policies.
- Employees who have symptoms (i.e., fever, cough, or shortness of breath) should notify their supervisor and stay home.
- Sick employees should follow CDC-recommended steps.
- Employees should not return to work until the criteria to discontinue home isolation are met, in consultation with healthcare providers and state and local health departments.
- Employers should not require a positive COVID-19 test result or a healthcare provider’s note for employees who are sick to validate their illness, qualify for sick leave, or to return to work.
- Healthcare provider offices and medical facilities may be extremely busy and not able to provide such documentation in a timely manner.
- Employees who are well but who have a sick family member at home with COVID-19 should notify their supervisor and follow CDC recommended precautions.

Physical Distancing Policies

- Discourage workers from using other workers' phones, desks, offices, cashier stations or other work tools and equipment, when possible. If necessary, clean and disinfect them before and after use.
- Physical distancing should be implemented if recommended by state and local health authorities. Think about what this means for breakrooms, cafeterias, shift meetings, group tasks, client meetings, etc.
- Review your policies or create new ones for telecommuting from home, flexible workhours, staggering shifts, meeting requirements, and travel options where applicable.
- Offer work-from-home options for all employees who can perform duties remotely.
- Change shifts. • Stagger shifts and start times to maximize distancing.
- Allow 30-minute buffers between shifts if possible so that employees don't come into contact during transition.
- Cross-train team, so that teams can better stagger shifts.
- Provide visual markers on floors for six-foot distancing, per CDC guidance.
- Restrict movement between departments and/or functions (e.g. don't allow traffic between production and office workspaces).
- Stagger breaks and lunch schedules
- Offer lunch breaks in vehicles instead of shared cafeterias or break rooms. Employees need to bring their own meals and be able to eat them without use of a microwave.
- Conduct phone/email/virtual meetings instead of in-person meetings, even when at office.
- Limit meetings to no more than 10 individuals, provided appropriate spacing is possible.

- Hold meetings in large spaces where people can spread out at six-foot intervals.
- Space out desks and workstations; construct temporary walls between workstations

Working with vendors

- Request health and travel assessments for vendors/ contractors coming on-site.
- Separate contractors and vendors from the workforce (have them use separate bathrooms and entrances if possible).
- Prohibit nonessential vendors and deliveries from entering facility.
- Require deliveries to be dropped outside facility door, eliminating vendors from entering facility.
- Maintain a contact log for all persons coming into an office or manufacturing plant registering their date, time, name, contact information, person they are meeting with, and if they have had COVID-19 or been in contact with anyone in the past 14 days that has

School Recommendations

In accordance with the guidelines from the President and the CDC, schools should remain closed for the remainder of the 2019-2020 academic school year.

At the discretion of the school district, teachers, school staff, students, and parents may re-enter school buildings in order to work, retrieve personal belongings, or return school property as long as limitations on social distancing are properly adhered to. Summer school may proceed under guidelines set forth by the Department of Elementary and Secondary Education. Nothing in this Order shall prohibit daycares, childcare providers, or schools from providing childcare in accordance with CDC guidelines. Further, this does not prohibit schools from providing Food and Nutritional Services for those children who qualify

- Closely monitor and track the containment, spread, and any resurgence of COVID-19 and adjust plans as necessary.
- Limit situations where students, parents, faculty, staff, and teachers cannot maintain social distancing.
- Facilitate widespread testing of symptomatic and asymptomatic individuals.
- Schools shall remain closed for the remainder of the 2019-2020 academic school year.
- School sponsored events, activities, sporting events may need to be cancelled or rescheduled.
- Summer school may proceed under guidelines set forth by the Department of Elementary and Secondary Education. (2)

Places of Worship Recommendations

Mass gatherings have often been the source of infectious disease outbreaks that spread globally or have contributed to the international spread of disease. While a number of public health measures can be implemented in the planning and operational phases of a mass gathering to significantly reduce the risk of disease spread, during the current pandemic, the high risk for COVID-19 transmission that mass gatherings pose should be recognized.

This high risk of transmission is due to a number of factors, including the high density of individuals often in attendance in confined spaces during mass gatherings, the possibility of further domestic or international spread, and the new formation of clusters as people often travel significant distances to attend a mass gathering. Mass gathering organizers must comply with national and local guidelines and restrictions. At the current stage in the pandemic, while the White House Coronavirus Task Force has recommended banning gatherings of more than 10 people. Individual states have varied in the size of gatherings they are banning. As these restrictions lift and organizers begin hosting large events, they should conduct a COVID-19-specific risk assessment to determine the level of risk of transmission the event may pose and identify areas for modification that could reduce or mitigate these risks. The WHO, among others, provides risk assessment and mitigation tools for mass gathering organizers, along with several technical guidance documents.

These guidelines are recommendations for Places of worship in our community to begin to meet again inside their buildings in a way that will help protect their parishioners' health.

Social Distancing

- All parishioners' should adhere to social distancing requirements at all times and continue to practice proper hygiene.
- Families shall sit together as a family group but be seated at least six (6') feet from other families. Hugs and hand-shakes should be strongly discouraged.
- Post Social Distancing reminders on doors, on video screens and make announcements. Signage might also include "If you are ill we invite you to join us for worship online until you are feeling better,"
- Places of Worship should limit their attendance to allow for proper distancing between families within their seating capacity. Adding additional service times and opening fellowship halls or balconies for seating with video screens are a possible solution. A special service time for "at-risk" parishioners is also a good option.

- It is recommended that Places of Worship not hold any special dinners or events that would bring a crowd through May 31, 2020.

Cleanliness

- Offer plenty of hand sanitizer in various locations and encourage usage.
- Increase the frequency of cleaning and disinfection of the facility.
- It is suggested to not pass the offering plate from person to person. Some ideas are a "giving box" at the entrances, online giving or if possible, one person holding the plate all the time.
- If your Place of Worship offers communion during services, it is recommended to use individual communion packets.

Restaurant Recommendations

"Show-Me Strong Recovery Order" Requirements

- Proper spacing of at least six feet (6') of distance is maintained between tables; and
- Communal seating areas cannot be offered to parties that are not connected; and
- A single table must not consist of more than ten (10) people.

"Note: The limit for number of occupancy/or retail sales does not apply to restaurants, as long as they adhere to the above requirements.

Social Distancing

- Continued use of drive-thru, pickup, or delivery options is encouraged.
- Provide personal protective equipment, such as masks to employees to wear while working.

Managing Operations & Hygiene

- Offer plenty of hand sanitizer in various locations and encourage usage.
- Clean and disinfect tables, tablets/kiosks, booths, chairs, and menus between customers.
- Use disposable menus, if available, and discard after customer use.
- Routinely clean and disinfect restrooms.
- Pre-screen employees before their shift.

Restaurants offering dining-in services should provide limitations on social distancing and other precautionary public health measures, including proper spacing of at least six feet (6') between tables, lack of communal seating areas to parties that are not connected, and having no more than ten (10) people at a single table, are properly adhered to. The continued use of drive-thru, pickup, or delivery options is encouraged.

COVID-19 EMPLOYEE ENTRY SCREENING QUESTIONNAIRE

In order to be allowed to work, the following questions should be asked of an employee prior to their entry into the facilities. If the employee answers that they exhibit symptoms or are at risk of exposure due to travel or proximity to an infected person, they should be denied entry. For your protection it is suggested that you retain this form, should an employee begin to show symptoms.

SYMPTOM & RISK CHECKLIST

	YES	NO
Do you have or have you had a fever of over 100.4°F in the last 72 hours?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a cough that is not normal for you?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing shortness of breath or difficulty breathing?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing body aches?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a sore throat?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing a loss of taste or smell?	<input type="checkbox"/>	<input type="checkbox"/>
Have you traveled outside of Central Missouri in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been exposed to someone diagnosed with COVID-19 in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>

EMPLOYEE SIGNATURE

EMPLOYEE NAME

DATE

Entry will be denied to any individual who refuses to complete the questionnaire in its entirety, any individual who is positive for any three (3) screening questions, and/or with new onset of the following symptoms:

- 1) Fever \geq 100.4°F in past 72 hours.
- 2) Persistent cough, that is not normal for you.
- 3) Shortness of breath.

Salon, Barbershop and Spas

To reduce the spread of the COVID-19 virus, protect service providers and safeguard the public, the following practices should be implemented for a salon or spa.

PURPOSE

PRACTICE

LIMIT THE NUMBER OF PEOPLE INSIDE THE FACILITY

For facilities with more than one employee, only 50% of the service stations should operate at the same time. If the facility operates single occupancy rooms, they could operate at 100%.

ENSURE DISTANCING BETWEEN EMPLOYEES

Each operating station should be a minimum of six (6') feet from any adjacent stations, unless separated by a wall.

REDUCE UNNECESSARY CONTACT WITH CLIENTS

The number of employees in a common area (break or lunchroom) should be limited to ensure a minimum of six (6') feet between employees.

Masks should be worn by service provider and client. Encourage clients to bring their own mask.

REDUCE CROSS CONTAMINATION BETWEEN CLIENTS

Clients should not congregate in waiting areas, and only the service provider and active clients (and their caregiver if necessary) should be in the building,

Perform appropriate hand hygiene between clients. Follow state board cleaning requirements (sanitize and disinfect stations, utensils, and surfaces) between clients.

Perform a pre-service questionnaire with client before they enter the building.

At a minimum, clean and disinfect surfaces, doorknobs, handles, and reusable masks at the end of each day.

The following "Best Practices" have been developed by several individuals within the profession as advice on what facilities can do to protect their employees and clients. While not mandatory, we view them as additional measures that can greatly reduce unnecessary interaction between individuals.

- Take the temperature of employees before beginning a shift.
- Take the temperature of clients prior to entering the building.
- Remove magazines and any self-serve food or beverages.
- Have guests swipe their own credit card, or have customers prepay using a payment service app,
- Have hand sanitizer readily available for use by the general public and your staff.
- Complete your barbicide certification and have barbicide on site.
- ~sign restrooms that can be dedicated for staff use.
- Commit to following stay-at-home guidelines, even if not required and limit your unnecessary exposure to excessive people in your personal time.
- Services should be appointment only, No walk-ins.
- Do not "double book" appointments.

" One service provider to a client at a time,

It Allow enough time between services to sanitize and disinfect all work areas and shampoo bowls.

PRE-SERVICE CLIENT ORGANIZER AND QUESTIONNAIRE

In order to provide services to a client, the following questions should be asked of a client prior to their entry into your facilities. If the client answers that they exhibit symptoms or are at risk of exposure due to travel or proximity to an infected person, they should not be admitted into the salon. For your protection it is suggested that you retain this form, should a client begin to show symptoms after your performed services.

SYMPTOM & RISK CHECKLIST

	YES	NO
Do you have or have you had a fever of over 100.4 in the last 72 hours?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a cough that is not normal for you?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing shortness of breath or difficulty breathing?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing body aches?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a sore throat?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing a loss of taste or smell?	<input type="checkbox"/>	<input type="checkbox"/>
Have you traveled outside of Central Missouri in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been exposed to someone diagnosed with COVID-19 in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>

CLIENT NAME

DATE OF SERVICE

You should attempt to reduce the amount of unnecessary time that a client is in your facility. It is considered a best practice to prepare your products and materials prior to providing services. The following form was created to help you plan ahead and reduce interaction at your facility.

SCHEDULED SERVICES

PRODUCTS OR SUPPLIES NECESSARY

Workout, Gyms and Pool Guidelines

Pools Recommended Guidance

Proper operation, maintenance, and disinfection (with chlorine or bromine) of swimming pools should kill the virus that causes COVID-19. The most important thing pools can do to help decrease the spread of COVID-19 is adhering to social distancing and disinfecting guidelines.

Social Distancing

- Have proper spacing of pool chairs/loungers of at least six (6') feet of distance between families.
- Try to limit lines as much as possible.
- Try to encourage and maintain groups of ten (10) people or less
- Try to avoid face to face contact within six feet.
- Limit the congregation of more than 10 people in public use areas or allowing loitering in high traffic areas where other people have to pass within six feet.

Cleanliness

- Offer plenty of hand sanitizer in various locations and encourage usage.
- Keep restrooms stocked with soap and/or hand sanitizer.
- Routinely clean and disinfect restrooms daily or more if possible. You may want to increase cleaning of high-touched surfaces such as faucets, toilets, doorknobs, and light switches.
- Pre-screen employees before their shift.

Gyms Recommended Guidance

The most important thing gyms can do to help decrease the spread of COVID-19 is adhering to social distancing and disinfecting guidelines.

Social Distancing

- Maintain at least six (6') feet of distance between individuals.
- If six (6') feet of distance cannot be maintained between employee and client; employees should wear a mask.
- Sharing of equipment in classes is discouraged unless adequate cleaning between the individuals are performed.
- Pre-screen clients prior to their entrance into the Gym.

Cleanliness

- Offer plenty of hand sanitizer in various locations and encourage usage.
- Ensure proper cleaning of equipment between Individuals.
- Keep restrooms stocked with soap and/or hand sanitizer.
- Routinely dean and disinfect restrooms daily or more if possible. You may want to increase cleaning of high touched surfaces such as faucets, toilets, doorknobs, and light switches.
- Pre-screen employees before their shift.

COVID-19 EMPLOYEE and CLIENT ENTRY SCREENING QUESTIONNAIRE

In order to be allowed to work, the following questions should be asked of any client or employee prior to their entry into the facilities. If the client or employee answers that they exhibit symptoms or are at risk of exposure due to travel or proximity to an infected person, they should be denied entry. For your protection it is suggested that you retain this form, should an employee begin to show symptoms.

SYMPTOM & RISK CHECKLIST

	YES	NO
Do you have or have you had a fever of over 100.4°F in the last 72 hours?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a cough that is not normal for you?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing shortness of breath or difficulty breathing?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing body aches?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a sore throat?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing a loss of taste or smell?	<input type="checkbox"/>	<input type="checkbox"/>
Have you traveled outside of Central Missouri in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been exposed to someone diagnosed with COVID-19 in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>

SIGNATURE

NAME

DATE

Entry will be denied to any individual who refuses to complete the questionnaire in its entirety, any individual who is positive for any three (3) screening questions, and/or with new onset of the following symptoms:

- 1) Fever \geq 100.4°F in past 72 hours.
- 2) Persistent cough, that is not normal for you.
- 3) Shortness of breath.

Child Care Facility Recommendations

The most important thing Childcare Facilities can do to help decrease the spread of COVID~19 is to adhere to social distancing and disinfecting guidelines.

Social Distancing

- Childcare should be carried out in stable groups, preferably with ten (10) or fewer. "Stable" means that the same ten (10) or fewer children are in the same group each day.
- children should not change from one group to another,
- If more than one group of children is cared for at one facility, each group should be in a separate room. Groups should not mix with each other.
- childcare providers should remain solely with one group of children.
- Consider staggering arrival and drop off times and/or have childcare providers come outside the facility to pick up the children as they arrive.

Cleanliness

- Pre-screen employees and children before entrance into the facility.
- Keep restrooms stocked with soap and/or hand sanitizer.
- Routinely clean and disinfect restrooms daily or more if possible. You may want to increase cleaning of high-touched surfaces such as faucets, toilets, doorknobs, light switches, toys and bedding.
- Provide wipes, sanitizer, and cleaning products throughout workplaces to allow for frequent sanitation of frequently touched surfaces.

COVID-19 EMPLOYEE AND CHILD ENTRY SCREENING QUESTIONNAIRE

In order to be allowed to work or attend the childcare facility, the following questions should be asked prior to their entry into the facilities. If the child, person, or employee answers that they exhibit symptoms or are at risk of exposure due to travel or proximity to an infected person, they should be denied entry. For your protection it is suggested that you retain this form, should an employee begin to show symptoms.

SYMPTOM & RISK CHECKLIST

	YES	NO
Do you have or have you had a fever of over 100.4°F in the last 72 hours?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a cough that is not normal for you?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing shortness of breath or difficulty breathing?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing body aches?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a sore throat?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing a loss of taste or smell?	<input type="checkbox"/>	<input type="checkbox"/>
Have you traveled outside of Central Missouri in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been exposed to someone diagnosed with COVID-19 in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>

SIGNATURE

NAME

DATE

Entry will be denied to any individual who refuses to complete the questionnaire in its entirety, any individual who is positive for any three (3) screening questions, and/or with new onset of the following symptoms:

- 1) Fever \geq 100.4°F in past 72 hours.
- 2) Persistent cough, that is not normal for you.
- 3) Shortness of breath.

Lodging Establishments Guidelines

The most important thing lodging establishments can do to help decrease the spread of COVID-19 is adhering to social distancing and disinfecting guidelines. Along with this guidance, lodging establishments must adhere to the State of Missouri laws and DHSS rules and regulations regarding lodging establishments.

All employees shall receive COVID-19 safety and facility sanitation protocols training recommendations from the CDC with more comprehensive training, consistent with the CDC, for employees with frequent guest contact including Housekeeping, Food & Beverage, Public Area Department, Hotel Operations, Security, Valet/Door/Bell Services, and Maintenance/Engineering.

Social Distancing & Work Practices

- Maintain six (6') feet or more between employee work areas, unless separated by a wall or partition.
- Post internal signage that can be used to alert or remind employees about guidance and expectations.
- Provide personal protective equipment, such as masks, to employees to wear while working.
- Have proper spacing of gym equipment and pool chairs/loungers of at least six (6') feet of distance.

Cleanliness

- Pre-screen employees before their shift.
- Routinely clean and disinfect public areas and restrooms daily or more, if possible. increase cleaning of high-touched surfaces such as faucets, toilets, doorknobs, and light switches.
- Offer plenty of hand sanitizer in various locations and encourage usage.
- Use single use utensils and cups for food service, when possible.
- Ensure proper cleaning of gym equipment between individuals,
- Ensure proper operation, maintenance, and disinfection (with chlorine or bromine) of swimming pools and spas. Please follow the State of Missouri laws and Department of Health and Senior Services rules and regulations regarding lodging establishments for proper operation, maintenance, and disinfection of swimming pools and spas.
- Avoid shaking dirty linens, and wash hands and/or change gloves after cleaning each room.

- Launder items according with the manufacturer's instructions and the warmest water setting possible.

Cleaning products and protocols shall include EPA-approved disinfectants that meet CDC requirements for use and effectiveness against viruses, bacteria and other airborne and bloodborne pathogens. For more information, please refer to the CDC guidelines on disinfecting buildings and facilities.

Public Spaces and Communal Areas

Cleaning and disinfecting shall be frequent (multiple times per day) with an emphasis on frequent contact with hard non-porous surfaces including, but not limited to, front desk check-in counters, bell desks, elevators and elevator buttons, door handles, public bathrooms, vending machines, ice machines, room keys and locks, ATMs, escalator and stair handrails, gym equipment, pool seating and surrounding areas, dining surfaces and all seating areas.

Guest Rooms

Cleaning and disinfecting protocols will require that particular attention is paid to high-touch, hard nonporous items including television remote controls, toilet seats and handles, door and furniture handles, water faucet handles, nightstands, telephones, in-room control panels, light switches, temperature control panels, alarm clocks, luggage racks and flooring. The frequency of room cleaning during a guest's stay may be altered based on guest requirements.

Laundry

Linens, towels, and laundry shall be washed in accordance with CDC guidelines, including washing items as appropriate in accordance with the manufacturer's instructions. Where possible, launder items using the warmest permissible water setting for the items and dry items completely. Dirty linen shall be bagged in the guest room to eliminate excess contact while being transported to the laundry facility.

Hotel Guest Elevators

Button panels shall be disinfected at regular intervals, including the beginning of each housekeeping staff work shift and continuing throughout the day.

Back of the House

Cleaning and disinfecting of all high touch areas shall occur in accordance with CDC guidelines, including at least twice per day in high traffic areas. Handwashing stations and access to hand sanitizer should be convenient and highly visible.

Shared Equipment

Shared tools and equipment shall be disinfected after each shift or transfer to a new employee.

Room Recovery Protocol

In the event of a presumptive case of COVID-19 the affected guest room shall be removed from service and quarantined. The guest room shall not be returned to service until undergoing an enhanced cleaning and disinfecting utilizing EPA approved products within CDC guidelines.

Food & Beverage

Food and beverage service shall reduce in-person contact with guests and buffet service and also minimize dining items for increased sanitation. **Buffet service is discouraged until further notice.**

- Traditional room service shall be replaced with a no-contact delivery method.
- Traditional buffet service shall be limited, but when offered, it should be served by an attendant wearing personal protection equipment (PPE), and utensils should be washed and changed more frequently.
- Portion controls should be emphasized to reduce food exposed for long periods.
- Sneeze and cough screens shall be present at all food displays.
- Minimal items should be placed on guest tables to allow for effective disinfection in between each guest, including condiments, silverware, glassware, napkins, etc.
- **For certain segments, the use of prepackaged foods and 'grab & go' items shall be the preferred method of food delivery.**

Physical Distancing & Queuing

As recommended by the CDC's social distancing guidelines, guests shall be advised to practice physical distancing by standing at least six feet away from other groups of people not traveling with them, including any area where guests or employees queue. Such areas shall be clearly marked for appropriate physical distancing, and where possible, encourage one-way guest flow with marked entrances and exits. When applicable, lobby furniture and other public seating areas will be reconfigured to promote social distancing.

Guest Rooms

In anticipation of individual concerns of guests, housekeeping shall not enter a guest room during a stay unless specifically requested, or approved, by the guest, or to comply with established safety protocols. Housekeeping shall maintain the practice of cleaning rooms thoroughly following check-out.

Meeting and Convention Spaces

Meeting and banquet arrangements shall allow for physical distancing between guests based on CDC recommendations.

Hotel Front Desk, Concierge, and Parking Services

Front desk agents shall practice social distancing including utilizing every other workstation to ensure separation between employees whenever applicable and possible. The use of technology to reduce direct contact with guests, lobby population and front desk queue is encouraged, where feasible. In addition, contactless payment processes are encouraged, and when not available, employees should minimize contact as much as possible. Self-parking options should be emphasized, where possible. If valet service is provided, disinfecting of contact points within the vehicle is required. In addition, van and shuttle service shall be limited, and disinfecting of contact points will be required.

Pools and Beaches

Seating shall allow at least six feet of separation between groups of guests.

Back of the House

Physical distancing among all employees shall be practiced in employee dining rooms, uniform control areas, training classrooms, shared office spaces, and other high-density areas.

COVID-19 EMPLOYEE ENTRY SCREENING QUESTIONNAIRE

In order to be allowed to work, the following questions should be asked of an employee prior to their entry into the facilities. If the employee answers that they exhibit symptoms or are at risk of exposure due to travel or proximity to an infected person, they should be denied entry. For your protection it is suggested that you retain this form, should an employee begin to show symptoms.

SYMPTOM & RISK CHECKLIST

	YES	NO
Do you have or have you had a fever of over 100.4°F in the last 72 hours?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a cough that is not normal for you?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing shortness of breath or difficulty breathing?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing body aches?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a sore throat?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing a loss of taste or smell?	<input type="checkbox"/>	<input type="checkbox"/>
Have you traveled outside of Central Missouri in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been exposed to someone diagnosed with COVID-19 in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>

EMPLOYEE SIGNATURE

EMPLOYEE NAME

DATE

Entry will be denied to any individual who refuses to complete the questionnaire in its entirety, any individual who is positive for any three (3) screening questions, and/or with new onset of the following symptoms:

- 1) Fever \geq 100.4°F in past 72 hours.
- 2) Persistent cough, that is not normal for you.
- 3) Shortness of breath.

General Travel Recommendations

The most important thing travelers can do to help decrease the spread of COVID-19 is to adhere to social distancing requirements and proper hygiene practices,

Social Distancing

- Individuals shall adhere to all social distancing requirements and maintain at least six (6') feet from others.
- Stay home as much as possible and try to limit travel to only essential errands or travel.
- Take extra precautions when in public places and use a cloth face covering when close contact cannot be avoided,
- limit your in-person visits. Use online services, phone calls, or e-mail, when possible.
- Avoid high touch points and if you do have to touch a lot of public accessible areas; wear gloves or clean your hands promptly.

Cleanliness

- Exercise proper hygiene practices.
- Wash your hands often with soap and water for at least twenty {20} seconds, Use alcohol-based hand sanitizer if soap and water is not available.
- Avoid touching your face, eyes, nose, and mouth with unwashed hands,
- Avoid close contact with people who are sick.
- Stay at home when you are sick. Cover your cough or sneeze.
- Clean and disinfect frequently touched objects and surfaces.
- Clean your hand after using gasoline handles and buttons by washing your hands with soap and water for at least twenty (20) seconds or using an alcohol-based hand sanitizer.
- Try to avoid handling money and use touch less payments, if possible.

Casino Recommendations

The most important thing businesses can do to help decrease the spread of COVID~19 is to adhere to social distancing and disinfecting guidelines.

Social Distancing & Work Practices

- Maintain six (6') feet or more between employee workstations, unless separated by a wall or partition.
- The number of employees in a common area (break or lunchroom) should be limited to ensure a minimum of six (6') feet between employees.
- Offer work from home options, as much as possible.
- Stagger shifts, breaks, and lunch schedules.
- Conduct phone/email/virtual meetings instead of in person meetings, even when at office. If meeting in person, ensure six (6') feet of distance between employees,
- Discourage nonessential vendors and deliveries from entering facility.
- Discourage nonessential travel of employees.
- Post internal signage that can be used to alert or remind employees about guidance and expectations.
- Patrons need to be spaced at least 6 feet apart at gaming tables or partitions used to keep from face to face contact.
- Eliminate common use of food and beverage containers, utensils or other containers that are shared other than trash receptacles.

Cleanliness

- Pre-screen employees before their shift.
- Offer plenty of hand sanitizer in various locations and encourage usage.
- Keep restrooms stocked with soap and/or hand sanitizer,
- Routinely clean and disinfect restrooms daily or more if possible. You may want to increase cleaning of high touched surfaces such as faucets, toilets, doorknobs, and light switches.
- Provide wipes, sanitizer, and cleaning products throughout workplaces to allow for frequent sanitation of frequently touched surfaces.
- Regularly wipe down equipment after each use.
- Employees handling lots of equipment, cash and have public interaction should wear gloves and mask/face shields.

COVID-19 EMPLOYEE ENTRY SCREENING QUESTIONNAIRE

In order to be allowed to work, the following questions should be asked of an employee prior to their entry into the facilities. If the employee answers that they exhibit symptoms or are at risk of exposure due to travel or proximity to an infected person, they should be denied entry. For your protection it is suggested that you retain this form, should an employee begin to show symptoms.

SYMPTOM & RISK CHECKLIST

	YES	NO
Do you have or have you had a fever of over 100.4°F in the last 72 hours?	<input type="checkbox"/>	<input type="checkbox"/>
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Do you have a sore throat?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing a loss of taste or smell?	<input type="checkbox"/>	<input type="checkbox"/>
Have you traveled outside of Central Missouri in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been exposed to someone diagnosed with COVID-19 in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>

EMPLOYEE SIGNATURE

EMPLOYEE NAME

DATE

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- 1) Fever \geq 100.4°F in past 72 hours.
- 2) Persistent cough, that is not normal for you.
- 3) Shortness of breath.

Nursing Homes and Residential Care

Long-term care facilities are a critical component of America's healthcare system. They are unique, as they serve as both healthcare providers and as full-time homes for some of the most vulnerable Americans.

In recent weeks, CMS and CDC, at President Trump's direction, have worked together to swiftly issue unprecedented targeted direction to the long-term care facility industry, including a general prohibition of visitors implemented on March 13, 2020, as well as strict infection control and other screening recommendations.

In accordance with the guidelines from the President, the CDC, and the Centers for Medicaid Services, people should not visit nursing homes, long-term care facilities, retirement homes, or assisted living homes unless to provide critical assistance or in end-of-life circumstances.

Elderly or otherwise vulnerable populations should take enhanced precautionary measures to mitigate the risks of contracting COVID-19.

CMS and CDC are now recommending the following immediate actions to keep patients and residents safe:

1. Nursing Homes should immediately ensure that they are complying with all CMS and CDC guidance related to infection control.

- In particular, facilities should focus on adherence to appropriate hand hygiene as set forth by CDC.
- CMS has also recently issued extensive infection control guidance, including a self-assessment checklist that long-term care facilities can use to determine their compliance with these crucial infection control actions.
- Facilities should also refer to CDC's guidance to long-term care facilities on COVID-19 and also use guidance on conservation of personal protective equipment (PPE) when unable to follow the long-term care facility guidance.

2. As long-term care facilities are a critical part of the healthcare system, and because of the ease of spread in long-term care facilities and the severity of illness that occurs in residents with COVID-19, CMS urges State and local leaders to consider the needs of long-term care facilities with respect to supplies of PPE and COVID-19 tests.

- State and local health departments should work together with long-term care facilities in their communities to determine and help address long-term care facility needs for PPE and/or COVID-19 tests.
- Medicare is now covering COVID-19 testing when furnished to eligible beneficiaries by certified laboratories. These laboratories may also choose to enter facilities to conduct COVID-19 testing.

3. Long-term care facilities should immediately implement symptom screening for all.

- In accordance with previous CMS guidance, every individual regardless of reason entering a long-term care facility (including residents, staff, visitors, outside healthcare workers, vendors, etc.) should be asked about COVID-19 symptoms and they must also have their temperature checked. An exception to this is Emergency Medical Service (EMS) workers responding to an urgent medical need. They do not have to be screened, as they are typically screened separately.
- Facilities should limit access points and ensure that all accessible entrances have a screening station.
- In accordance with previous CDC guidance, every resident should be assessed for symptoms and have their temperature checked every day.
- Patients and residents who enter facilities should be screened for COVID-19 through testing, if available.

4. Long-term care facilities should ensure all staff are using appropriate PPE when they are interacting with patients and residents, to the extent PPE is available and per CDC guidance on conservation of PPE.

- For the duration of the state of emergency in their State, all long-term care facility personnel should wear a facemask while they are in the facility.
- Full PPE should be worn per CDC guidelines for the care of any resident with known or suspected COVID-19 per CDC guidance on conservation of PPE.
- If COVID-19 transmission occurs in the facility, healthcare personnel should wear full PPE for the care of all residents irrespective of COVID-19 diagnosis or symptoms.
- Patients and residents who must regularly leave the facility for care (e.g., hemodialysis patients) should wear facemasks when outside of their rooms.
- When possible, all long-term care facility residents, whether they have COVID-19 symptoms or not, should cover their noses and mouths when staff are in their room. Residents can use tissues for this. They could also use cloth, non-medical

masks when those are available. Residents should not use medical facemasks unless they are COVID-19-positive or assumed to be COVID-19-positive.

5. To avoid transmission within long-term care facilities, facilities should use separate staffing teams for COVID-19-positive residents to the best of their ability, and work with State and local leaders to designate separate facilities or units within a facility to separate COVID-19 negative residents from COVID-19 positive residents and individuals with unknown COVID-19 status.

Long-term care facilities should exercise as best as possible consistent assignment (meaning the assignment of staff to certain patients and residents) for all patients and residents regardless of symptoms or COVID-19 status. This practice can enhance staff's familiarity with their assigned patients and residents, helping them detect emerging condition changes that unfamiliar staff may not notice. The goal is to decrease the number of different staff interacting with each patient and resident as well as the number of times those staff interact with the patient and resident. Also, staff as much as possible should not work across units or floors.

i. Long-term care facilities should redeploy existing training related to consistent assignment, and ensure staff are familiar with the signs and symptoms of COVID-19.

Long-term care facilities should separate patients and residents who have COVID-19 from patients and residents who do not or have an unknown status.

- i. To this end, long-term care facilities should work with State and local community leaders to identify and designate facilities dedicated to patients and residents with known COVID-19-positive and those with suspected COVID-19, ensuring they are separate from patients and residents who are COVID-19-negative;
- ii. COVID-19-positive units and facilities must be capable of maintaining strict infection control practices and testing protocols, as required by regulation;
 1. When possible, facilities should exercise consistent assignment, or have separate staffing teams for COVID-19-positive and COVID-19-negative patients.
- iii. There may be a need for some of these COVID-19-positive long-term care facilities to have the capacity, staffing, and infrastructure to manage higher intensity patients, including ventilator management;
- iv. State agencies including health departments, hospitals, and nursing home associations will have to ensure coordination among facilities to determine which facilities will have a designation and to provide adequate staff supplies and PPE; and, if possible, isolate all admitted residents (including readmissions)

in their room in the COVID19-positive facility for 14 days if their COVID-19 status is unknown; and

- v. Long-term care facilities should, to the fullest extent possible, inform residents and their families of limitations of their access to and ability to leave and re-enter the facility, as well as any requirements and procedures for placement in alternative facilities for COVID-19-positive or unknown status.

Other Business Recommendations

The most important thing businesses can do to help decrease the spread of COVID-19 is to adhere to social distancing and disinfecting guidelines.

Social Distancing & Work Practices

- Maintain six (6') feet or more between employee workstations, unless separated by a wall or partition.
- The number of employees in a common area (break or lunchroom) should be limited to ensure a minimum of six (6') feet between employees.
- Offer work from home options, as much as possible.
- Stagger shifts, breaks, and lunch schedules.
- Conduct phone/email/virtual meetings instead of in person meetings, even when at office. If meeting in person, ensure six (6') feet of distance between employees,
- Discourage nonessential vendors and deliveries from entering facility.
- Discourage nonessential travel of employees.
- Post internal signage that can be used to alert or remind employees about guidance and expectations.

Cleanliness

- Pre-screen employees before their shift.
- Offer plenty of hand sanitizer in various locations and encourage usage.
- Keep restrooms stocked with soap and/or hand sanitizer,
- Routinely clean and disinfect restrooms daily or more if possible. You may want to increase cleaning of high touched surfaces such as faucets, toilets, doorknobs, and light switches.
- Provide wipes, sanitizer, and cleaning products throughout workplaces to allow for frequent sanitation of frequently touched surfaces.

COVID-19 EMPLOYEE ENTRY SCREENING QUESTIONNAIRE

In order to be allowed to work, the following questions should be asked of an employee prior to their entry into the facilities. If the employee answers that they exhibit symptoms or are at risk of exposure due to travel or proximity to an infected person, they should be denied entry. For your protection it is suggested that you retain this form, should an employee begin to show symptoms.

SYMPTOM & RISK CHECKLIST

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Do you have a sore throat?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing a loss of taste or smell?	<input type="checkbox"/>	<input type="checkbox"/>
Have you traveled outside of Central Missouri in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been exposed to someone diagnosed with COVID-19 in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>

EMPLOYEE SIGNATURE

EMPLOYEE NAME

DATE

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- 2) Persistent cough, that is not normal for you.
- 3) Shortness of breath.

Mass Gathering Recommendations

Fairs, Festivals, Carnivals, Concerts, Tractor Pulls and other large mass gatherings which social distancing cannot be maintained should be cancelled until further notice. Other mass gatherings where social distancing can be easily maintained should adhere to the following guidelines.

Social Distancing

- All individuals shall adhere to all social distancing requirements and practice proper hygiene.
- Post signage that can be used to alert and remind individuals about requirements and guidance.
- Families may sit together as a family group but be seated at least six (6') feet from other families.
- Events should limit their attendance to allow for proper social distancing.

Cleanliness

- Offer plenty of hand sanitizer in various locations and encourage usage.
- Increase the frequency of cleaning and disinfection of facilities.
- Keep restrooms stocked with soap and or hand sanitizer.

Sporting Events Key Recommendations

Background This sports addendum should be read in conjunction with the WHO key planning recommendations for Mass Gatherings in the context of the current COVID-19 outbreak which provides general advice on the public health aspects of such events.

This addendum has been developed to provide additional support to sports event organizers in assessing the specific additional risks, identifying mitigation activities and making an informed evidence-based decision on continuing to host any sporting event. Additional guidance is provided in the specific WHO COVID-19 mass gatherings sports addendum risk assessment tool and mitigation checklist. Updated technical guidance on COVID-19 should also be consulted.

These guidelines are recommendations for games and sporting events to begin to be held in a way that will help to protect participants' and fans' health.

Baseball / Softball

- All individuals in stands and concession areas should adhere to social distancing requirements and continue to practice proper hygiene.
- Players should space out as much as possible in the dugout. If this is not possible, seating should be arranged outside of the dugout to insure social distancing.
- Individual baseball or softball games can be held if social distancing and maintaining low exposure rates between players on the field with minimal face-to-face contact.
- Sharing of equipment should be avoided unless it is cleaned between each use.
- Participating in competitive games is discouraged until further notice.
- All participants should fill out a COVID-19 questionnaire and have their temperatures check prior to beginning the activity. Any player, coach or assistant should not be allowed to participate with a fever. Coaches should record these, and leagues shall maintain these records to ensure tracking of contacts if a case is discovered.

Basketball

Participating in basketball games is discouraged until further notice. The nature of this sport encourages face-to-face contact for prolonged periods of time, increasing the risk of exposure to COVID-19.

Tournaments

Scheduling or hosting tournaments in the County is not recommended until further notice. Sport tournaments invite large groups of people to attend from out of the county, and the crowds would make abiding by Social Distancing Requirements difficult.

Soccer

- Try to limit close contact as much as possible.
- If touching is required avoid face-to-face contact to the best of your ability and perform proper hand hygiene before and after.
- Wipe the ball down prior to throwing it back into play
- All shared equipment should be cleaned before and after the event. Equipment sharing should be avoided.

Other Sports

- Cooper County Public Health Center recommends that each sport or activity be evaluated for the following factors:
- face-to-face contact between individuals, (within six (6') feet of another individual) and sharing of equipment. If any of these factors cannot be avoided, consider postponing until further notice.
- Social Distancing Requirements must be followed in the stands and concession areas.

Coaches

- Try to limit close contact as much as possible.
- If touching is required to help with certain techniques, avoid face-to-face contact to the best of your ability and perform proper hand hygiene before and after.
- If face-to-face contact cannot be avoided, it is recommended to wear a mask except when doing highly strenuous activities. During strenuous activities social distancing is recommended.
- Coaches shall keep roster records which should include the following.

1. Name, address, and contact information of every participant.
2. Pre-screening information which should include the participants temperature records and medical screening records. Participants shall not be allowed to participate if they have a fever (temperature over 98.6f).

Provide hand sanitizer at games and practices.

Players

- Do not participate if you are sick or have been exposed to COVID-19.
- Try to limit close contact as much as possible.
- If face-to-face contact cannot be avoided, it is recommended to wear a mask except when doing highly strenuous activities. During strenuous activities social distancing is recommended.
- If touching is required, avoid face-to-face contact to the best of your ability and perform proper hand hygiene before and after.
- Do not share equipment, towels, or other clothing unless it is properly sanitized.
- Do not share water bottles, eat, or drink from another container someone else is using.
- **Do not wear a mask during strenuous activities that prohibit breathing or blocks vision.**

Spectators /Visitors /Parents

- Do not go if you are sick or have been exposed to COVID-19.
- If you can spectate or view from your vehicle would be ideal.
- Try to limit close contact as much as possible. Keep physical distancing of at least 6'.
- Stay in family groups as much as possible.
- Wear a mask if you prefer.
- If touching is required of surfaces and other touch points (doors, restrooms, seats, benches, concessions avoid face-to-face contact to the best of your ability and perform proper hand hygiene before and after.
- If face-to-face contact cannot be avoided, it is recommended to wear a mask.
- Do not share food or beverages with others.
- Do not share water bottles, eat or drink from another container someone else is using.
- Encouraged to wear a mask.

Key issues and mitigation options

The key factors for consideration for each sporting event are included in the WHO COVID-19 mass gathering sports addendum risk assessment tool. These key factors address the specific issues that should be taken into consideration when planning a sporting mass

gathering event. The table below provides an overview of and background information on some of these additional factors, including mitigation measures that will also be captured during the risk assessment process.

Key considerations	Comments	Risk factors and mitigation checklist
Are there sports that could be considered a lower or higher risk?	Lower risk sports where physical distancing is possible, e.g. archery, shooting and some athletics events. These will be less of a risk if physical distancing advice for athletes, coaches and spectators is followed. Higher risk sports include contact sports. Physical and close contacts among players increases risk of transmission of COVID-19.	See details in the mitigation checklist. Consider: <ul style="list-style-type: none"> • daily health check of competitors • Physical (at least 1 meter) separating of competitors, officials, spectators and support staff • thorough disinfection and cleaning after/between bouts/competitions • sharing of equipment should be prohibited, in particular ensuring that water bottles and cups are not shared • consider safe utilization of the closed containers for all disposable and reusable hygiene materials (e.g. tissue, towels, etc.).
Size of event	The size of the sporting event affects the risk. Physical distancing of spectators must be maintained if spectators and support staff are to be present during the event. Other factors must also be considered across the different target groups: <ul style="list-style-type: none"> • participants (includes officials) • spectators • host country (international events) • other participating countries (international events). The numbers of participants relative to spectators in sporting events are usually low. Participants are also a known group so easier to advise, support and follow up if needed so it could be possible to consider	See details in the mitigation checklist Conducting sporting events with designated seats in arenas with widely spaced spectators for at least 1-metre physical distancing, numbered seats for contact tracing, temperature monitoring at entrances and provision of visual reminders such as stickers or wrist stamps may reduce the possibility of incidental contact.

	holding events in closed stadiums.	
Indoor or outdoor locations	Outdoor events will be better ventilated than indoor events. It may be easier to ensure physical distancing advice is followed in outdoor events with non-designated seating such as horse racing, golf, etc.	See details in the risk assessment WHO advice on physical distancing must be maintained during sporting events
Venue facilities	Requires liaison with the venue owners to ensure the facilities do or can comply with WHO and national recommendations during the COVID-19 pandemic.	See details in the mitigation checklist. An isolation room/space identified to hold any symptomatic person found at the venue while awaiting patient transport to a medical facility is necessary. Additionally, having medical post and designated personnel on site is advisable to help assess cases and potential other illness.
Demographics (age and health)	Competitors of sporting events tend to be younger and healthier than spectators. However, some competitors, coaches and support staff may have underlying health conditions. The age and health of spectators and other staff will vary.	See details in the mitigation checklist. Pre-travel and pre-event health checks are highly encouraged/mandatory to ensure exclusion of those with potential additional risks (comorbidities, medications, allergies) Spectators can include vulnerable groups so consider advising some at-risk groups not to attend.
Risk communication	Ensure public health advice is available before and during the event to all participants, staff, and personnel of all relevant stakeholders	See details in the mitigation checklist and the event organizers recommendations below Display signs to inform spectators and support staff about ways in which they can prevent themselves from getting infected with COVID-19 and passing the virus to others.

More information in Q&A on mass gatherings and COVID-19.

A checklist of recommended actions is included below for:

- Event organizers
- Participants

Recommendations to event organizers

These measures may help obtain exceptions from authorities to allow athletes to train and participate in other events such as qualifications considered crucial by the organizers. Elite sport is a very controlled environment and organizers should be able to achieve this in a comprehensive way.

Consider the opportunity of using sports ambassadors to promote messaging. It is everyone's responsibility to keep themselves and others healthy and contribute to a successful event.

Recommendations to event organizers	
Pre-event and during event (including venues)	Ensure availability to handwashing, alcohol- based hand gel and hygiene facilities at multiple locations in the event facility and accommodation.
	Ensure availability to handwashing, alcohol- based hand gel and hygiene facilities at multiple locations in the event facility and accommodation.
	Ensure good hygiene signage across all venues, changing rooms, training facilities, etc.
	Provide first aid and medical services, including designated medical providers who are able to triage and refer suspected cases for COVID-19 testing.
	Team medical staff or Local Organizing Committee (LOC) staff at venues should check competitors' temperatures each day, any temperatures above 38°C should be reported to the event medical lead/chief medical officer.
	Follow advice on the management of ill travelers at points of entry (international airports, seaports, and ground crossings) in the context of COVID-19 Ensure capacity to isolate suspected cases: <ul style="list-style-type: none"> • team/officials and event staff • volunteers, support workers.
	Develop and make available risk communication on: <ul style="list-style-type: none"> • clinical features of COVID-19 and preventive measures, especially respiratory etiquette and hand-hygiene practices • the criteria for asking individuals with symptoms to leave the venue or retreat to a designated area • information on physical distancing • information on the use of face coverings and medical masks

	<ul style="list-style-type: none"> the meaning and practical implications of quarantine, self-isolation and self-monitoring in the context of the event, e.g. not attending.
	Ensure availability of rubber gloves to team staff and volunteers handling laundry, towels, etc.
	Recommend that towels are for single use only.
	Provide each participant with a clean water bottle.
	Make tissues and containers to dispose of used tissues with lids available on all buses and in all facility changing rooms.
	Provide each team with a thermometer (e.g. infrared) and a recording sheet/internet link for athletes' temperatures. If this is not possible, can each team be equipped with a non-contact sensor thermometer?
	Determine where an individual diagnosed with COVID-19 will be cared for and isolated.
	Determine where a contact of a confirmed cases will be quarantined.
	Determine how athletes and team staff will be notified of a case and COVID-19 situation where they are training.
	Define a place where a large number of people can be quarantined in case of a large number of athletes or event staff being exposed.
	Predetermine emergency contacts with local health authorities.
	Medical masks should be ready for use by organizers' medical staff and sick individuals.
	<p>Provide disinfectant wipes and advise venue cleaning staff to disinfect door handles, toilet handles, bathroom faucet handles, etc. in all areas several times per day. Consideration of provision of individual prevention packages for athletes containing:</p> <ul style="list-style-type: none"> small personal packages of disposable tissues and plastic bags for tissue disposal small laminated prevention card with key reporting information medical mask to wear if they are ill (any symptoms, including fever, cough, shortness of breath) small packages of an alcohol-based hand wipes small package of disposable plastic drinking cups thermometer hand sanitizer.

Recommendations to event participants	
Pre-event	Anyone participating in the event (athlete, volunteer, official, food handler etc.) should proactively and regularly check their health status (including taking their temperature and monitoring for any symptoms).
	Anyone due to participate in the event who is feeling ill should not come to the venue and be advised on the designated contact online or by telephone.

	Team staff and volunteer leads should ensure that their teams and volunteers are briefed on the protocols for a suspect and confirmed patient, on infection prevention and control measures and on where to find more information.
During the event	Participants should be aware of and cooperate with team medical staff or event organizing staff at venues in taking their own/or competitors' temperatures each day, any temperatures above 38°C to be reported to the event medical lead/chief medical officer.
	Advise athletes not to touch their own mouths or nose.
	Avoid shaking hands or hugging.
	Avoid steam rooms or saunas.
	Be aware of regular cleaning of frequently touched items (door handles, elevators, gym equipment, etc.)
	Follow the same approach as the management of ill travelers at points of entry (international airports, seaports, and ground crossings) in the context of COVID-19
	Wash hands often with soap and water. Use an alcohol-based hand sanitizer if soap and water not available.
	Hand sanitizer stations should be available throughout the event venue, the accommodation, and on team buses.
	Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Avoid contact with sick people, including avoiding close contact with those suffering from acute respiratory infections.
	Practice respiratory etiquette (maintain distance: at least 1 m), cover coughs and sneezes with disposable tissues or flexed elbow, wash hands). If coughing persists, isolate and seek medical advice.
	Avoid contact with anyone if you are ill.
	Gloves should be worn by team and event staff handling towels or laundry in the team environment.
	Towels should not be shared.
	Athletes should not share clothing, bar soap or other personal items
	Recommended protocol for the use of water bottles: <ul style="list-style-type: none"> • Good team hygiene includes ensuring all players, officials and staff have their own water bottles to prevent the transmission of viruses and bacteria. • Bottles should be labelled and washed (with dishwasher soap) after each practice or game.

WHO continues to monitor the situation closely for any changes that may affect this interim guidance. Should any factors change, WHO will issue a further update. Otherwise, this interim guidance document will expire 2 years after the date of publication. ©

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COVID-19 SPORTS PARTICIPANT SCREENING QUESTIONNAIRE

In order to participate in this practice or sporting event, the following questions should be asked of a coach, assistant or participant. If the employee answers that they exhibit symptoms or are at risk of exposure due to travel or proximity to an infected person, they should be denied participating in the event. For your protection and the tracking of an infected persons contacts, it is recommended that this form be maintained for every participant.

SYMPTOM & RISK CHECKLIST

	YES	NO
Do you have or have you had a fever of over 100.4°F in the last 72 hours?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a cough that is not normal for you?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing shortness of breath or difficulty breathing?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing body aches?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a sore throat?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing a loss of taste or smell?	<input type="checkbox"/>	<input type="checkbox"/>
Have you traveled outside of Central Missouri in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been exposed to someone diagnosed with COVID-19 in the last two weeks?	<input type="checkbox"/>	<input type="checkbox"/>

Team Name _____

Participant or parent/guardian Signature

Coaches Signature

Participants NAME

DATE

Entry will be denied to any individual who refuses to complete the questionnaire in its entirety, any individual who is positive for any three (3) screening questions, and/or with new onset of the following symptoms:

- 1) Fever \geq 100.4°F in past 72 hours.
- 2) Persistent cough, that is not normal for you.
- 3) Shortness of breath.

Firework Stands / Open Markets

This has been developed to provide additional support to farmer markets, open markets, concession stands, and firework stand operators/organizers in assessing the specific additional risks, identifying mitigation activities, and opening an open air or public market.

These guidelines are recommendations for public markets that will help to protect employees' and consumers' health.

- All individuals in stands and concession areas should adhere to social distancing requirements and continue to practice proper hygiene.
- Consumers and operators should space out as much as possible while shopping in the stand or market. Queuing lanes and barriers should be established to prevent face to face interaction.
- Surfaces that are touched frequently should be cleaned and sanitized after each use or frequently during the each operational period.
- Sharing of utensils or items used in the business should be avoided unless it is cleaned between each use. Masks and gloves should be used when handling items to be consumed by the public.
- All employees or operators should fill out a COVID-19 questionnaire and have their temperatures check prior to beginning of each work period. Any operator or employee should not be allowed to participate with a fever. Operator/Owners should record these and shall maintain these records to ensure tracking of contacts if a case is discovered.
- All other safety precautions should be strictly enforced for the benefit of the public, employees, and operators.

A Few Important Reminders about Coronaviruses and Reducing the Risk of Exposure (3)

- Coronaviruses on surfaces and objects naturally die within hours to days. Warmer temperatures and exposure to sunlight will reduce the time the virus survives on surfaces and objects.
- Normal routine cleaning with soap and water removes germs and dirt from surfaces. It lowers the risk of spreading COVID-19 infection.
- Disinfectants kill germs on surfaces. By killing germs on a surface after cleaning, you can further lower the risk of spreading infection. [EPA-approved disinfectants external icon](#) are an important part of reducing the risk of exposure to COVID-19. If disinfectants on this list are in short supply, alternative disinfectants can be used (for example, 1/3 cup of bleach added to 1 gallon of water, or 70% alcohol solutions).
- Store and use disinfectants in a responsible and appropriate manner according to the label. Do not mix bleach or other cleaning and disinfection products together—this can cause fumes that may be very dangerous to breathe in. Keep all disinfectants out of the reach of children.
- Do not overuse or stockpile disinfectants or other supplies. This can result in shortages of appropriate products for others to use in critical situations.
- Always wear gloves appropriate for the chemicals being used when you are cleaning and disinfecting. Additional personal protective equipment (PPE) may be needed based on setting and product. For more information, see [CDC's website on Cleaning and Disinfection for Community Facilities](#).
- Practice social distancing, wear facial coverings, and follow proper prevention hygiene, such as washing your hands frequently and using alcohol-based (at least 60% alcohol) hand sanitizer when soap and water are not available. (3)

Cooper County Public Health Center

We encourage anyone that suspects you have COVID-19 or have been in contact with someone with a confirmed case of COVID-19 to call your healthcare provider before seeking care, unless it is a life threatening emergency.

It is important that every member of the community continue to follow the CDC basic hygiene preventative measures. These measures include avoiding contact with people who are sick, covering coughs and sneezes, proper handwashing, cleaning frequently used surfaces, and staying home when sick.

The Cooper County Public Health Center has taken and will continue to take the necessary precautions to keep our community safe and will continue to diligently monitor the COVID-19 situation as it evolves by following the CDC guidelines to protect public health and limit spread of this infection.

The Cooper County Public Health Center is announcing limited testing for Covid-19 by appointment only.

The process for obtaining Covid-19 medical testing is as follows:

Individual needing testing MUST be preapproved by health center staff through phone interview approval. During the phone interview the individual must meet the following criteria:

- Meet medical criteria for testing.
- Must have transportation to the Cooper County Public Health Center.

Walk in face to face interviews will not be conducted. The purpose of phone interviews is to reduce the health center exposure to the medically ill. Phone interviews must be completed in advance. This is not a walk-in clinic. Testing will be done by appointment only, in a drive thru setting. Please call 660-882-2626 for eligibility interview.

If You Believe You Have Symptoms

Call the COVID-19 Hotline at 877.435.8411. Do not go to the emergency room or doctor's office before calling. If unable to get through, call your local healthcare provider.

If you do not have a local healthcare provider, call the Cooper County Public Health Center at 660.882.2626. The Center does not have a physician on staff however, we will help you locate a healthcare provider.

- Follow the instructions provided by healthcare professionals.

- Stay home: People who are mildly ill with COVID-19 can isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- Avoid public areas: Do not go to work, school, or public areas.
- Avoid public transportation: Avoid using public transportation, ridesharing, or taxis.
- Stay away from others: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Local Testing

Both MU Health Care and Boone Hospital Center have begun offering drive-thru testing. MU Health Care will offer drive-thru COVID-19 testing for patients with physician orders. The drive-thru testing is for patients with mild symptoms who've been assessed by a provider either through a clinic or video visit. Drive-thru testing is available from 8 a.m. to 7 p.m. Monday through Friday and 8 a.m. to 12 p.m. Saturday in the MU softball stadium parking lot. The drive-thru is closed Sunday.

MU Health Care is now offering free video visits to assess for COVID-19. Patients should visit www.MUHealthVideoVisits.org and select the "COVID-19" video visit option.

Boone Hospital Center testing is open Monday-Friday, 8 a.m.-4:30 p.m. and Saturday 8 a.m.-12 p.m. It is closed on Sundays. You will remain in your car the entire time. The drive-thru is located south of the hospital's Emergency Department entrance on the southwest side. The drive-thru is offered for those who have been screened by a health professional.

References

1. State of Missouri, **Show Me Strong Recovery Plan**, April, 2020
2. Missouri Chamber of Commerce, **Uniting for Recovery: Return to work Guidelines**, April 2020
3. Centers for Disease Control and Prevention, Coronavirus Covid-19, **Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes**, 2020
4. American Hotel & Lodging Association (AHLA), Safe Stay, **ENHANCED INDUSTRY-WIDE HOTEL CLEANING STANDARDS in response to COVID-19**, May 1, 2020