

# Food Handler's Guide to COVID-19

## What is coronavirus disease 2019 (COVID-19)?

COVID-19 is an illness caused by a virus that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that has spread worldwide. Symptoms can range from mild to severe illness. People can also be asymptomatic (have no symptoms) and still spread the virus to others.

### How does COVID-19 spread?



Close contact (about 6 feet or two arm lengths) with a person who has COVID-19



Respiratory droplets when an infected person coughs, sneezes, or talks



Touching a surface with the virus on it, then touching your mouth, nose, or eyes

### How can I protect myself and others from COVID-19?



Stay home as much as possible and avoid close contact with others.



Wear a cloth face covering that covers your nose and mouth in public.



Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer with 60% alcohol if soap and water aren't available.



Practice social distancing by remaining at least 6 feet away from others in public.



Clean and disinfect frequently touched surfaces.

## What are the symptoms?

Symptoms that may appear within 2 to 14 days after exposure to the virus include but are not limited to:



Fever



New or worsening cough



New or worsening shortness of breath



Fatigue



Muscle or body aches



Headache



New loss of taste or smell



Sore throat



Congestion or runny nose



Nausea



Vomiting



Diarrhea

Find additional COVID-19 information and resources at [www.snhd.info/covid](http://www.snhd.info/covid)

# COVID-19

## Should I stay home?

If you answer YES to ANY of the questions below, you should stay home. If you think you may have been exposed to COVID-19, contact your healthcare provider, and follow the [steps recommended by the Centers for Disease Control and Prevention](#).

1. Do you have a new <b>cough, fever (100.4°F or higher), chills, shortness of breath or difficulty breathing</b> that you <u>cannot</u> attribute to another health condition?	YES / NO
2. Do you have any of the following symptoms? <input type="checkbox"/> Fatigue <input type="checkbox"/> New loss of taste or smell <input type="checkbox"/> Muscle or body aches <input type="checkbox"/> Sore throat <input type="checkbox"/> Congestion or runny nose <input type="checkbox"/> Headache <input type="checkbox"/> Nausea or vomiting <input type="checkbox"/> Diarrhea	YES / NO
3. Have you come into close contact (within 6 feet) with someone who has a laboratory-confirmed COVID-19 diagnosis in the past 14 days?	YES / NO

### Should I seek medical attention?

Seek emergency medical care immediately for any of the following emergency warning signs:



Trouble breathing



Inability to wake or stay awake



Persistent pain or pressure in the chest



Bluish lips or face



New confusion

*This list does not include all of the possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.*

### When is it safe to return to work?

People who tested positive for COVID-19 and were directed to care for themselves at home may discontinue isolation under the following conditions:



AND



AND



At least 10 days have passed since symptoms first appeared

At least 24 hours since last fever without the use of fever-reducing medications

Other symptoms (e.g. cough, shortness of breath) have improved

**OR** two negative lab tests collected 24 hours apart

### What should a restaurant do if an employee tests positive or is suspected of having COVID-19?



**EXCLUDE** the person.



**VENTILATE** by opening doors and windows for 24 hours or as long as possible prior to disinfection.



**CLOSE** the restaurant for 24 hours, if possible.



**CLEAN & DISINFECT** the facility or at least where the employee was working.

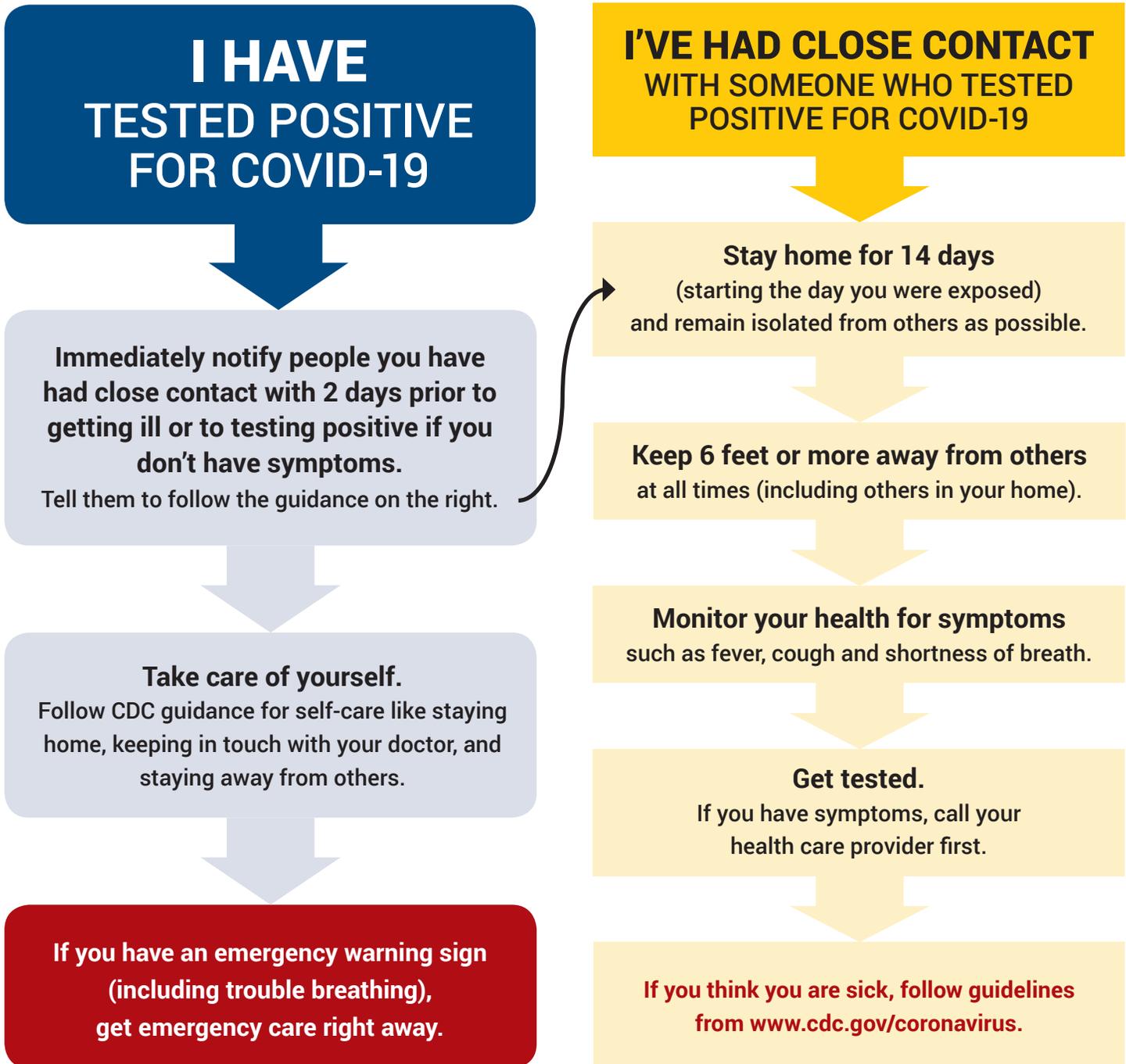


**REVIEW** emergency procedures

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# COVID-19

If you or someone you have been in close contact with has tested positive for COVID-19, follow the flowchart below.



# Mask Safety

## A fabric mask can protect others around you.

To protect yourself and prevent the spread of COVID-19, remember to keep at least 6 feet of distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

## Do's



Clean your hands before touching your mask.



Avoid touching the mask.



Store the mask in a clean, resealable plastic bag if it's clean and dry and you intend to reuse it.



Inspect the mask for damage or dirtiness before using.



Clean your hands before removing the mask.



Remove the mask by the straps when taking it out of the bag.



Adjust the mask to your face without leaving gaps on the sides.



Remove the mask by the straps behind the ears or head.



Wash the mask in soap or detergent, preferably with hot water, at least once a day.



Cover your mouth, nose and chin.



Pull the mask away from your face.



Clean your hands after removing the mask.

## Don'ts



Do not use a mask that looks damaged.



Do not remove the mask where other people are within 6 feet.



Do not wear a dirty or wet mask.



Do not wear a loose mask.



Do not use a mask that is difficult to breathe through.



Do not share your mask with others.



Do not wear the mask under the nose.

# Disinfection Steps

Follow the six steps below to ensure safe and effective disinfectant use in your establishment.



## Step 1: Check that your product is EPA-approved

Find the EPA registration number on the product. Then, check to see if it is on EPA's list of approved disinfectants at: [epa.gov/listnepa.gov/listn](https://epa.gov/listnepa.gov/listn)



## Step 2: Read the directions

Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."



## Step 3: Pre-clean the surface

Make sure to wash the surface with soapy water and rinse with clear water if the directions mention pre-cleaning or if the surface is visibly dirty.



## Step 4: Wear gloves and take safety precautions

For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Ensure the area is well ventilated. Remove any food or food contact surfaces.



## Step 5: Disinfect and follow the contact time

You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.



## Step 6: Store chemicals away and wash hands

Tightly close lids and store chemicals below and away from food and food contact surfaces. Wash hands properly with warm, soapy water for 15-20 seconds and dry with paper towels.

# Self-Service Safety Tips

The following self-service safety tips are mandated throughout Phase 2 of the Nevada Roadmap to Recovery.



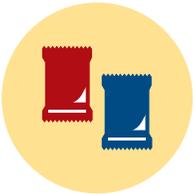
**Discontinue customer self-service buffets, salad bars, beverage stations and condiment stations.** Instead provide cafeteria-style food service, prepackaged foods, or a food handler to serve food product.



**Remove utensils from self-service areas to prevent contamination.** Consider providing disposable utensils, menus, cups, and plates.



**Discontinue open donut and pastry cases with common-use utensils such as tongs and spoons.** Instead provide individually-wrapped or packed pastries. Food handlers may individually wrap items if vendor does not supply them as such. Prevent bare-hand contact when packaging by using barriers such as deli sheets, gloves, tongs, and utensils.



**Discontinue open bulk food bins with common-use utensils such as tongs and spoons.** Facility may instead individually package bulk food items for grab and go. Prevent bare-hand contact when packaging.



**Discourage the use of customer's personal items such as reusable cups, growlers, bags, and containers.** If allowing reusable bags, consider asking customers to bag their own items.



**Disinfect high-touch surfaces** such as handles, cabinet doors, buttons, and levers frequently, at least daily.

# Contact List

## Where can I find more information?

Southern Nevada Health District has a dedicated COVID-19 page on its website, which includes specific Health District, County, and State updates, and links to Centers for Disease Control and Prevention guidance.

[www.snhd.info/covid](http://www.snhd.info/covid)

## Who do I call with questions about COVID-19?

The Health District has developed an information line where you can speak to a representative and get general COVID-19 questions answered.

(702) 759-INFO (4636)

7 a.m. – 7 p.m.

## How do I contact the Governor's Office?

Governor Sisolak's Southern Nevada Office may be reached by one of the following methods.

Grant Sawyer State Office Building

555 E. Washington Ave., Ste. 5100

Las Vegas, NV 89101

<http://gov.nv.gov>

(702) 486-2500 Phone

(702) 486-2505 Fax

## Where do I submit complaints about casinos not following the governor's mandates regarding protective measures?

The Gaming Control Board is the enforcement agency for the Governor's mandates in casinos.

<https://gaming.nv.gov>

(702) 486-2020

[ops@gcb.nv.gov](mailto:ops@gcb.nv.gov)

## Where do I submit complaints about restaurants and other businesses not following the governor's mandates regarding protective measures?

Enforcement of protective measures (such as masks, distancing and hand hygiene) is shared between local agencies and Nevada OSHA. To file a complaint, you may call the hotline number below.

(702) 486-9020