



Maintaining COVID-19 Precautions

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

The N3L3 philosophy:

our approach to protecting workers from fatal and life-changing events.

Eastern Alliance is here to help. To learn more about Eastern's N3L3 program and access other safety resources, sign in and visit the Safety Tools on www.easternalliance.com, or contact your Risk Management Consultant for assistance

1.855.533.3444

With the emergence of the Delta variant of the COVID-19 pandemic, it is important to maintain controls to prevent the spread of the infection. The Delta variant has shown to be more contagious and easier to spread from one person to the next. This increased spread has brought the overall daily number of reported cases and hospitalizations back to winter 2020 levels (before vaccinations were available) over a very short period. The main drivers of this have been the lessening of controls (masks, sanitization, social distancing, etc.) related to the prevention of the spread of COVID-19 to both vaccinated and unvaccinated individuals. This "COVID or Pandemic Fatigue" often results in the lowering of our guard against preventing its spread. While at least 73% of those 12 years and older have had at least one vaccination (*Centers for Disease Control and Prevention, 2021*), the remaining unvaccinated percentage of the population is highly vulnerable and has been susceptible to severe cases requiring hospitalization, ventilator use, and even loss of life. As such, maintaining or returning to those controls previously in place is not only imperative but also essential to the prevention of this fatal and life-changing disease from the mutated virus.

Recommended Guidance from the Centers for Disease Control

1. **Get Vaccinated:** as of the date of this publication, one vaccine has received full FDA approval for individuals 16 and up. Two other vaccines, as well as expanded age access are likely on the horizon for full approval.
2. **Wear Masks:** All persons **regardless** of vaccination status should wear masks when indoors to lessen the risk of contracting or spreading the virus to others. It is important to note that current evidence shows while vaccinated persons who contract the virus may show mild signs of COVID-19; they can still spread the virus to both vaccinated and unvaccinated individuals alike. There are cases, albeit a small



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percentage of the total where fully vaccinated persons have contracted the COVID-19 virus and require extensive treatment. They have shown to fare the disease much better than those who are not vaccinated. Much like your annual flu shot will not absolutely protect you from getting the flu; it will in most cases lessen the severity of the infection.

3. **Social Distance:** All employees should continue to maintain at least 6 feet of distance between themselves whether at workstations, break rooms, conference spaces, or other close contact spaces.



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4. **Stay Home:** remind employees to stay home if they suffer from any of the symptoms of COVID-19, including but not limited to:
 - a. Fever/Chills
 - b. Cough
 - c. Shortness of Breath
 - d. Fatigue
 - e. Muscle or Body Aches
 - f. Headache
 - g. New Loss of Taste or Smell
 - h. Sore Throat
 - i. Congestion / Runny Nose
 - j. Nausea or Vomiting
 - k. Diarrhea

5. **Daily Health Screening:** Check with employees daily as to their health and if they are fit for duty to be in the shared workspace with others. If an employee is suffering from any of the above listed symptoms, they should not enter the workspace and return home/get tested for COVID-19 before returning to the workspace.

6. **Follow local Guidance:** Various counties and states may have more stringent guidelines beyond the recommended guidelines of the CDC, but any followed guidance should not be less than that of the recommendations of the CDC.

7. **Maintain Good Hygiene:** Ensure that commonly touched surfaces are sanitized regularly, hand sanitizer available throughout the workspace and anti-bacterial soap are available at sinks.

8. **Maintain Ventilation:** All HVAC systems should be well maintained according to manufacturers' recommendations with filters at MERV rating 13 or higher if the system will allow it.



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For Questions and specific recommendations for your organization, please reach out to your Risk Management Consultant for any additional resources, training, and guidance.

Centers for Disease Control and Prevention. (2021, August 27). COVID Data Tracker. Retrieved from Trends in Number of COVID-19 Cases and Deaths in the US Reported to CDC, by State/Territory: https://covid.cdc.gov/covid-data-tracker/index.html#trends_dailycases