



FAQ's about COVID-19 (Coronavirus)

Here are some Frequently Asked Questions regarding the Coronavirus and how it affects you and those around you. Please know that information is being updated literally by the hour and we will continue to add to this, so check back often!

1. I am not feeling well, should I come to work?

Answer:

You should not come to work if you have or have had a **FEVER** within the last 24 hours without the use of medication. This means that if your fever only goes away if you take fever-reducing medication, you **MUST** stay home for at least 24 hours after your fever is gone when you have not taken medication. Your normal temperature is 96.1; there is concern with a temperature of over 100 degrees. If you are coughing and/or have shortness of breath, it is recommended that you stay home until your symptoms have been gone for at least 24 hours.

Please note that if you have been diagnosed with COVID-19, you will be required by the Health Department to quarantine at home until they release you from care. That may take upwards of 2 weeks or more.

Also note that Opportunities, Inc. has an obligation to protect all participants, visitors and staff to the best of our capabilities and as such, we will follow the recommendations of the health department regarding the practice of employees, participants and visitors to self-quarantine if you are at a higher risk of contamination, such as after travel or when you have been in the presence of others with a confirmed or pending diagnosis.

2. How is contagious is COVID-19 and how is it spread?

Answer:

It's unclear exactly how contagious the new coronavirus is. It appears to be spreading from person to person among those in close contact. It may be spread by respiratory droplets released when someone with the virus coughs or sneezes.

Some of the research has been conflicting; however, the latest news sources state that virus can last on surfaces for several hours or even days, which is why stringent disinfecting of surfaces both at home and at work are vital. Do not forget items that we

touch multiple times throughout the day such as phones, door handles, purses, car keys, counters, toilets, faucets, etc.

The best measures for mitigating the spread of this or any virus is to

- WASH YOUR HANDS
 - Frequently, with warm, soapy water for at least 20 seconds (sing Happy Birthday to yourself two times)
- MAINTAIN SOCIAL DISTANCE
 - Limit being around crowds of 50 or more people
 - Maintain a distance of 6 feet between you and another person

3. What are some of the risk factors of COVID-19?

Answer:

Risk factors for COVID-19 appear to include:

- Recent travel from or residence in an area with ongoing spread of COVID-19 as determined by **CDC** (Centers for Disease Control) or **WHO** (World Health Organization)
- Close contact with someone who has COVID-19 — such as when a family member or health care worker that takes care of an infected person

4. What are some of the symptoms of the COVID-19?

Answer:

Coronavirus disease (COVID-19) symptoms can range from mild to severe and include:

- FEVER
- COUGH
- SHORTNESS of BREATH or DIFFICULTY BREATHING

People who are older or have existing medical conditions, such as heart disease, may be at higher risk of serious illness. This is similar to what is seen with other respiratory illnesses, such as influenza.

More rarely, the disease can be fatal. Older people, and people with other medical conditions (such as asthma, diabetes, or heart disease), may be more vulnerable to becoming severely ill.

5. Is there a cure or vaccine for COVID-19?

Answer:

No, There is currently no vaccine to prevent COVID-19 coronavirus disease.

6. How do I reduce my risk of getting it?

Answer:

The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Although there is no vaccine available to prevent infection with the new coronavirus, you can take steps to reduce your risk of infection. WHO and CDC recommend following the standard precautions for avoiding respiratory viruses:

- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.
- Cover your mouth and nose with your elbow or tissue when you cough or sneeze.
- Avoid touching your eyes, nose and mouth if your hands aren't clean.
- Avoid close contact with anyone who is sick.
- Avoid sharing dishes, glasses, bedding and other household items if you're sick.
- Clean and disinfect surfaces you often touch.
- Stay home from work, school and public areas if you're sick.

7. If I come in contact with someone that has COVID-19 how long will it be before I start to show symptoms?

Answer:

If you do contract the virus, the signs and symptoms may appear anywhere from 2 to 14 days after exposure.

8. My child's school is closed, what do I do?

Answer:

As always we encourage you to consider alternate daycare arrangements in the event that your children's school is closed. Should you need to stay home to care for your child(ren) in this situation, it will be treated just like any other daycare issue. You may take PTO if available and approved by your Supervisor or take time away unpaid.

As per our **Operational Guideline for Pandemic Events**, for a limited duration, dependent state and local actions, we will suspend normal attendance standards so staff may care for school-age children without fear of reprisal.

9. I have an out-of-state trip planned; do I need to cancel my trip?

Answer:

Opportunities, Inc. STRONGLY RECOMMENDS you refrain from non-essential travel outside the State of Wisconsin. We are closely following recommendations of the State of Wisconsin DHS and the Jefferson County Health department regarding when employees are safe to be in the workplace. Please see current recommendations below:

- Things are changing rapidly when it comes to travel. President Trump has banned travel into the US from Europe and the State of Wisconsin **recommends against all non-essential travel to any U.S. state where the CDC deems there is “sustained community transmission”** of COVID-19. As of March 11, 2020, the CDC has determined sustained community transmission is occurring in the states of **California, New York, and Washington.**
- For all travelers returning to Wisconsin from U.S. states where the CDC has determined that sustained community transmission is occurring, Wisconsin Department of Health Services (DHS) **recommends that those individuals self-quarantine at home for 14 days and monitor for symptoms of COVID-19** (including fever and cough).
- Due to the urgency to reduce the spread of this disease, we will be asking for more information from persons that have traveled and dependent upon where you are traveling to and/or the persons you have been in contact with, you may be required to quarantine at home upon your return.

10. Why is there so much worry about this disease when we have influenza every year that has killed so many more people?

Answer:

One of the biggest differences between the flu/influenza is that so much is unknown about COVID-19. Scientists have studied seasonal flu for decades. So, despite the danger of it, we know a lot about flu virus and what to expect each season. In contrast, very little is known about the new coronavirus and the disease it causes because it's so new. This means COVID-19 is something of a wild card in terms of how far it will spread and how many deaths it will cause.

Please know that the steps we are taking are in line with the guidance we are receiving from both Local, State and Federal departments of health. The information is changing throughout each day and we are keeping up with the latest information in order to make the best decisions regarding how best to protect everyone here at Opportunities, Inc.

11. What is Opportunities, Inc. doing to keep employees and Participants healthy and safe?

Answer:

Each fall, we always address the pending cold & flu season with promoting proper handwashing and hygiene techniques as well as increased focus on sanitizing common areas. More specifically, pertaining to the coronavirus, we have increased our sanitation procedures, reviewed protocols on hygiene with staff and we are closely evaluating everyone that comes in to our facilities for any symptoms that may be consistent with the coronavirus and screening persons that have recently travelled to any state or region outside of Wisconsin. Our Task Force is working diligently to make sure that we are following all of the latest CDC, DHS, and local health department recommendations.

12. Can I work from home during this time?

Answer:

Because we are in the business of serving people, many of our job duties do not translate into working from home. The Task Force has developed guidelines for determining business-critical duties that can be successfully accomplished working remotely, however, these positions are very limited. If you have a question about working from home, please talk with your Director.

13. I am having company stay with me from out of state, do I need to be concerned?

Answer:

Yes, depending on where your company is coming from and whether or not they have come into contact with anyone that has had symptoms and/or are they exhibiting symptoms themselves or if they are coming from regions that have been identified as “high-risk” areas such as New York, California, and Washington State. If you have visitors from out of state or out of the country you should consider postponing your visit or be prepared to self-quarantine after your visit for at least 14 days. This is an example of how the virus has been spreading from one region to another when people from a high risk area, visit another area when they are asymptomatic but may have been exposed. We are asking that you apprise us of any out of state or country visitors you may have scheduled so that we can make sure it does not pose an additional risk to our community.

14. What if my work slows down (program contracts suspended, Participants staying home, etc.)?

Answer:

It is not our intent to negatively affect anyone's livelihood. Opportunities, Inc. is dedicated to our mission and we have individuals and customers relying on our services! At this time, you may temporarily be redirected to other areas of the organization that need extra help.