

# SANGB Return to Work Training

---

Update 21 July 2020

# Outline

- COVID Signs and Symptoms
- COVID Prevention
  - Standard Precautions
  - Social Distancing
  - Mask
- Health Protection Condition Levels (HPCON)
- Reporting to SANGB
- Building Check-in/Check-out Procedures
  - Workforce Entry & Wellness Check (COVID-19)
- If you think you are sick
- Summary

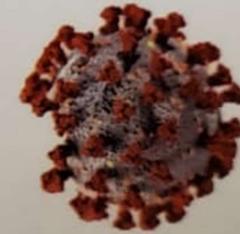
# COVID Signs and Symptoms

## **COVID-19 SYMPTOMS**

If a member is experiencing any of the following symptoms, please advise them to isolate, schedule a COVID-19 test immediately, and schedule an appointment with their primary healthcare physician.

**SYMPTOMS MAY APPEAR 2-14 DAYS AFTER EXPOSURE**

- Fever or chills
- Cough or difficulty breathing
- New fatigue, muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose (Non allergy related)
- Nausea, vomiting, or diarrhea



For more information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

# COVID Prevention: Standard Precautions

- Wear a face mask when 2 or more members are present
- Maintain a 6 foot distance (when possible)
- Clean hands often with soap and water and/or hand sanitizer
- Avoid touching your eyes, nose and mouth
- Stay home if you're sick, except to get medical care
- Cover coughs and sneezes
- Clean and disinfect frequently touched surfaces

<https://www.af.mil/Portals/1/200313-D-HN545-001.jpg>

**Slide 4**

---

**A1**

Author, 7/14/2020

# Authorized Masks

All individuals on DoD property, installations, and facilities are authorized to wear **cloth face coverings** when six feet of social distance cannot be achieved.

**THIS DOES NOT APPLY WITHIN PERSONAL RESIDENCES**

## Authorized masks when in uniform:



Camouflage (matches uniform)

"Earth tone" colors  
black            brown  
olive green    tan

Issued Neck Gaiters



"Medical type" masks

*Note:*

*Cloth masks should be washed daily  
Avoid touching an applied mask*

## Unauthorized masks:

**N95** - Being in short supply, these masks are prioritized for **MEDICAL** personnel

**High Altitude Training Masks**

**Masks with ANY of the following**  
*printed wording*  
*brand logos*  
*profane/derogatory/racist imagery*

# COVID Prevention: Masks

## HOW A MASK WORKS

- COVID-19 spreads mainly among people who are in close contact.
- All of us have droplets in coughs and sneezes that can carry COVID-19 to others.
- Coughs spray droplets at least 6 feet. Sneezes travel as far as 27 feet. Droplets also may spread when we talk or raise our voice.
- These droplets can land on your face or in your mouth, eyes and nose.
- When you wear a mask, it keeps more of your droplets with you.
- A mask also adds an extra layer of protection between you and other people's droplets.

Chance of Transmission	Asymptomatic COVID-19 Carrier	Uninfected Person
HIGHEST		
HIGH		
MEDIUM		
LOW		
LOWEST		
PRACTICALLY NONE		

6 ft

[https://www.michigan.gov/coronavirus/0,9753,7-406-100997\\_100998---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-100997_100998---,00.html)

- Wear masks to avoid transmission
- **When to wear:**
  - indoor shared/public spaces
  - Crowded outdoor spaces
  - 2 or more members are present
- Ensure nose and mouth is covered

# Health Protection Condition Levels (HPCON)

HEALTH PROTECTION MEASURES		
Situation	HPCON	Example Health Protection Measures
Normal Baseline	0	Routine: Standard precautions such as routine hand washing, cough on sleeve, diet, exercise, vaccinations, education, stockpiling, planning, routine health alerts, etc.
Report of unusual health risk or disease	A	Limited: Health Alert, communicate risk and symptoms, review plans, verify preparation: training, stocks, posture, prepare to diagnose, isolate and report new cases
Outbreak or heightened exposure risk	B	Moderate: Strict hygiene (no handshaking, wipe common use items); if exposed, self-isolate (wear mask or remain home); avoid contaminated water/food or risk area; vector control
High morbidity epidemic or contamination	C	Substantial: Social distance (limit meetings, socials, TDYs); shelter in place indoors; or, if directed, don respirators; mass distribution of medical countermeasures, if applicable
High mortality epidemic or containment	D	Severe: Restrict movement (quarantine), mass evacuation, mass decontamination, subsist on secure food/water sources

- HPCON Levels guide public health actions taken on base
  - Levels based on local health conditions
  - Made by WG Commander
- Posted on building entry points and main gate

<https://www.af.mil/Portals/1/200313-D-HN545-001.jpg>

# Reporting to SANGB

- **Current HPCON:** **Charlie as of 23 July 2020**
- Before reporting to SANGB inform your supervisor and Chain of Command of the following:
  - **Question 1:** In the last 14 days, have you been in close contact (without recommended infection control precautions) with a person who has a lab confirmed or clinically diagnosed COVID-19 during the period from 48 before their symptoms started until they met the criteria for discontinuing isolation?
  - **Question 2:** Within the last 14 days, have you traveled from a country or state with widespread ongoing transmission of COVID-19 cases or traveled on a cruise ship or river boat? If member is unsure, assume yes.
  - **Question 3:** Have you been diagnosed or infected and recovered from COVID-19?

# Building Entry/Exit Procedures

- **Purpose:** Information is used for 30 days to aid in Medical Contact Tracing



**1. Temperature Check**  
*Once Daily*



**2. Sign-In**  
*When entering building from another area*

**3. Sign-Out**  
*When exiting building for another area*

- **Five step process**

- Take temperature
  - Scan QR Code with phone camera
  - Answer questions
    - Initial-First time on base
    - Subsequent-any other location
  - Enter facility
    - Yes-Questions are negative
    - No-Contact supervisor
  - Exit Facility
    - Scan QR exit code
- If you can't scan the QR code, due to phone constraints, please call the phone number listed at the bottom of the QR code sheet.**
- Or,**
- Sign in with the alternate manual method.**

127th MEDICAL GROUP  
BUILDING ENTRY SIGN IN

**DO NOT ENTER BUILDING**  
SCAN QR CODE BELOW



COMPLETE QUESTIONNAIRE

\*\*\* HAVING DIFFICULTIES? CALL (585) 239-4972 AND A MDG MEMBER WILL ASSIST FOR ENTRY

# QR Code Entry Questions

- **QR Code Workforce Entry & Wellness Check (COVID-19)**
  - Have you recently developed: Shortness of Breath or Cough?
  - Have you recently developed: Chills, Fatigue, Body Aches, or Headaches?
  - Have you recently developed: Loss of Sense of Smell and/or Taste, Nausea, Vomiting or Diarrhea?
  - Temperature: Fever above 100 F ?
- **IF YOU ANSWER YES TO ANY QUESTIONS**
  - DO NOT ENTER BUILDING
  - INFORM SUPERVISOR

If you think you are sick!

- Notify Supervisor or Commander before coming to base or reporting to work
- Isolate
- Call your Primary Healthcare Physician
- Schedule a COVID-19 test ASAP

# Summary

- If you are sick notify Supervisor or Commander and do not report to work
- Wear a mask
- Keep your distance
- Ensure use of QR entry/exit procedures