



## Virus/ Pandemic Outbreak Policy of Seward House Museum

### Pandemic:

A virus is classified as a pandemic when:

- Disease/ virus (such as COVID-19) has caused cases of severe illness, and has resulted in death
- Disease/ virus (such as COVID-19) has shown sustained person-to-person spread
- Disease/ virus (such as COVID-19) has spread across the globe

### People who are high risk for contracting viruses (such as COVID-19):

- Elderly
- People of all ages with heart disease, lung disease, and diabetes
- Pregnant women
- People who are in close geographic proximity to active spread of virus (such as COVID-19)
- Health care workers
- People who are in close personal proximity to people with elevated exposure to the virus
- Travelers returning to the United States from foreign countries that have infected inhabitants

### Common Symptoms of a Virus (Such as COVID-19)

- Fever
- Cough
- Shortness of breath

### Important Definitions:

*Self-Observation:* Remain alert for symptoms. If you detect symptoms: self-isolate, limit contact with others, and call your healthcare professional

*Self-Monitoring:* Monitor your body conditions regularly such as taking your temperature 2x a day. If you detect symptoms: self-isolate, limit contact with others, and call your healthcare professional.

*Close Contact:* Six feet or less

*Public Health Order:* For viruses that are an “acute respiratory syndrome” (such as COVID-19), they define what is known as a “quarantinable communicable disease.” Therefore, quarantine as a

March 12, 2020



form of containment of an acute respiratory syndrome (such as COVID-19) is legally enforceable under Executive Order 13295.

*Isolation:* Means the separation of a person or group of people known or reasonably believed to be *infected with a communicable disease and potentially infectious* from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

*Quarantine:* Means the separation of a person or group of people reasonably believed to have been *exposed to a communicable disease but not yet symptomatic*, from others who have not been so exposed, to prevent the possible spread of the communicable disease.

*Controlled Travel:* This control involves exclusion from long-distance commercial conveyances such as aircraft, ship, train, bus. For people subject to active monitoring, any long-distance travel should be coordinated with public health authorities to ensure uninterrupted monitoring.

*Social Distancing:* Remain out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.

#### Exposure Risk Categories:

##### **NO RISK:**

- When there have been minimal interactions with a person that has symptoms of a virus (such as COVID-19) that do not meet any of the high-, medium- or low-risk conditions below, such as walking by the person or being briefly in the same room.

##### **LOW RISK:**

- When there are people who have been in the same indoor environment (e.g., a classroom, a hospital waiting room) as a person with symptomatic the virus (such as COVID-19) for a prolonged period of time but not meeting the definition of close contact.

##### **RECOMMENDATIONS:**

- Perform self-observation

##### **MEDIUM RISK:**

- When people have been in close contact with a person with symptoms of the virus (such as COVID-19).

March 12, 2020



- When people have been on an aircraft, being seated within 6 feet (two meters) of a traveler with symptoms of virus (such as COVID-19); this distance correlates approximately with 2 seats in each direction.
- When people have been living in the same household as, an intimate partner of, or caring for a person in a non-healthcare setting (such as a home) to a person with symptoms of a virus (such as COVID-19) while consistently using recommended precautions for home care and home isolation.

#### **RECOMMENDATIONS:**

- Remain home
- Practice social distancing
- Postpone long-term travel
- Perform self-observation

#### **HIGH RISK:**

- When someone is living in the same household as, being an intimate partner of, or providing care in a non-healthcare setting (such as a home) for a person with symptoms of a virus (such as COVID-19) *without using recommended precautions* for home care and home isolation.

#### **RECOMMENDATIONS:**

- Quarantine
- No public activities
- Perform daily active monitoring

#### **VERY HIGH RISK:**

- Someone has confirmed case of the virus (such as COVID-19)

#### **RECOMMENDATIONS:**

- Perform isolation
  - Remain home until:
    - Fever is resolved
    - There is an improvement of symptoms
    - There have been negative results of 2 (two) healthcare professional disease tests in <24 hours
- Wear a facemask



Ways to Protect Yourself:

- Wash your hands often, FOR AT LEAST 20 SECONDS
- Cover coughs and sneezes with the inside of your elbow
- Clean **and** disinfect frequently touched surfaces (such as computer keyboards, mouse, door knob, light switches, toilets, sinks, and faucets) **daily**
  - To disinfect use
    - Diluted bleach
    - Alcohol solutions with > 70% alcohol
- Use hand sanitizer with at least 60% alcohol
- Avoid close contact
- Stay home if you are symptomatic

If you become Symptomatic:

- Stay home
- Separate yourself from animals and other people in your home
- Call your health care professional
- Wash your hands often for at least 20 seconds
- Avoid sharing items
- Clean “high touch” surfaces daily
- Self-monitor

\*\*\*Information sourced from Center for Disease Control and Prevention\*\*\*

March 12, 2020