

2019 Novel Coronavirus [COVID-19]: Stage 3 Rock the Rebound Idaho



Recommended Guidance for Individuals, Business and Community Organizations

Purpose

Public Health—Idaho North Central District, Nez Perce County and the City of Lewiston support Governor Little's [Guidelines for Opening Up Idaho](#) and encourage our business partners to create, prepare and implement plans to re-open.

We encourage all businesses and other institutions to review and abide by the guidelines and protocols so we can continue to flatten the curve and we can re-open together. The following guidance for businesses is to assist with building their own plans for ensuring the safety of employees and patrons.

Plan Activation Process:

When deciding how to activate and make changes to your plan, consider the following:

- Criteria that must be met for the state to move to the next Stage.
- Specific employer guidelines and protocols for each stage.
- Which decision makers in your business should be involved?
- What event(s) should trigger action?
- What procedures should be used to activate or deactivate your plan?
- How can you efficiently and effectively transfer business knowledge to key employees?
- When you deactivate your plan, how can you most effectively reintegrate who have been absent?
- Prepare to work with local health officials when answering these questions.

Determine how you will relay information about your operations to employees and business partners.

Individuals:

Key to making progress will require consistency in the following basic practices of social hygiene.

- **Wash hands** with soap and water regularly or sanitize hands regularly
- Engage in physical distancing.
- Wear face coverings in public places when social distancing can't be followed.
- Stay home if sick.
- Practice good hand hygiene.
- Cover coughs and sneezes.
- Disinfect surfaces and objects regularly.
- In public places minimize use of your phone to re-

duce contamination.

- Pre-plan trips and identify what items are needed to minimize contamination.

We encourage citizens to check on their friends and neighbors by calling, using social media, texting, or chatting with them over the fence. If needed people can contact their local law enforcement through their business lines and ask for a wellness check for those you may be concerned about.

How to Protect Yourself & Others:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Guidance for Cleaning and Disinfecting: https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Reopening_America_Guidance.pdf

Protocols for Ag. Workers: <https://rebound.idaho.gov/wp-content/uploads/2020/05/protocols-ag-workers.pdf>

STAGE 1: [General Business Protocols-1](#)

Protocols for Daycares and Childcare: <https://rebound.idaho.gov/wp-content/uploads/2020/04/stage1-protocols-childcare.pdf>

Protocols for Youth Activities: <https://rebound.idaho.gov/wp-content/uploads/2020/04/stage1-protocols-youth.pdf>

Protocols for Places of Worship: <https://rebound.idaho.gov/wp-content/uploads/2020/04/stage1-protocols-worship.pdf>

STAGE 2: [General Business Protocols-2](#)

Protocols for Restaurants: <https://rebound.idaho.gov/wp-content/uploads/2020/05/stage2-protocols-restaurants.pdf>

Protocols for Close Contact Services: <https://rebound.idaho.gov/wp-content/uploads/2020/05/stage2-protocols-close-contact-services.pdf>

Protocols for Indoor Gyms, Rec. Facilities: <https://rebound.idaho.gov/wp-content/uploads/2020/05/stage2-protocols-indoor-gyms-rec-facilities.pdf>

STAGE 3:

Protocols for Outdoor pools, splashpads, waterparks <https://rebound.idaho.gov/wp-content/uploads/2020/05/stage3-protocols-outdoor-pools-splashparks-waterparks.pdf>

Protocols for Bars, Breweries, Wineries and Distilleries: <https://rebound.idaho.gov/wp-content/uploads/stage3-protocols-bars-breweries-winereries-distilleries.pdf>

Employers:

We must continue with community interventions to continue to slow the spread of COVID-19. This includes following the latest best practices and recommended guidelines to protect employees and others.

Employers should continue to:

- Provide and encourage frequent handwashing.
- Maintain the six-foot physical distancing require-

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Recommendations for individuals, businesses and other community organizations

ments for employees and patrons.

- Provide adequate sanitation and personal hygiene opportunities for employees, vendors, and patrons.
- Ensure frequent disinfection of the business as well as regular cleaning, especially of high-touch surfaces.
- Identify how personal use items such as masks, face coverings, and gloves may be required by employees, vendors, and/or customers.
- Provide services while limiting close interactions with patrons.
- Restrict non-essential business travel.
- Identify strategies for addressing ill employees. This should include requiring COVID-19 positive employees to stay at home while infectious, and may include keeping employees who were directly exposed to the COVID-19 positive employee away from the workplace. Close the business until the location can be properly disinfected.
- On a case-by-case basis, include other practices appropriate for specific types of businesses, such as screening of employees for illness and exposures upon work entry, requiring non-cash transactions, etc.

Additional criteria and protocols may be provided for each stage. <https://idahopublichealth.com/district-2/novel-coronavirus>

Best Practices and strategies may include:

- Provide hand sanitizer stations for employees and customers entering and exiting your establishment.
- Place posters at entrances and in break rooms recommending best practices for good social hygiene.
- Share information on how employees can protect themselves.
- Limit the number of patrons in your business based on square footage of your business.
- Regularly screen employees, monitor health and encourage daily self-checks for [Covid-19 symptoms](#).
- Ask employees to stay home when sick and ensure sick leave policies are in place.
- Use sneeze guards and other protections when close interactions cannot be avoided.
- Utilize signs and taped markings to designate distancing areas for customer lines.
- Use 'by appointment' scheduling to reduce foot traffic.
- Consider flexible schedules, telecommuting and flexible worksites to maintain physical distancing.

Rocking the Rebound: <https://rockingtherebound.com/>

Stage 1 Rocking the Rebound: https://rockingtherebound.com/wp-content/uploads/2020/05/stage1_RocktheRebound-ver1.pdf

Stage 2 Rocking the Rebound: https://rockingtherebound.com/wp-content/uploads/2020/05/stage2_RocktheRebound-ver1.pdf

rockingtherebound.com/wp-content/uploads/2020/05/stage2_RocktheRebound-ver1.pdf

Stage 3:

Establishments planning to open in Stage 3 must have a plan in place to mitigate the risk of spreading the virus that causes COVID-19. Key to an effective strategy is maintaining social distancing of 6 ft, disinfection of commonly touched surfaces, ventilation, and hand sanitization. Consider limiting the number of patrons to allow spacing when open. Monitor areas where people tend to congregate and encourage distancing and wearing of face masks. Entertainment and dancing should not occur at this stage. Have strategies to educate the public and employees about the protocols used to reduce the spread of COVID-19.

We are working with other civic partners to assist as our community works to reopen and will continue to provide guidelines and other best practices to support our regions efforts to Rebound Idaho!

Valley Medical Center has offered to assist/review local business reopening plans. Contact:

Dr. Cory A. Gall, PhD

Managing the Rebound

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Helpful Links:

Rebound Idaho: <https://rebound.idaho.gov/>

State of Idaho: <https://coronavirus.idaho.gov/>

Public Health: <https://idahopublichealth.com/>

City of Lewiston: <https://www.cityoflewiston.org/coronavirus>

Nez Perce County: <https://www.co.nezperce.id.us/Home/COVID-19>

LC Valley Chamber: <http://www.lcvalleychamber.org/>

Twin River United Way: <https://tcuw.org/>

Nez Perce Tribe: <https://www.nezperce.org/coronavirus-covid-19-updates/>

