



COVID-19 SAFETY TRAINING

Topics required by Alameda County Health Services

June 11 2021

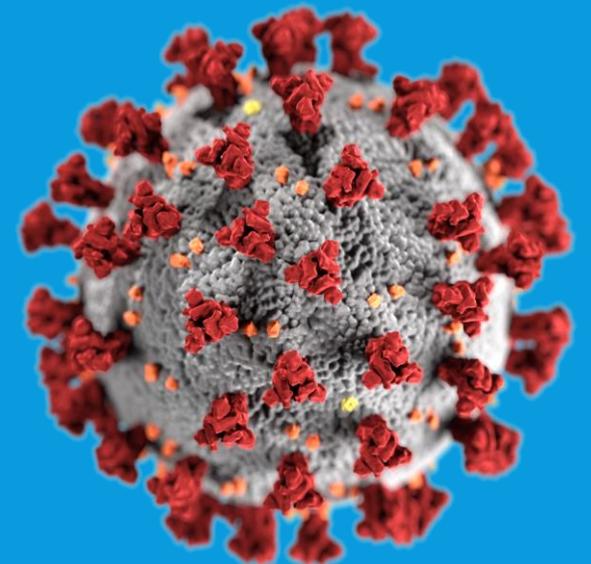
COVID-19, TRANSMISSION, PERSONS AT-RISK

COVID-19 is a respiratory disease caused by SARS-CoV-2, a new coronavirus discovered in 2019.

The virus is thought to spread mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes, or talks. Some people who are infected may not have symptoms.

For people who have symptoms, illness can range from mild to severe.

Adults 65 years and older and people of any age with underlying medical conditions are at higher risk for severe illness. These include cancer, diabetes, kidney and heart disease, HIV and any immunocompromised states, and obesity



VACCINATIONS

- In the rare case that you do still get COVID-19, the vaccine may help keep you from getting seriously ill.
- Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.
- COVID-19 vaccination is a safer way to help build immunity. COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you.
- COVID-19 vaccination is an important tool to help us get back to normal.
- Read more at CDC's [Benefits of Getting a COVID-19 Vaccine.](#)

SELF-SCREENING

- In accordance with California State Industry Guidance, it is the responsibility of personnel (e.g., employees, contractors, **volunteers**, etc.) to complete and submit their COVID-19 symptoms and exposure self-assessment questionnaire before the start of each shift.
- **Our volunteers will attest to their “No” answers on the Volunteer Sign-In sheet**

We will also be asking visitors to verify their symptom question answers upon checking into the CGS Library

<https://covid-19.acgov.org/covid19-assets/docs/recovery/self-assessment-screening-guidance-for-personnel-eng-2021.05.07.pdf>



COVID-19

SYMPTOM SELF-CHECK

In compliance with the Alameda County Department of Public Health guidelines for reopening, please answer the questions to the right.

GUIDELINES

For more information on COVID-19 guidelines, go to:

WEBSITE:

<https://covid19.ca.gov/safer-economy/>

QUESTIONS about your CGS Library visit? Send email to visit@californiaancestors.org

1. Within the last 10 days have you been diagnosed with (i.e., tested positive for COVID-19?

Yes No

2. Within the last 14 days, have you come into close contact* with anyone who tested positive for and/or is in isolation for COVID-19?

Yes No

3. Within the past 24 hours, have you experienced any of the following symptoms that cannot be explained by a reason other than potentially having COVID-19?

- Fever, Chills, or Repeated Shaking/Shivering
- Cough
- Sore Throat
- Shortness of Breath, Difficulty Breathing
- Feeling Unusually Weak or Fatigued
- Loss of Taste or Smell
- Muscle pain
- Headache
- Runny or congested nose
- Diarrhea
- Nausea and vomiting

Yes No

*Close contact" is defined as living in the same house, being an intimate partner, being a caregiver, or being within 6 feet of an individual for longer than 15 minutes who has COVID-19.

May 31, 2021

WHEN NOT TO COME TO THE LIBRARY

If you have

- Fever, Chills, or Repeated Shaking/ Shivering
 - Cough
 - Sore Throat
 - Shortness of Breath, Difficulty Breathing
 - Feeling Unusually Weak or Fatigued
 - Loss of Taste or Smell
 - Muscle pain
 - Headache
 - Runny or congested nose
 - Diarrhea
 - Nausea and vomiting
-
- If you or someone you live with have been diagnosed with COVID-19.



WHEN TO SEEK IMMEDIATE MEDICAL ATTENTION



Persistent pain or pressure in the chest

Confusion

Bluish lips or face

CONTACT US

- If you think you have been exposed to COVID-19 or you have symptoms, it is important to let CGS know as soon as possible and stay home unless you need medical care
- Contacts:
 - Kathleen Beitiks , Volunteer Chairman: kbeitiks@californiaancestors.org
 - Maureen Hanlon, Vice President, Reopening Team: mhanlon@californiaancestors.org

VULNERABLE POPULATIONS

Because most of our members, volunteers and visitors are over 60 and fall into the category of vulnerable populations, we will err on side of caution in “loosening up” requirements.

After our June 30 opening, CGS will continue to require

- Masks
- Physical distancing
- Cleaning and disinfecting protocols
- Limits on the number in our Library

We will also not resume in-person meetings and classes until further notice

WASH HANDS FREQUENTLY

Frequent handwashing with soap and water, including scrubbing with soap for 20 seconds (or using hand sanitizer with at least 60% ethanol or 70% isopropanol when employees cannot get to a sink or handwashing station), is part of CDC guidelines.

We ask our volunteers and visitors to wash or sanitize hands before they begin work and before they leave the library and as often as they need to in between.



USE SAFE HYGIENE AND CLEANING PRODUCTS



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In addition to nightly cleaning by the Breuner building's maintenance staff, we have supplied our Library with disinfecting and cleaning products including sprays, wipes and hand sanitizers to be used by volunteers and visitors.

We will follow manufacturer's directions and Cal/OSHA requirements for safe use of personal hygiene and cleaning products; i.e., hand sanitizers with at least 60% ethanol or 70% isopropanol

PHYSICAL DISTANCING



HANDLING BOOKS AND MATERIALS

- Although the risk of transmission is low for paper materials, CGS will be isolating books and other materials used by visitors.
- Visitors will be requested to put any used books or materials in the Re-shelving area
- Volunteers will re-shelve the books and materials on the next same day of the following week
 - For example, books used by visitor on Wednesday will be re-shelved by the volunteer on the following Wednesday

FACE COVERINGS

- Face coverings can help protect people near the wearer, but do not replace the need for physical distancing and frequent handwashing.
- Wash and/or sanitize hands before and after using or adjusting face coverings
- Avoid touching eyes, nose, and mouth.
- Wash face coverings after each shift
- Learn more about types of masks and fitting your mask at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Get-the-Most-out-of-Masking.aspx>



OTHER SUPPORT FOR SAFETY AT THE CGS LIBRARY

- Plexiglass shield surrounding Front Desk
- Supply of gloves and masks for visitors
- Signage
- Distanced work/research stations
- Kitchen closed
- Traffic in book aisles restricted to one at a time
- Access to Board or other supportive CGS member

MORE INFORMATION

- Questions can be sent to visit@californiaancestors.org
- All volunteers will also receive a copy of our Work Protection Plan
- The Work Protection Plan will also be available on CGS computers and on the CGS website, www.californiaancestors.org