



# Insight Veterinary Wellness Center's COVID-19 Policy

Sars-CoV-2, the virus that causes COVID-19 in humans, is thought to be spread primarily through respiratory droplets from coughing, sneezing, and talking. People can also spread the virus while pre-symptomatic and asymptomatic. In the attempt to prevent the establishment and subsequent spread of infection in our workplace, we have implemented the following safety measures:

- 1) We are requiring temperature checks before employees clock in for their shift at the beginning of every workday.
- 2) We are also requiring employees to verify they are not experiencing any symptoms of illness before clocking in. Such symptoms may include fever of 100.4 or greater, shortness of breath, coughing, loss of smell or taste, sore throat, body aches, chills, gastrointestinal upset, and fatigue, etc.
- 3) Employees who are ill are strongly encouraged to stay home and utilize their available sick or vacation time.
- 4) Any employee who is actively demonstrating symptoms as outlined above will be separated from the rest of the employees and sent home immediately.
- 5) Employees are required to wear a cloth mask or surgical mask for the entirety of their shift, and while they are in the building following the completion of their shift.
- 6) Clients are not permitted inside the building at this time, in order to satisfy the social distancing requirements recommended by the CDC. One exception are euthanasias, which we will take the appropriate measure to clean the visiting room.
- 7) Technicians/Veterinary Assistants who retrieve pets from vehicles are handing the sanitized slip lead to the owner, who then hands off the slip lead to the technician/VA.
- 8) Employees are practicing frequent and thorough hand-washing, especially before clocking in and after clocking out, before and after eating, between handling patients, and after interactions with clients.
- 9) Employees are strongly encouraged to follow all CDC guidelines regarding social distancing and mask requirements outside of work in order to protect themselves, their families, and their coworkers and their coworkers' families.
- 10) Any vendor, serviceperson, or non-employee that enters the building must also verify that they are free from symptoms of illness, will have their temperature taken prior to entering, and must wash their hands before proceeding with any work.

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## Frequently Asked Questions:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

### What Should I Do If I Have Symptoms?

If you have symptoms consistent with COVID-19, please do not come to work, and call your doctor. Please alert the practice manager if you are experiencing symptoms. Stay home, rest, and get tested according to your doctor's recommendations. Stay home except to get medical care, and isolate yourself from other members of your household. Monitor your symptoms and take your temperature frequently. Call your doctor or go to the emergency room if your symptoms worsen.

### What Should I Do If Someone I Have Come into Contact with Tests Positive?

If you have had close contact with someone who has tested positive, you need to stay home for 14 days after exposure and provide results of a negative test after 3+ days of last known exposure. Close contact includes being within 6 feet of an infected person for 15 minutes or longer, providing care at home for someone who has been diagnosed with COVID19 or is showing symptoms, direct physical contact, such as hugging, kissing, or touching, sharing food, or if they coughed, sneezed, or you became exposed to their respiratory droplets. Your last day of quarantine will be 14 days after your last contact with this person and not showing any current symptoms.

### What Should I Do If Someone I Live with Tests Positive?

If someone you live with tests positive, they should immediately separate themselves from the rest of the members of their household. You will need to stay home for 14 days and closely monitor your health. If you have continued close contact with this person, you will need to restart your 14 day quarantine each time you have contact with them, or whenever another person in your household tests positive.

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### **I'm Going on Vacation – Now What?**

We strongly recommend observing all social distancing guidelines while vacationing or visiting family and friends. Remain 6 feet apart, wear masks when interacting, and avoid close contact. Travel increases your chances of getting COVID-19. Traveling by airplane greatly increases your exposure to others, since you will be standing in lines, touching unknown surfaces, and having close contact with strangers, often for hours at a time. You should check the statistics of the area to which you are traveling. Also, keep in mind that if you are going camping or to a remote location, medical care may not be readily available. Monitor yourself for symptoms at all times.

### **What Should I Do If I Test Positive?**

If you test positive, you will need to quarantine yourself at home. Alert the practice manager immediately. Keep close track of your health and speak to your doctor. Seek emergency medical attention if necessary.

### **When Can I Come Back to Work?**

If you have tested positive for COVID-19, you can come back to work once your doctor clears you, or after it has been at least 10 days since symptoms began, and you have had no fever for 24 hours without fever reducing medication, and your symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart. Once retested, you can be around others when you have no fever and your respiratory symptoms have improved.

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