As businesses move toward reopening following COVID-19 closures, there are many health and safety factors to take into consideration. The Northwest Arkansas Council’s Health Care Transformation Division, in collaboration with the Northwest Arkansas health care community, compiled the following resources to aid businesses in the region with return-to-work efforts.

**GENERAL RECOMMENDATIONS, BASED ON CDC GUIDELINES:**

- **Cleaning and Disinfecting**
  - Routinely clean and disinfect all frequently touched surfaces in the workplace using EPA-approved products.
  - Manual cleaning and wiping down of surfaces is the preferred method. Alternative disinfectant equipment and technologies such as antiviral metals, ultraviolet sterilization, spraying and fogging and air purification methods are acceptable but should not be substituted for basic cleaning and disinfecting procedures.
  - Perform enhanced cleaning and disinfection after persons suspected/confirmed to have COVID-19 have been in the facility per CDC guidelines.
**Handling Illness in Employees**

- Educate employees regarding symptoms of COVID-19 and work or school policies to follow.

- Encourage employees to stay home when sick.

- Maintain flexible policies that permit employees who are sick or who need to care for sick family members to stay home.

- Sick employees should follow CDC-recommended steps. Employees should not return to work until criteria to discontinue home isolation are met, in consultation with health care providers and the Arkansas Department of Health as appropriate.

- Do not routinely require a health care provider note or negative COVID-19 test for return to work.

- Follow current Health Department guidelines on testing of employees with known or suspected exposure to COVID-19.

**Employee Personal Hygiene**

- Employees should wash hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer frequently throughout the day and especially after blowing nose, coughing or sneezing.

- Employees should be encouraged to avoid touching eyes, nose and mouth.

- Employees should cover coughs and sneezes with a tissue or the inside of elbow.

**Masks or Face Coverings**

- All employees should be required to wear cloth or surgical-type face coverings while in the facility.

- Be prepared to provide masks if employees arrive without a mask.
**SOCIAL DISTANCING**

- Space employee work stations at least six-feet apart, if possible.
- Install plexiglass sneeze guards if employees need to be closer together than six-feet.
- Eliminate in-person meetings and discourage employees from gathering in groups.
- Stagger work hours and work days, if possible, and consider alternating in-person work with virtual work.

**VISITORS**

- Discourage or prohibit visitors to the facility and limit access within the building.
- Visitors who must come to the facility should be required to wear masks.
- Space visitors at least six-feet apart if possible in locations like waiting rooms or checkout lines, if possible.
NORTHWEST ARKANSAS RESOURCES

NORTHWEST ARKANSAS HEALTH CARE COMMUNITY

Joint Statement from NWA Health Care Providers

Northwest Arkansas Health Care Guidance for Employers

Testing

NWA Health Care PSA

ARKANSAS GOVERNMENT RESOURCES

ARKANSAS DEPARTMENT OF HEALTH

COVID-19

The ADH landing page for COVID-19 related information with topic-specific guidance documents and reopening directives for different venues and businesses.

ARKANSAS ECONOMIC RECOVERY TASK FORCE

Arkansas Ready

The main page of the Governor’s recovery task force, with news and industry-specific guidelines and resources available to the public to guide business reopening.
# Health Care

## Individuals
- High Risk Individuals
- Getting Tested
- Self Home Quarantine

## Providers
- Health Care Providers
- Health Care Facilities
- Orthotists, Prosthetists, Pedorthists

## Pharmacies
- Pharmacy Guidance
- Pharmacy Resources

## Procedures
- Resuming Elective Procedures, I
- Resuming Elective Procedures, II

## Veterinary
- Veterinarians
- Veterinary Clinics

## Dental
- Dentists
- Dental Offices
- Resuming Elective Dental Services

## EMS
- Guidance for EMS
- Emergency Responder Activities

## Education & Childcare

### School
- Childcare
- Educators
- Education

### Camp
- Summer Camps
- Camps, Day & Overnight
TRAVEL

Commercial Lodging

Transportation

RESTAURANTS & RETAIL

Resuming Restaurant Dine-In

Restaurants

Retailers

BUSINESS

Employers

Business Limitations

Business/ Government Offices

Construction

Manufacturing

Agriculture

MEETINGS & EVENTS
## Entertainment

**Venues**
- Large Indoor Venues
- Large Outdoor Venues

**Casinos**
- Resources for Entertainment
- Parks & Recreation

- Sports
- Reopening of Casinos
- Resources for Casinos

**Recreational Pool Opening**

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## Self-Care

**Fitness**
- Gym, Fitness, Athletics
- Resources for Gyms, Fitness Centers

**Spas**
- Salons, Body Art, Cosmetology, Spas
- Medical Spas

- Body Art

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**Salons/Barbers**
- Massage Therapists
FEDERAL GOVERNMENT RESOURCES

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

Interim Guidance for Businesses and Employers Responding to Coronavirus Disease 2019 (COVID-19) – Plan, Prepare and Respond to Coronavirus Disease 2019

An overview of considerations to prevent/reduce exposure to COVID-19 in non-health care settings. Provides useful information on the role of businesses and employers, maintaining a healthy business operation and work environment and a list of possible engineering, administrative and personal protective controls to consider for different types of workplaces.

Guideline for Disinfection and Sterilization in Healthcare Facilities

A detailed guide to cleaning and disinfecting worksites. While it was written for health care facilities, the information is applicable to most worksites and includes information on communicating with employees regarding infection control.

OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION (OSHA)

Guidance on Preparing Workplaces for COVID-19

A detailed document to inform employers of overall planning for pandemics and to assist employers in identifying risk levels in workplace settings and help assess and implement appropriate control measures.

Safety and Health Topics/COVID-19

A general OSHA landing website with resources for employers and businesses, including interim guidance, hazard recognition, standards and virus control and prevention. Specific alerts for dental practices, restaurants and beverage vendors, construction, manufacturing, package delivery and retail.
<table>
<thead>
<tr>
<th>THE HUMAN RESOURCE EXECUTIVE</th>
<th>OCCUPATIONAL HEALTH AND INDUSTRIAL HYGIENE FIRMS</th>
</tr>
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<tbody>
<tr>
<td>Unpleasant Questions Behind the Spread of the Coronavirus</td>
<td>Search &quot;Occupational Health&quot; or &quot;Industrial Hygiene&quot; in your area for occupational health firms that offer services to assist business reopen.</td>
</tr>
<tr>
<td>An article from an HR perspective offering suggestions for communicating with employees and offering a path to rebuilding.</td>
<td>LOCAL RESOURCES:</td>
</tr>
</tbody>
</table>

- OS&HC, Inc: 479-521-1372
- CTEH, LLC: www.cteh.com
- Professional Safety & Health: 479-967-3610

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<th>AMERICAN COLLEGE OF OCCUPATIONAL AND ENVIRONMENTAL MEDICINE STATEMENT (ACOEM)</th>
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<tbody>
<tr>
<td>Getting America Safely Back to Work: How OEM physicians can help employers safely return employees to work</td>
<td>A number of consulting firms in the area provide expertise in occupational health, occupational medicine and industrial hygiene. An experienced occupational health professional can lend expertise in assessing workplace safety, pandemic response plans, safe return-to-work plans, company-specific infectious disease preparedness and response plans, hazard/exposure assessments, etc.</td>
</tr>
</tbody>
</table>

A position statement describing areas where occupational and environmental medicine physicians may provide valuable expertise regarding return-to-work/fitness-for-duty issues, work safety modifications, essential vs. nonessential worker classifications and testing.
### ARKANSAS

Arkansas Department of Health

### UNITED STATES

Centers for Disease Control  

John Hopkins University

### WORLDWIDE

Centers for Disease Control

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FOR MORE INFORMATION

VISIT

[www.nwacouncil.org](http://www.nwacouncil.org)