

# COVID-19 Prevention Program (CPP) for TITAN AG SERVICES, INC.

This CPP is designed to control exposures to the SARS-CoV-2 virus that may occur in our workplace.

**Date:** April 20, 2022

**Policy:** TITAN AG SERVICES, INC. ensures that all employees are suitably trained with respect to the CORONAVIRUS DISEASE outbreak caused by the SARS-CoV-2 virus. All employees will receive adequate training and instruction to help prevent and slow the spread of COVID-19. TITAN AG SERVICES, INC. will follow Health & Safety recommendations from the following but not limited agencies; The Centers for Disease Control and Prevention (CDC), The Occupational Safety and Health Administration (OSHA) and California State Plans. The Safety & Health of our employees is our number one priority, therefore TITAN AG SERVICES, INC. will monitor the wellbeing of our employees at all times.

**Purpose:** Food production is a vital activity, and we must keep producing food to feed everyone while the virus runs its course. It's also very important for us to prevent you from getting sick while you're producing food. This Standard Operating Procedure (SOP) provides an overview of the companies Health & Safety Program. This Standard Operating Procedure (SOP) will cover key elements to help prevent and slow the spread of COVID-19, and explains how the company delivers Infectious Disease training to new hires and existing employees, information from the CDC & OSHA agencies, signs and symptoms, when to seek medical attention, coughing and sneezing etiquette, how COVID-19 spreads, how to prevent COVID-19 from spreading, physical distancing guidance, plan to separate sick employees, home isolation, good hygiene practices, good sanitation practices, routine environmental cleaning and disinfection procedures.

**Scope:** This Standard Operating Procedure (SOP) will explain best practices related to the recommendations given to TITAN AG SERVICES, INC. from sources like the CDC and OSHA. COVID-19 training topics involve administration, office staff, visitors, and farm employees.

## 1. Authority and Responsibility

**Enereyda Ibarra Sanchez (Safety Coordinator) & John Delapena (Human Resources)** has overall authority and responsibility for implementing the provisions of this CPP in our workplace. In addition, all managers and supervisors are responsible for implementing and maintaining the CPP in their assigned work areas and for ensuring employees receive answers to questions about the program in a language they understand.

All employees are responsible for using safe work practices, following all directives, policies and procedures, and assisting in maintaining a safe work environment.

## 2. Identification and Evaluation of COVID-19 Hazards

We will implement the following in our workplace:

- Conduct workplace-specific evaluations using the **Appendix A: Identification of COVID-19 Hazards** form.
- Evaluate employees' potential workplace exposures to all persons at, or who may enter, our workplace that includes but not limited to; Field, Office, and Cold Storage operations.
- Review applicable orders and general and industry-specific guidance from the State of California, Cal/OSHA, and the local health department related to COVID-19 hazards and prevention.



- Evaluate existing COVID-19 prevention controls in our workplace and the need for different or additional controls.
- Conduct periodic inspections using the **Appendix B: COVID-19 Inspections form** as needed to identify unhealthy conditions, work practices, and work procedures related to COVID-19 and to ensure compliance with our COVID-19 policies and procedures.
- Periodic Inspections will be conducted monthly, unless there is a change in the work environment, new procedures, etc. then an inspection will need to be performed before employees are allowed in the area.

### 3. Employee participation

Employees and their authorized employees' representatives are encouraged to participate in the identification and evaluation of COVID-19 hazards by:

- Suggestions made during tailgate trainings

### 4. Employee screening

We screen our employees daily before they arrive at their designated work location. This procedure will be accomplished in two ways;

1. **FIELD WORK/ COLD STORAGE**- Employees will be verbally screened before entering their designated work station and asked to evaluate their own symptoms before reporting to work. This procedure will be documented using **APPENDIX E: Form: COVID-19 SCREENING**.

- If an employee reports symptom, he/she will be sent home and will be given instructions on where and how to get tested for COVID-19.

2. **OFFICE**- Employees will have their temperatures measured using a non-contact thermometer each day before they arrive at their designated work station. For this method, the employee will be required to self-check their temperature, and evaluate themselves for symptoms, and must wear their face covering during the procedure. If the temperature is <100.4, the employee is allowed to enter the work area.

- If temperature is >100.4, the employee will be sent home and he/she will be given instructions on where and how to get tested for COVID-19. This procedure will be documented using **Form: COVID-19 SCREENING #2**.

### 5. Correction of COVID-19 Hazards

Unsafe or unhealthy work conditions, practices or procedures will be documented on the **Appendix B: COVID-19 Inspections** form, and corrected in a timely manner based on the severity of the hazards, as follows:

1. The severity of the hazard will be assessed and correction time frames assigned, accordingly.
2. **Enereyda Ibarra Sanchez** or an assigned company representative will be responsible for timely correction.
3. Follow-up measures are taken to ensure timely corrections are made.

### 6. Control of COVID-19 Hazards

#### Physical Distancing

Where possible, we ensure at least six feet of physical distancing at all times in our workplace by:

#### (A) FARM OPERATION

1. When practicable, employees working in the field each will be assigned one row.



2. On special circumstances, employees will need to work as a team and share a row. This method will require each employee to work on one side of the row, and still manage to keep physical distance from one another, while using their face coverings at all times.

#### (B) COLD STORAGE

1. Visual cues such as floor markings have been installed to indicate where employees and others should be located.
2. Crew sizes are reduced, on occasions crews are reduced more than 50%.
3. Arrival times, departures, breaks, lunches are staggered.
4. Employees are assigned a specific location for breaks and lunch to maintain separation from employees outside of their work area.

#### (C) OFFICE

1. Visual cues such as floor markings have been installed to indicate where employees and others should be located, as well as COVID-19 posters have been posted.
2. Breaks and lunches are staggered.

**\*\*Individuals will be kept as far apart as possible when there are situations where six feet of physical distancing cannot be achieved\*\*.**

## 7. Face Coverings

We provide clean, undamaged face coverings and ensure they are properly worn by employees over the nose and mouth when indoors, and when outdoors and less than six feet away from another person, including non-employees, and where required by orders from the California Department of Public Health (CDPH) or local health department. Face coverings are provided each day free of charge. Disposable face coverings should only be single use and be replaced if they are damaged or dirty. The foreman/supervisor will have extra face coverings upon employee request.

The following are exceptions to the use of face coverings in our workplace:

- When an employee is alone in a room.
- While eating and drinking at the workplace, provided employees are at least six feet apart and outside air supply to the area, if indoors, has been maximized to the extent possible.
- Employees who cannot wear face coverings due to a medical or mental health condition or disability, or who are hearing-impaired or communicating with a hearing-impaired person. Alternatives will be considered on a case-by-case basis.
- Specific tasks that cannot feasibly be performed with a face covering, where employees will be kept at least six feet apart. Alternatives will be considered on a case-by-case basis.

Any employee not wearing a face covering, face shield with a drape or other effective alternative, or respiratory protection, for any reason, shall be at least six feet apart from all other persons unless the unmasked employee is tested at least twice weekly for COVID-19.

## 8. Engineering controls

We implement the following measures for situations where we cannot maintain at least six feet between individuals:

#### (A) COLD STORAGE:

1. Vinyl curtains have been installed
2. Plexiglass has been installed
3. Reduced the amount of people allowed in the rooms
4. Pack tables are positioned to reduce the contact with other employees



## **(B) OFFICE**

1. Plexiglass has been installed in specific parts of the building, that includes;
  - a. Break Room
  - b. Main Lobby Counter
  - c. Front Desk
2. Partition panels have been installed

We maximize, to the extent feasible, the quantity of outside air for our buildings with mechanical or natural ventilation systems.

- Air management will vary per department.

## **9. Cleaning and disinfecting**

We implement the following cleaning and disinfection measures for frequently touched surfaces:

### **1. FIELD:**

- Porta Potties are cleaned in-house and sanitized everyday
- Foreman sanitizes porta potty, and water igloos every hour using a 70/30 Isopropyl Solution
- 70/30 Isopropyl solution is accessible to all employees during the work shift for self-disinfection prior to using the porta potties
- Tools are cleaned and sanitized daily using a 70/30 Isopropyl Solution. Tools include but are not limited to; (pruning shears, harvest clippers, stepping stool, etc.).
- Company vehicles are cleaned and sanitized daily with a 70/30 Isopropyl Solution

### **2. COLD STORAGE:**

- Clippers, and scales are cleaned and sanitized every day prior to being used
- Porta Potties are cleaned in-house and sanitized everyday
- Foreman sanitizes porta potties every hour using a 70/30 Isopropyl Solution
- 70/30 Isopropyl solution is accessible to all employees during the work shift for self-disinfection prior to using the porta potties
- Grower in-house maintenance team cleans and disinfects door knobs/handles, break rooms, and restrooms every hour
- The grower sprays PreventX 24/7 every 30 days for long last antimicrobial finish on surfaces.

### **3. OFFICE:**

- Employees are required to clean and disinfect frequently touched surfaces in their work stations every morning before they begin work, during, and after their work day that includes but not limited to; Monitors, Keyboards, Mouse's, Desk, Telephones, Filing Cabinets
- Disinfecting wipes are available at each work station and are to be used for all electronics (Kleen Freak).

Should we have a COVID-19 case in our workplace, we will clean and disinfect all areas, Porta Potties, restrooms, water igloos, materials, and equipment used by a COVID-19 case during the high-risk exposure period. This procedure is consistent with any field, cold-storage, or office operations. We will implement the following procedures:

### **1. FIELD:**

- Porta Potties are cleaned in-house and sanitized everyday
- Foreman sanitizes porta potty, and water igloos every hour using a 70/30 Isopropyl Solution
- 70/30 Isopropyl solution is accessible to all employees during the work shift for self-disinfection prior to using the porta potties
- Tools are cleaned and sanitized daily using a 70/30 Isopropyl Solution

### **2. COLD-STORAGE:**

- Clippers, and scales are cleaned and sanitized every day prior to being used
- Porta Potties are cleaned in-house and sanitized everyday
- Foreman sanitizes porta potties every hour using a 70/30 Isopropyl Solution
- 70/30 Isopropyl solution is accessible to all employees during the work shift for self-disinfection prior to using the porta potties
- Grower in-house maintenance team cleans and disinfects door knobs/handles, break rooms, and restrooms every hour

### **3. OFFICE:**

- Employees are required to clean and disinfect frequently touched surfaces in their work stations every morning before they begin work, during, and after their work day that includes but not limited to; Monitors, Keyboards, Mouse's, Desk, Telephones, Filing Cabinets
- COVID case work area will be clean and disinfected by management, and will not be allowed to be worked on nor touched for three days
- Disinfecting wipes are available at each work station and are to be used for all electronics (Kleen Freak).
- Office maintenance team deep cleans entire office and disinfects door knobs/handles, break rooms, and restrooms at least once a week.

## **10. Shared tools, equipment and personal protective equipment (PPE)**

PPE must not be shared, e.g., gloves, goggles and face shields.

Items that employees come in regular physical contact with, such as phones, headsets, desks, keyboards, writing materials, instruments and tools must also not be shared, to the extent feasible. Where there must be sharing, the items will be disinfected between uses by using a 70/30 Isopropyl Solution.

Sharing of vehicles will be minimized to the extent feasible, and high-touch points (for example, steering wheel, door handles, seatbelt buckles, armrests, shifter, etc.) will be disinfected between users. Every service vehicle will carry a 70/30 Isopropyl Solution bottle, and will be used to clean high touched points in the vehicle before use.

## **11. Hand sanitizing**

In order to implement effective hand sanitizing procedures, we:

### **1. FIELD:**

- a) Hand Sanitizers will be provided and placed on each Porta Potty
- b) Training will cover how to properly use Hand Sanitizers, for example when soap and water is not available, hand sanitizer is the next best alternative.
- c) Employees will have time to properly wash their hands for at least 20 seconds

## 2. COLD STORAGE:

- a) Hand sanitizers will be available at each work line
- b) Hand Sanitizers will be provided and placed on each Porta Potty
- c) Training will cover how to properly use Hand Sanitizers, for example when soap and water is not available, hand sanitizer is the next best alternative.
- d) Employees will have time to properly wash their hands for at least 20 seconds

## 3. OFFICE:

- a) Hand Sanitizer bottles will be available at each work station
- b) Restrooms, kitchen, and conference room contain a hand sanitizer bottle
- c) Training will cover how to properly use Hand Sanitizers, for example when soap and water is not available, hand sanitizer is the next best alternative.
- d) Employees will have time to properly wash their hands for at least 20 seconds

## 12. Personal protective equipment (PPE) used to control employees' exposure to COVID-19

We evaluate the need for PPE (such as gloves, goggles, and face shields) as required by CCR Title 8, section 3380, and provide such PPE as needed.

- When it comes to respiratory protection, we evaluate the need in accordance with CCR

Title 8 section 5144 when the physical distancing requirements are not feasible or maintained.

## 13. Investigating and Responding to COVID-19 Cases

We have developed effective procedure to investigate COVID-19 cases that include seeking information from our employees regarding COVID-19 cases, close contacts, test results, and onset of symptoms. This is accomplished by using the **Appendix C: Investigating COVID-19 Cases** form.

We also ensure the following is implemented:

- Employees that had a close contact are offered COVID-19 testing at no cost during their working hours, excluding:
  - Employees who were fully vaccinated before the close contact and do not have symptoms.
  - COVID-19 cases who were allowed to return to work per our return-to-work criteria and have remained free of symptoms for 90 days after the initial onset of symptoms, or for cases who never developed symptoms, for 90 days after the first positive test.
- The information on benefits described in Training and Instruction, and Exclusion of COVID-19 Cases, below, will be provided to employees.
- Written notice within 1 day of your knowledge of a COVID-19 case that people at the worksite may have been exposed to COVID-19. This notice will be provided to all employees (and their authorized representative), independent contractors and other employers at the worksite during the high-risk exposure period. The notice will be in a form readily understandable by employees and can be anticipated to be received by the employee.

## 14. System for Communicating

Our goal is to ensure that we have effective two-way communication with our employees. Employees should report COVID-19, possible contacts and hazards immediately to their crew boss or supervisor.





Communication with employees will include the following information:

- How employees should report COVID-19 symptoms and possible hazards to, and how to get tested at no charge.
- That employees can report symptoms and hazards without fear of reprisal.
- Our procedures or policies for accommodating employees with medical or other conditions that put them at increased risk of severe COVID-19 illness.
- Where testing is not required, employees can access COVID-19 testing in various clinics and Mobil drive-thru. The employee will need to call **Enereyda Ibarra Sanchez (661) 446-3346, Victor Gonzalez (559) 920-0041, or the main office at (661) 849-2722** for more information.
- In the event we are required to provide testing because of a workplace exposure or outbreak, we will communicate the plan for providing testing and inform affected employees of the reason for the testing and the possible consequences of a positive test.
  - A COVID-19 notice will be provided to all exposed personal within one business day of knowledge for a confirmed positive case.
  - If you are not at work and where exposed TITAN AG will either notify you verbally, via phone, email, or thru a text message of the exposure within one business day of knowledge for a confirmed positive case.
  - We will provide free testing either on-site or using a certified agency.
  - The testing will be free of charge and during work hours.
  - In the event where an exposed employee declines COVID-19 testing, he/she will be sent home to quarantine for 10 days.
- Information about COVID-19 hazards employees (including other employers and individuals in contact with our workplace) may be exposed to, what is being done to control those hazards, and our COVID-19 policies and procedures.

## 15. Training and Instruction

We will provide effective training and instruction that includes:

- Our COVID-19 policies and procedures to protect employees from COVID-19 hazards.
- Information regarding COVID-19-related benefits to which the employee may be entitled under applicable federal, state, or local laws.
- The fact that:
  - COVID-19 is an infectious disease that can be spread through the air.
  - COVID-19 may be transmitted when a person touches a contaminated object and then touches their eyes, nose, or mouth.
  - An infectious person may have no symptoms.
- Methods of physical distancing of at least six feet and the importance of combining physical distancing with the wearing of face coverings.
- The fact that particles containing the virus can travel more than six feet, especially indoors, so physical distancing must be combined with other controls, including face coverings and hand hygiene, to be effective.
- The importance of frequent hand washing with soap and water for at least 20 seconds and using hand sanitizer when employees do not have immediate access to a sink or hand washing facility, and that hand sanitizer does not work if the hands are soiled.
- Proper use of face coverings and the fact that face coverings are not respiratory protective equipment - face coverings are intended to primarily protect other individuals from the wearer of the face covering. Face coverings need to cover both nose and mouth.
- COVID-19 symptoms, and the importance of obtaining a COVID-19 test and not coming to work if the employee has COVID-19 symptoms.
- Employee screening will be conducted every day.
- Proper use of face coverings and the fact that face coverings are not respiratory protective equipment. Since COVID-19 is an airborne disease, N95s and more protective respirators protect the users from airborne disease, while face coverings primarily protect people around the user.

- The conditions where face coverings must be worn at the workplace.
- That face coverings are additionally recommended outdoors for people who are not fully vaccinated if six feet of distance cannot be maintained.
- Employees can request face coverings and can wear them at work regardless of vaccination status and without fear of retaliation.
- **Appendix D: COVID-19 Training Roster** will be used to document this training.

## 16. Exclusion of COVID-19 Cases

Where we have a COVID-19 case in our workplace, we will limit transmission by:

- Ensuring that COVID-19 cases are excluded from the workplace until our return-to-work requirements are met.
- Excluding employees with COVID-19 exposure from the workplace for 10 days after the last known COVID-19 exposure to a COVID-19 case.
- Continuing and maintaining an employee's earnings, seniority, and all other employee rights and benefits whenever we've demonstrated that the COVID-19 exposure is work related.
- Every employee will have their spot reserved after they complete their isolation
- Benefit information will be provided on a case-by-case basis, that includes information at the time of exclusion.

## 17. Reporting, Recordkeeping, and Access

It is our policy to:

- Report information about COVID-19 cases at our workplace to the local health department whenever required by law, and provide any related information requested by the local health department.
- Report immediately to Cal/OSHA any COVID-19-related serious illnesses or death, as defined under CCR Title 8 section 330(h), of an employee occurring in our place of employment or in connection with any employment.
- Maintain records of the steps taken to implement our written COVID-19 Prevention Program in accordance with CCR Title 8 section 3203(b).
- Make our written COVID-19 Prevention Program available at the workplace to employees, authorized employee representatives, and to representatives of Cal/OSHA immediately upon request.
- Use the **Appendix C: Investigating COVID-19 Cases** form to keep a record of and track all COVID-19 cases. The information will be made available to employees, authorized employee representatives, or as otherwise required by law, with personal identifying information removed.

## 18. Return-to-Work Criteria

- COVID-19 cases with COVID-19 symptoms will not return to work until all the following have occurred:
  - At least 24 hours have passed since a fever of 100.4 or higher has resolved without the use of fever-reducing medications.
  - COVID-19 symptoms have improved.
  - At least 10 days have passed since COVID-19 symptoms first appeared.
- COVID-19 cases who tested positive but never developed COVID-19 symptoms will not return to work until a minimum of 10 days have passed since the date of specimen collection of their first positive COVID-19 test.
- If an exposed employee declines to get tested, he/she may return to work until 10 days have passed from the last exposure.
- A negative COVID-19 test will not be required for an employee to return to work.
- If an order to isolate or quarantine an employee is issued by a local or state health official, the employee will not return to work until the period of isolation or quarantine is completed or the order is



lifted. If no period was specified, then the period will be 10 days from the time the order to isolate was effective, or 14 days from the time the order to quarantine was effective.

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**Name**

**Signature**

**Title**

**Date**

## Appendix A: Identification of COVID-19 Hazards

All persons, regardless of symptoms or negative COVID-19 test results, will be considered potentially infectious. Particular attention will be paid to areas where people may congregate or come in contact with one another, regardless of whether employees are performing an assigned work task or not. For example: meetings, entrances, bathrooms, hallways, aisles, walkways, elevators, break or eating areas, cool-down areas, and waiting areas.

Evaluation of potential workplace exposure will be to all persons at the workplace or who may enter the workplace, including coworkers, employees of other entities, members of the public, customers or clients, and independent contractors. We will consider how employees and other persons enter, leave, and travel through the workplace, in addition to addressing fixed work locations.

Person conducting the evaluation: **[enter name(s)]**

Date: **[enter date]**

Name(s) of employee and authorized employee representative that participated: **[enter name(s)]**

Interaction, area, activity, work task, process, equipment and material that potentially exposes employees to COVID-19 hazards	Places and times	Potential for COVID-19 exposures and employees affected, including members of the public and employees of other employers	Existing and/or additional COVID-19 prevention controls, including barriers, partitions and ventilation

## Appendix B: COVID-19 Inspections


Date: \_\_\_\_\_

Name of person conducting the inspection: \_\_\_\_\_

Work location evaluated: \_\_\_\_\_

Exposure Controls	Status	Person Assigned to Correct	Date Corrected
<b>Engineering</b>			
Barriers/partitions			
Ventilation (amount of fresh air and filtration maximized)			
Additional room air filtration			
<b>Administrative</b>			
Physical distancing			
Surface cleaning and disinfection (frequently enough and adequate supplies)			
Hand washing facilities (adequate numbers and supplies)			
Disinfecting and hand sanitizing solutions being used according to manufacturer instructions			
<b>PPE (not shared, available and being worn)</b>			
Face coverings (cleaned sufficiently often)			
Gloves			
Face shields/goggles			
Respiratory protection			

# Appendix C: Investigating COVID-19 Cases

		<b>COVID-19 Illness Investigation Form</b>	
Date:	Employee Name:	EE # OR SS#	
Current Address:	City/State/Zip:	Date of Birth:	
Description of Job:	Phone Number:	Foreman Name:	Supervisor Name:
Employer Address/City/Zip Code: 174 S.BURNETT RD, TIPTON CA 93272		Supervisor Phone Number:	Department/Crew/Line:
Date of Onset:	Date exposed to a positive case:	Last day worked:	<b>Test Result: N/P</b>
Symptoms if any:		Location last worked:	
Date of COVID-19 test:	Location where test was administered?	PCR/VIRAL TEST:	Date test result was reported to employer:
Where do you think you contracted COVID-19:	Date reported to insurance carrier (Positive,1159):	Date claim forms were sent to EE:	Were there others that tested positive?
If yes, are they co-workers?	Exposed Employees(within 6ft, 15min, 24hrs):		Other affected employees due to COVID-19 exposure?
If yes,who/ how were they affected due to exposure		(carpool,outside of work, etc.):	Date exposed/affected employee was advised:
Risk Level (Low,High):			
Time spent within 6ft of COVID-19 positive/to who:		Last day exposed to a positive case:	
List all locations you worked at within the last 14 days:			
Do you have a second job? If so, who is your employer?		Date last worked for second employer?	Do you live with any co-workers?
List the names of the co-workers you live with:			
How many times have you gone shopping in the last 30 days?	Have you traveled out of state or out of this country in the last 30 days?	Did you visit friends/relatives/social gatherings in the past 14 days?	Have you visited places of worship, campgrounds, protests, or beaches?
Days off work:	Quarantine Period:	Dates of sick leave take:	Is your emergency sick leave benefit exhausted?
Signature:		Date:	

# Appendix D: COVID-19 Training Roster

TITAN AG SERVICES, INC.

## REGISTRO DE INSTRUCCION Y ENTRENAMIENTO / REGISTRATION OF INSTRUCTION AND TRAINING

FECHA/ DATE: \_\_\_\_\_

TEMA/ TOPIC: \_\_\_\_\_

Entrenador/ Trainer: \_\_\_\_\_

Mayordomo/ Foreman: \_\_\_\_\_

Ubicación/ Location: \_\_\_\_\_

Hora/Time: \_\_\_\_\_

BY SIGNING I AGREE AND UNDERSTAND THE COMPANY POLICIES AND WILL ABIDE BY ALL FOOD SAFETY HEALTH AND HYGIENE POLICIES  
AL FIRMAR, ACEPTO Y ENTIENDO LAS POLITICAS DE LA COMPAÑIA Y ACEPTARE TODAS LAS POLITICAS DE SALUD E HIGIENE DE SEGURIDAD ALIMENTARIA

NOMBRE DE EMPLEADO/ EMPLOYEE NAME: \_\_\_\_\_

FIRMA DE EMPLEADO/ EMPLOYEE SIGNATURE: \_\_\_\_\_

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Trainer Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# Appendix E: COVID-19 SCREENING FORM

FECHA :											
Mayordomo:											
	NOMBRE	TEMPERATURA	TOZ	RESPIRACION CORTA	DOLOR DE CUERPO	PERDIDA DE OLOR O SABOR	DIARREA O VOMITO	DOLOR DE GARGANTA	DOLOR DE CABEZA	FATIGA	CONGESTION O MUCOSA NASAL
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FORM: COVID-19 SCREENING







# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

21645-A 03/21/2020

# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



Stay at least 6 feet  
(about 2 arms' length)  
from other people.



Cover your cough or sneeze with a  
tissue, then throw the tissue in the  
trash and wash your hands.



When in public, wear a  
cloth face covering over  
your nose and mouth.



Do not touch your  
eyes, nose, and mouth.



Clean and disinfect  
frequently touched  
objects and surfaces.



Stay home when you are sick,  
except to get medical care.



Wash your hands often with soap  
and water for at least 20 seconds.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

3/18/17-A May 13, 2020 11:00 AM