



COVID-19 FAQs

Multnomah County Sheriff's Office *FAQs for Business Services Staff*

How is COVID-19 spread?

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths, eyes, or noses of people who are nearby, spread by hand contact, or possibly be inhaled into the lungs.

How can I protect myself while at work?

The main source of transmission is through small droplets produced by coughing or sneezing. If you are able, maintain a 6-foot distance from the co-workers and community members you are interacting with.

- **If I am helping someone who is visibly ill, what should I do?** If they are exhibiting symptoms, placing a procedure mask or dust mask, if available, on the person voluntarily should keep droplets from spreading.
- **After having contact** with a symptomatic person, refrain from touching your eyes, nose and mouth. Wash your hands and any other exposed areas thoroughly with soap and warm water. Use a hand sanitizer in lieu of washing until you can get to soap and water.
- **If you are helping someone who is NON-SYMPOMATIC**, you are not required to use Personal Protective Equipment(PPE). Remember, there may be difficulties in ordering/obtaining PPE in large quantities, so please use the PPE only when you deem necessary.

How should my work area be cleaned?



It's unclear exactly how long COVID-19 can remain on a surface. Early evidence suggests that the virus can survive for several days at room temperature. This is why wiping down and cleaning commonly touched surfaces helps to prevent the spread of illnesses like COVID-19 and the flu.

Most disinfecting wipes claim they can kill up to 99.9% of germs. If used appropriately, they may be effective against COVID-19. Make sure to follow the instructions on the label. It's important to clean a visibly dirty surface to rid it of dirt and debris before disinfecting. Then wipe the surface with disinfectant.

Leave the surface you are cleaning wet with disinfectant for as many minutes as the product instructions require. This is a key step that people often miss. It's not enough to just wipe a surface with a rag dampened with disinfectant!

What to Clean

- High-touch areas such as door handles, phones, remote controls, light switches and bathroom fixtures.
- Horizontal surfaces such as countertops, kitchen tables, desktops and other places where cough droplets could land frequently.

The most important factors to disinfecting are to clean frequently and thoroughly, and to use the cleaning product correctly! No special products required!

What can MCSO staff do to protect themselves and their families and friends when they go home?

Prior to going home, be sure to wash your hands thoroughly with soap and warm water. Consider washing your face as well. If possible, have clean clothes at your work location to change into prior to going home. If you must wear your work clothes home, change prior to having close personal contact with your family members, especially if you have very young, elderly, or family members with compromised immune systems at home.

What will happen if we get more cases in Oregon and this becomes widespread?

Good reminders!

Follow the guidance of public health authorities. If you become ill, please stay home. If you are not ill, continue to maintain distance between yourself, co-workers and the people you are helping (6 feet when possible), continue to practice good hygiene with handwashing and avoid face touching, and use PPE mentioned above when available and when you think is necessary. Those of us who are essential employees, prepare your families for contingencies for child care and other home concerns in cases where schools or daycare facilities close.

What is social distancing?

Social distancing means remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.



- Stay home if you feel ill.
 - Flu is still circulating in the community. Get a flu shot if you haven't done so already
 - Practice good hand hygiene by washing your hands often with soap and water for at least 20 seconds.
 - Avoid touching your eyes, nose, or mouth with unwashed hands.
 - Outdoor exposures are lower risk
 - Stay informed
 - multco.us/covid19,
 - [Oregon Health Authority's COVID-19 FAQ page](#)
 - [Center for Disease Control COVID-19 webpage for latest news.](#)
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For Information: Enhanced cleaning at all facilities continues on an ongoing basis and Griffin Bros is effective in killing coronaviruses. Each facility is being provided additional cleaning supplies and specific cleaning missions will be conducted in each facility on an ongoing basis.

This guidance applies to staff who anticipate close contact with persons or surfaces with confirmed or possible COVID-19 in the course of their work. This FAQ will continue to be updated as more information is available, but this should give you some basic knowledge of the COVID-19 virus and serve as a guide for staff possibly working around potential symptomatic persons.

