



Winterhawks Skating Center Communicable Disease Plan

Know the Signs & Symptoms of Covid-19

Fever, chills, cough, flu-like symptoms, sore throat, difficulty breathing, loss of taste or smell.

Know how Covid-19 is Transmitted

Coughing, sneezing, yelling, talking, touching or via objects touched by someone with the virus.

Close contact with someone who is diagnosed with Covid-19

Family member you are living with.

More than 15 minutes face to face at less than 6 ft distancing without PPE or cloth face mask.

Exposed by the person coughing or sneezing directly on you

Understand viral load. The longer you are indoors the greater the viral load becomes meaning dose of nebulized droplets becomes exponential with time in the space.

Avoid touching your eyes, nose mouth.

What to do if someone is symptomatic

- **Immediately** isolate yourself if you become ill at work, put on your face covering, document the time and date, take your temperature, check out and go home.
- **Immediately** isolate and contact parent if skater becomes ill. Provide a face covering for the skater. Take their temperature. Remain with the isolated skater with at least 6ft distancing and with a face covering on until the parent arrives. Check out the skater.
- Document the time and date of your name/skater's name who appears ill and notify management.
- **Immediately** disinfect all areas and objects the ill person came into contact with following WSC Disinfecting and Cleaning Policies.
- **If information provided documents you were exposed to someone with Covid-19, quarantine yourself at home for 14 days.**
- No one, who becomes ill at WSC, is to return for 10 days and until at least 72 hours after symptoms have resolved without medication.

Contact Washington County Health Department: 503-846-4402

For more information: Oregon Health Department Information call 211

If anyone is diagnosed with Covid-19 or a cluster of illnesses occur, WSC management will report to and consult with Washington County Health Department regarding cleaning, potential closure and further advice.