

Community Health Training Institute (CHTI) COVID-19 Safety Policy

Updated March 10th, 2023

In accordance with Health Resource's in Action's (HRiA), home of the Community Health Training Institute, duty to provide and maintain an environment that safeguards the health of our employees and their families and our beloved CHTI community, we are asking for CHTI training participants **to fully read, consent to and comply with this policy regarding COVID-19 safety before registering and attending a CHTI in-person training.** CHTI/HRiA staff will also abide with this COVID-19 policy. This policy complies with all applicable laws and is informed by current guidance from the Centers for Disease Control and Prevention (CDC) and local health authorities. This policy may be revised as a result of changes in public health guidance, changes in COVID-19 case counts, and review and assessment through ongoing dialogue and feedback from HRiA staff and training participants.

CHTI training participants will assume full responsibility for adhering to this policy.

Masking and Safety Recommendations

- All participants **must refrain from participating in the CHTI training** if the following conditions apply:
- **COVID-like symptoms:**
 - If experiencing symptoms associated with COVID-19, even if COVID-19 has not been diagnosed through testing. This is to minimize the spread of other illnesses and reduce the impact of others' needing to address whether they have COVID.
- **If you test positive for COVID-19 (and can isolate and wear a mask)**
 - Stay home and isolate for at least the first 5 days; you are probably most infectious during these 5 days.
 - If you never had symptoms or symptoms are improving,* you may end your isolation on day 6.
- **If you were exposed to someone with COVID-19 (exposure precautions)**
 - If you have been exposed to someone with COVID, you do not need to quarantine as long as you remain asymptomatic, regardless of your vaccination status. You must wear a mask any time you are around others inside your home or indoors in public for the 10 days following your exposure, unless you are unable to mask*.

*Note: If you have or develop symptoms, continue to stay home, until you have not had a fever for 24-hours without the use of fever reducing medicine and your other symptoms are improving. If you were severely ill (were hospitalized) or have a weakened immune system, you should consult your healthcare provider before leaving isolation. For more information, visit: <https://www.mass.gov/info-details/covid-19-isolation-and-exposure-guidance-for-the-general-public>.

Participants are asked to immediately notify Eli Adler-Cohen (EAdler-Cohen@hria.org) if they test positive for COVID-19 after the training. Upon notification, HRiA will contact training

participants who were in the training at the same time as the individual of this exposure but will not include the name of the individual who tested positive.

- All participants **promote health and safety measures** in accordance with CDC guidance, and are encouraged to wear a mask for the duration of the training.
 - Wear a well-fitting mask, over your nose and mouth and snug against your face unless eating or drinking. We recommend using KN95s or N95s; surgical type masks may be worn but are not ideal. Cloth masks are highly discouraged. See illustration below for guidance.

What Mask Should I Wear? Along with getting vaccinated and boosted, experts recommend upgrading your mask if you want optimal protection.

No Protection **Some Protection** **Most Protection**

No Mask or Improper Use	Cloth Masks	Surgical Masks	High Filtration Masks <small>(Respirators – N95, KN95, KF94)</small>
<ul style="list-style-type: none">• Mask should fit over your nose and mouth and be snug against your face with no gaps• Don't use masks that are damp, dirty or damaged• Don't wear masks with exhalation valves, which allow virus particles to escape	<ul style="list-style-type: none">• Washable and reusable. Masks should be washed at least once a day or as soon as they become dirty• Multiple layers of woven, breathable fabric	<ul style="list-style-type: none">• Disposable, intended for one time use• Multiple layers of non-woven material• Provides protection against large droplets	<ul style="list-style-type: none">• Varies by mask type, but reusable up to 5 times with proper care• Filters up to 95% of particles in the air• Seals tightly to the face when fitted properly (some facial hair can interfere with this seal)• Designed and regulated to meet international standards. Check lists of trusted manufacturers from CDC and Project N95 to avoid counterfeit masks

! If you don't have access to a high filtration respirator mask, double up. Single layer masks, such as bandanas and gaiters, are less effective, so wear a cloth mask with multiple layers or wear a cloth mask over a surgical mask. Be sure your mask fits properly—nose wires improve fit.

- Maximize social distancing as much as possible.
- Take measures to reduce contamination by washing hands and/or sanitizing hands frequently.

There are **no exceptions** to this policy.

The Community Health Training Institute/Health Resources in Action will provide a training space where participants can appropriately space out, as well as provide hand sanitizer, wipes to wipe down surfaces and masks as needed. We will cap our training numbers to ensure we can maintain safe distances between participants. We reserve the right to implement other COVID-19 safety policies as needed.

By completion and submission of this form, I certify that:

- ✓ **I have read and fully understand the Community Health Training Institute's/HRiA COVID-19 Safety Policy.**
- ✓ **I consent to follow this policy laid out above.**

- ✓ ***I will not hold the Community Health Training Institute/HRiA responsible for any injury or illness.***