

## COVID-19 Screening Questionnaire

Have you

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1. Knowingly been in close or proximate contact in the past fourteen 14 days with anyone who has tested positive for COVID-19 or who has or had symptoms of COVID-19?                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Tested positive for COVID-19?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Experienced any symptoms of COVID-19, including cough, fever, chills, muscle pain, shortness of breath or difficulty breathing, sore throat or new loss of taste or smell in the past fourteen 14 days? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Lived outside New York State or in the downstate region at any time within the last fourteen (14) days?   | <input type="checkbox"/> | <input type="checkbox"/> |

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Print Name

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Signature

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Date

## Enfermedad por coronavirus (COVID-19)

En los últimos 14 días, ¿Usted

- |  | Si                       | No                       |
|--|--------------------------|--------------------------|
| 1. Tuvo contacto cercano con una persona diagnosticada con COVID-19  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Resultado positivo para COVID-19?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. ¿Ha experimentado síntomas de COVID-19, incluyendo tos, fiebre, escalofríos, dolor muscular, dificultad para respirar, dolor de garganta o pérdida reciente del olfato o el gusto | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. En cualquier momento vivió fuera del estado de Nueva York o en la región del sur estado   | <input type="checkbox"/> | <input type="checkbox"/> |

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Info for Master List

Full Name (as shown on License): \_\_\_\_\_

NYSGC License #: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Occupation (check all that apply):

\_\_\_ Gaming Commission Employee/Official: \_\_\_\_\_

\_\_\_ SCH Employee: \_\_\_\_\_

\_\_\_ Trainer

\_\_\_ Driver

\_\_\_ Groom What trainer do you work for? \_\_\_\_\_

\_\_\_ Veterinarian

\_\_\_ Blacksmith

\_\_\_ Other: (Feed Supplier, Harness Shop, Track Kitchen, etc.): \_\_\_\_\_

Informcion Para la Lista Maestra

Nombre Completo (como se muestra en la licencia): \_\_\_\_\_

Numero de licencia de carreras: \_\_\_\_\_

Fecha de nacimiento: \_\_\_\_\_

Genero: \_\_\_\_\_

Direccion: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Numero de telefono: \_\_\_\_\_

Email: \_\_\_\_\_

Ocupacion (marque todo lo que corresponda):

\_\_\_ Entrenador

\_\_\_ Conductor

\_\_\_ Novio de caballo      Nombre del entrenador? \_\_\_\_\_

\_\_\_ Veterinario

\_\_\_ Herrador

\_\_\_ Otra (por favor especifique): \_\_\_\_\_

**Horseperson COVID-19 Training  
Acknowledgment Form**

This confirms that I have received a copy of the COVID-19 training materials covering the following:

- Recognizing the symptoms of COVID-19
- How to prevent the spread of the virus
- Maintaining physical distancing
- What constitutes an appropriate facial covering and how to use, clean and dispose of facial covering
- Handwashing/sanitizing procedures

I have also read, understand and agree to follow the Policies and Procedures for the Resumption of Racing at Saratoga Harness.

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Print Name

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Signature

**Entrenamiento de Caballo COVID-19**  
**Formulario de reconocimiento**

Esto confirma que he recibido una copia de los materiales de formación COVID-19 que cubren lo siguiente:

- Reconociendo los síntomas de COVID-19
- Cómo prevenir la propagación del virus
- Mantener el distanciamiento físico
- Qué constituye una cubierta facial adecuada y cómo usar, limpiar y eliminar la cubierta facial
- Procedimientos de lavado de manos/desinfección

También he revisados, entiendo y acepto seguir las Políticas y Procedimientos para la Reanudación de Carreras en Saratoga Harness.

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Nombre Impreso

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Firma

## POLICIES AND PROCEDURES

### Resumption of Racing at Saratoga Harness

Saratoga Harness Racing, Inc. (SHRI), following the directive outlined by the New York Gaming Commission and the New York State Department of Health, has developed this policy and procedure guide to cover any and all persons as it relates to COVID-19 and the precautions that need to be taken to ensure the safety of our employees, horsemen, and horses, and to reduce the risk of a COVID-19 outbreak at the property. Considering this and the potential risks associated with the COVID-19 outbreak, we are implementing measures to protect racing operations and livelihood for all horsemen, as well as the health and safety of all individuals.

This document is predicated on the tenet that no live audience or fans will be authorized to attend a racing program. SHRI will have sufficient security working to ensure no one gains unauthorized access to the SHRI grounds and implement a security plan to disperse people that attempt to gather on SHRI grounds.

#### I. PEOPLE

##### A. PHYSICAL DISTANCING AND ACCEPTABLE FACE COVERINGS

All horsemen, SHRI employees, and racing officials (collectively, Participants) must practice physical distancing by standing at least six feet away from others while standing in lines using elevators-or moving about the property, to the extent possible. Any time any person must come within six feet of another, at a minimum, an acceptable face covering must be worn. Participants must be prepared to don a face covering if another person unexpectedly comes within six feet, and should have one available at all times. **Acceptable face covering must be worn at all times in the Paddock, Lasix/Ship-In Barn and Test Barn, and whenever physical distancing of at least six feet cannot be maintained.**

- Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose.
  - Cloth, disposable or other homemade face coverings are not acceptable face coverings for workplace activities that typically require a higher dress of protection for personal protective equipment (PPE) due to the nature of the work. For those activities, N95 respirators or other PPE used under existing industry standards should continue to be used, as is defined in accordance with OSHA guidelines.
3. To the extent possible, SHRI will arrange physical layouts for fixed workstations to ensure appropriate distancing between groups.

SHRI may modify the use and/or restrict the number of work stations and employee seating areas, so that workers are at least six feet apart in all directions (e.g. side-to-side and when facing one another) and are not sharing workstations without cleaning and disinfection between use. When distancing is not feasible between workstations, SHRI will provide and require the use of face coverings.

To ensure physical distancing, the Race Office will be limited to two (2) occupants at any one time. Entries must be placed on the USTA on-line entry system, or by telephone. **No paper entries will be accepted.** If assistance is needed with the on-line entry system or placing on-line entries, horsemen should call the race office.

The electronic draw system provided by the USTA will be used to conduct the draw under the supervision of the Presiding Judge and Racing Secretary to allow for proper physical distancing during this process.

All claims must be submitted thirty minutes prior to first post. If post time is 12:00 noon, all claims must be submitted by 11:30 a.m. Pre-initialed claim paperwork will be available outside the Race Office. Horsemen should not enter the Race Office.

The Announcer's Booth, Photo Finish Booth and TV room will be occupied by one person only. The Chart Room and Press Box will be occupied by no more than two people at a time.

SHRI will prohibit the use of tightly confined spaces (e.g. elevators, vehicles) by more than one individual at a time, unless all employees in such space at the same time are wearing acceptable face coverings. However, even with face coverings in use, occupancy must never exceed 50% of the maximum capacity of the space or vehicle, unless it is designed for use by a single occupant. SHRI will increase ventilation with outdoor air to the greatest extent possible (e.g. opening windows and doors), while maintaining safety protocols.

SHRI will, as needed, put in place measures to reduce bi-directional foot traffic using tape or signs with arrows in narrow aisles, hallways, or spaces, and post signage and distance markers denoting spaces of six feet in all commonly used areas and any areas in which lines are commonly formed or people may congregate (in the Paddock at the breathalyzer testing station and water bucket filling areas ).

SHRI will post signs throughout the site, consistent with DOH COVID-19 signage, to remind Participants to:

- Cover their nose and mouth with a mask or cloth face-covering when six feet of social distance cannot be maintained.
- Properly store and, when necessary, discard personal protective equipment.
- Adhere to physical distancing instructions.
- Report symptoms of or exposure to COVID-19, and how they should do so.
- Follow hand hygiene and cleaning guidelines.

All signs shall be in English and Spanish.

## B. GATHERINGS IN ENCLOSED SPACES

SHRI will limit in-person gatherings to the greatest extent possible and use other methods such as video or teleconferencing whenever possible, per CDC guidance. When videoconferencing or teleconferencing is not possible, SHRI will hold meetings in open, well-ventilated spaces and ensure that individuals maintain six feet of social distance between one another



SHRI will put in place practices for adequate social distancing in confined areas, such as restrooms and breakrooms, and will post signs to restrict occupancy when social distancing cannot be maintained. Rest rooms will be limited to two occupants at one time.

SHRI will stagger schedules for employees to observe social distancing (i.e., six feet of space) for any gathering (e.g. coffee breaks, meals, and shift starts/stops).

Trainers are responsible for limiting gatherings in the barn area in tack rooms and feed storage areas.

#### C. WORKPLACE ACTIVITY

All Participants shall receive training on COVID-19 safety and sanitation protocols with more comprehensive training for groups with frequent employee and vendor contact. Training on how to properly use and dispose of all Personal Protective Equipment is mandatory. Training will occur in a language that licensees and employees understand. Training will take place prior to opening such racetrack operations.

SHRI must take measures to reduce interpersonal contact and congregation, via methods which may include:

- Limiting in-person presence to only those staff who are necessary
- Adjusting workplace hours
- Reducing on-site workforce to accommodate social distancing guidelines
- Shifting design (e.g. A/B teams, staggered arrival/departure times)
- Prioritizing tasks that allow for social distancing over those that do not
- Avoiding multiple crews and/or teams working in one area by staggering scheduled tasks and using signs to indicate occupied areas.

#### D. MOVEMENT AND COMMERCE

Non-essential visitors are prohibited on property.

To limit contact to the extent possible, all pickups and deliveries (with the exception of hay, grain and bedding) will be made at the Stable Gate on Nelson Avenue.

When possible a touchless delivery system will be used, whereby drivers stay in the vehicle while delivery takes place. Delivery personnel who must get out of their vehicles must wear appropriate PPE.

SHRI will observe the following shipping protocols:

Trainers Currently Stabled on the backstretch. Trainers with stalls on racetrack grounds and staff in place may not bring horses onto SHRI property without the explicit approval of the Racing Secretary.

Trainers Currently Stabled Off Racetrack Grounds. Trainers awarded stalls may ship horses to SHRI grounds. All accompanying personnel shall access racetrack property through the Stable Gate on

Nelson Avenue and shall follow these protocols for entrance: If cleared through screening (Section III, subsection E), the transport will be authorized to proceed to barn to discharge the horse(s). If the transport is not cleared, horses shall be unloaded outside racetrack grounds into the custody and control of the trainer's present on-track licensed personnel. Transporter (if not the trainer) shall remain his his/her vehicle. If the trainer does not have any present on-track personnel, the horses will not be allowed in the facility. If accompanying personnel fail to clear, they will be denied access to the racetrack grounds.

Transport of Horses In and Out of the Backstretch. Horses may be shipped out to local farms for turnout and returned to the backstretch following these protocols. Horses leaving the backstretch must register at, and exit through, the Stable Gate on Nelson Avenue. Upon return, they must proceed through the Stable Gate on Nelson Avenue. If cleared through screening (See Section III, subsection E, "Screening and Testing," below), the transport will be authorized to proceed to barn to discharge the horse(s). The transporter, if not the trainer, should remain in his/her vehicle. If the transport is not cleared, horses shall be unloaded outside the grounds into the custody and control of the trainer's present on-track licensed personnel.

Transport Out. Trainers with horses shipping out to race at other New York State race tracks (including any Stakes races) must receive prior approval from the Racing Secretary to leave SHRI grounds. The horse(s) may return to racetrack property under the conditions listed above.

Trainers Shipping in to Run and Depart. Trainers who are not stabling on SHRI property may ship a horse(s) to race, however the trainer and accompanying personnel must be cleared through screening (See Section III, subsection E, "Screening and Testing," below) and abide by all policies contained herein. No licensee may access the racetrack without being cleared through the standard admission protocols.

Ship-in entries will be limited to horses on local farms and geographic locations approved by SHRI. No horses will be allowed to ship in from downstate New York (60 miles south of Albany), out-of-state or Canada until further notice.

If cleared through screening, the trainer shipping in must proceed directly to the ship in parking lot. Horses should be unloaded and brought to either the Lasix/Ship-In Barn or to their designated stall in the Paddock.

Participants must maintain physical distancing (six feet apart) while in the Lasix/Ship-in barn. Horses returning from the Paddock must go to their assigned stall.

Trainers shipping in may not drive around the backstretch and should not enter any barn or building other than the Paddock, the Lasix/Ship-In Barn or the Test Barn, if directed by NYSGC personnel. Participants shipping horses in on a race day may use the outdoor wash stalls in Barn C (formerly the pool barn) to bathe their horses after a race.

LASIX will be administered in the designated area in the Lasix/Ship-in Barn. Only one horse and one groom shall be allowed in this area at any one time. All horses and Participants waiting to enter the designated area must keep 6-8 feet apart.

## II. PLACES

### A. PROTECTIVE EQUIPMENT

In addition to any necessary personal protective equipment (PPE) as required for certain workplace activities, SHRI will procure acceptable face coverings and provide such coverings to all employees at no cost to the employees. SHRI will have an adequate supply of face coverings, masks and other required PPE on hand should any employee need a replacement. Acceptable face coverings include, but are not limited to, cloth (e.g. homemade sewn, quick cut, bandana), surgical masks, N95 respirators, and face shields. **For purposes of this obligation, horsemen are responsible for satisfying this requirement as to their employees (grooms, assistant trainers, paddock help, etc).**

SHRI sources PPE through the following sources:

Disposable Face Masks: Grainger Supply

Reusable Face Masks: AJR Equities

Face Shields: Amazon.com

Gloves: Hill & Marks

Hand Sanitizer: Hill & Marks and Spring Brook Hollow Distillery

Surface Sanitizer: ECOLAB

An adequate reserve of PPE is on hand.

Face coverings must be cleaned or replaced after use and may not be shared. Additional information on cloth face coverings and other types of personal protective equipment (PPE), as well as instructions on use and cleaning is available at:

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

Again, cloth face coverings or disposable masks shall not be considered acceptable face coverings for workplace activities that require a higher degree of protection for face covering requirements. SHRI will adhere to OSHA guidelines for such safety equipment.

Employees may use their own acceptable face coverings but will not be required to supply their own face coverings. Further, employees may wear their personally owned additional protective coverings (e.g. surgical masks, N95 respirators, or face shields), SHRI will comply with all applicable OSHA standards.

Participants should limit the sharing of objects, such as buckets and hoses, as well as the touching of shared surfaces, such as faucets, railings and fences. When in contact with shared objects or frequently touched surfaces employees and horsemen must wear gloves (trade-approved or medical) and sanitize or wash their hands before and after contact.

SHRI will train employees on how to adequately don, doff, clean (as applicable), and discard PPE, including but not limited to, appropriate face coverings.

## B. HYGIENE AND CLEANING

SHRI will ensure adherence to hygiene and sanitation requirements as advised by the CDC and DOH, including “[Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19](#),” and the “[STOP THE SPREAD](#)” poster, as applicable. Cleaning logs that include the date, time, and scope of cleaning will be maintained by the SHRI Housekeeping Manager.

SHRI will provide and maintain hand hygiene stations in offices, the Paddock, and in additional places as needed, as follows:

- For handwashing: soap, running warm water, and disposable paper towels.
- For sanitizer: an alcohol-based hand sanitizer containing at least 60% alcohol for areas where handwashing facilities may not be available or practical.
- Hand sanitizer dispensers, touchless whenever possible, shall be placed at key employee entrances and contact areas. The density of sanitizer availability shall be determined pursuant to public health guidelines.

Trainers are responsible for providing soap and hand sanitizer in their barns.

SHRI will provide no-touch disposal receptacles in the Paddock.

Participants will be instructed to wash their hands, or use sanitizer when a sink is not available, every 60 minutes (for 20-seconds) and after any of the following activities: using the restroom, after using the timeclock or other sign-in procedure, sneezing, touching the face, blowing the nose, cleaning, sweeping, mopping, smoking, eating, drinking, going on break and before or after starting a shift.

SHRI will provide appropriate cleaning/disinfecting supplies for shared and frequently touched surfaces and encourage employees to use these supplies before and after use of these surfaces, followed by hand hygiene.

SHRI will conduct regular cleaning and disinfection of the site and more frequent cleaning and disinfection for high risk areas used by many individuals and for frequently touched surfaces. Cleaning and disinfecting must be rigorous and ongoing and should occur at least after each shift, daily, or more frequently as needed. Please refer to DOH’s “[Interim Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19](#)” for detailed instructions on how to clean facilities.

SHRI will ensure regular cleaning and disinfecting of restrooms. Restrooms should be cleaned more often depending on frequency of use.

SHRI will ensure distancing rules are adhered to by reducing restroom capacity where feasible.

SHRI will ensure that equipment and tools are regularly disinfected using registered disinfectants, including at least as often as workers change workstations or move to a new set of tools. Refer to the Department of Environmental Conservation (DEC) [list of products](#) registered in New York State and identified by the EPA as effective against COVID-19.

If cleaning or disinfection products or the act of cleaning and disinfecting causes safety hazards or degrades the material or machinery, SHRI will put in place hand hygiene stations between use and/or supply disposable gloves and/or limitations on the number of employees using such machinery.

SHRI will provide for the cleaning and disinfection of exposed areas in the event of a positive case of COVID-19 of a worker, with such cleaning to include, at a minimum, all heavy transit areas and high-touch surfaces (e.g. feed storage bins, hoses, and stall doors).

SHRI will follow CDC guidelines on "[Cleaning and Disinfecting Your Facility](#)" if someone is suspected or confirmed to have COVID-19 infection, which are as follows:

Close off areas used by the person who is sick.

Operations may remain open, if the affected areas can be adequately closed off.

Open outside doors and windows to increase air circulation in the area.

Wait 24 hours before you clean or disinfect. If 24 hours is not feasible, wait as long as possible.

Clean and disinfect all areas used by the person who is sick, such as offices, bathrooms, common areas, and shared equipment

Once the area has been appropriately disinfected, it can be opened for use.

Workers without close contact with the person who is sick can return to the work area immediately after disinfection.

Per CDC's "[Evaluating and Testing Persons for Coronavirus Disease 2019 \(COVID-19\)](#)," considerations when assessing close contact include the duration of exposure (e.g. longer exposure time likely increases exposure risk) and the clinical symptoms of the person with COVID-19 (e.g. coughing likely increases exposure risk as does exposure to a severely ill patient).

If more than seven days have passed since the person who is sick visited or used the facility, additional cleaning and disinfection is not necessary, but routine cleaning and disinfection should continue.

Shared food and beverages (e.g. buffet style meals) are prohibited. Employees are encouraged to bringing lunch from home. SHRI will provide adequate space for employees to observe social distancing while eating meals.

## C. COMMUNICATIONS PLAN

SHRI affirms that they have reviewed and understand the state-issued industry guidelines, and that they will implement them.

SHRI has developed a communications plan for all licensed personnel and vendors that includes applicable instructions, training, signage, and a consistent means to provide Participants with

information. All trainers will be provided with a copy of this policy. Additional information may be communicated during training, via signage or by email or free subscription to the Racing Club Text group. Anyone wishing to receive Racing Club Text messages can text the keyword racing to 25827 to sign up.

SHRI may seek certifications from vendors accessing racetrack grounds regarding their understanding and affirmation to comply with protocols and requirements contained within.

### III. PROCESSES

#### A. COVID-19 MANAGER

SHRI designated Edward F. Moore, Director of Security, to be a single point of contact responsible for coordinating all COVID-19-related programs, training and restrictions, and submitted his name for approval by the Gaming Commission. Ed has unrestricted access to the racetrack, to the extent necessary to fulfill his duties as defined herein. Ed shall be responsible to monitor all medical protocols and procedures, ensure that all the following risk management protocols are being followed and be responsible to notify state and local health department officials of the real-time assessment of the essential and critical racing infrastructure personnel working at the racetrack. Ed can be reached by cell phone at 518-470-9417 or email, [emoore@saratogacasino.com](mailto:emoore@saratogacasino.com).

#### B1. ACCESS TO SHRI GROUNDS

All persons seeking access to the backstretch must enter through the Stable Gate on Nelson Avenue **and be cleared through screening (see Section III, subsection E, "Screening and Testing," below)**. There will be tightly controlled access to racetrack and barn areas, with the racetrack and backstretch areas closed to all non-essential personnel. Only certain licensed racetrack employees, trainers, veterinarians, farriers and stable workers will be afforded access. No visitation by owners, friends or family will be permitted during the public health crisis.

Guests, visitors, owners, children, or any individual not directly associated with conducting live racing will not be admitted in the stable area or the Paddock. No exceptions. Individuals employed by companies deemed to be providing essential services, whether holding a NYSGC license or not, must report to the stable gate where their temperature will be taken. SHRI security will accompany them while they are performing their job duties to ensure social distancing.

The public shall not be allowed in the Grandstand, Mezzanine, Lower Clubhouse, Fortunes Clubhouse Restaurant, or other public areas including outdoor seating and parking lots. All public access areas will be secured. No live wagering shall be conducted on the premises. All wagering machines will be turned off, including the one in the Paddock. SHRI security personnel will ensure that no one gains unauthorized access to the racetrack grounds and will disperse people who gather outside the racetrack.

SHRI will allow entry only to those individuals who present valid State racing license and racetrack credentials and have been identified as essential personnel as required below. Responsible Parties must decline entry all other individuals.

The Grandstand will be closed. Race-viewing is limited only to those employees of SHRI and the NYSGC necessary to ensure the integrity of the race. In no event shall owners, trainers or spectators be permitted to view the proceedings from the grandstand.

SHRI shall establish and maintain a listing of all personnel necessary to access the SHRI grounds. This list shall be produced daily and shall include the Licensee or Vendor Name, License Number, Employer, and telephone number or e-mail address. Access to SHRI grounds shall be limited to those on the list. The accuracy of such list is paramount, as it will be used, as necessary, to perform contact tracing.

The COVID-19 Manager shall be responsible for the creation and maintenance of a daily master work list. Individuals with a confirmed excessive temperature (above 100.4°F) shall be listed in red until the licensee has returned to the grounds and is afforded admittance consistent with the access protocol. For more information on screening procedures, see subsection E, "Screening and Testing," below.

Responsible Parties (underlined below) must compile a daily master list from horsemen, operations, regulatory staff and facilities. It is to contain those licensees REASONABLY expected to be required to report to work on a given day. For more information on screening procedures, see Section III, Subsection E, "Screening and Testing," below.

Horsemen. The Horsemen's Association shall be responsible for individual trainer list creation and maintenance.

Operations. The racetrack president or their designee shall be responsible for creation and maintenance of the daily essential worker list. Each unit within the racetrack will be responsible to undertake the daily screening of their employees and clear them for work.

Regulatory Staff. The Presiding Judge shall be responsible for creation and maintenance of the daily essential worker list. The Presiding Judge is responsible to undertake the daily screening of their employees and clear them for work.

Services. The Director of Facilities shall be responsible for creation and maintenance of the daily essential worker/operations list. This shall include identification of those vendors necessitating racetrack access on a per day basis. Such vendors include sanitation services, feed and hay providers, pest control services, etc.

Unplanned Access. For personnel or entities requiring unplanned access, the COVID-19 Manager may authorize access for emergency purposes or necessary essential functions under standard admission protocols.

## B2. PADDOCK RULES

Horsemen (trainers and grooms) must enter the Paddock through the North Gate. Participants cleared through screening at the Stable Gate (or a designated check point) will be given a wristband which must be worn to gain entry to the Paddock.

Catch Drivers will enter SHRI grounds through the Stable Gate on Nelson Avenue. If cleared through screening, they may park in the ship-in parking lot and should remain in their vehicles until their scheduled time to report to the Paddock (see attached Paddock and Lasix Schedule).

Breathalyzer testing will be administered through the sliding window with drivers remaining outside the Paddock judge's office.

Between drives, catch drivers should proceed to the designated area, wear an appropriate face covering, and maintain physical distancing. They should only enter the Paddock to use the rest rooms or the locker room.

**Everyone admitted to the Paddock, including employees, must wear a mask at all times.**

No one will be allowed in the Paddock office except commission personnel. The telephones in the Paddock office shall be for use by commission personnel only. Drivers and trainers shall not use these telephones. Should any participant need to communicate with the judges or anyone else, they may do so on their own personal cell phones.

The Paddock Snack Bar will be open for take-out only. The drivers lounge and viewing area will be closed.

Rest rooms will be limited to one (1) occupant at any one time. The drivers' locker room will be limited to two (2) occupants.

There will be no congregating of participants anywhere in the stable area including the Paddock.

### B3. RACE STAGING

The following procedures will be followed so that only three races are staging in the Paddock at a time. Please refer to the attached Lasix and Paddock Schedule for new Paddock times.

Horses, trainers and grooms will be in the Paddock for approximately 30 to 45 minutes prior to the post time of their race. They may not come in earlier and must leave immediately after the race.

All warmups will be on the jog track before coming to the Paddock.

Races 1, 4, 7, 10 and 13 will use every other stall labeled Race 1 and Race 3.

Races 2, 5, 8 and 11 will use every other stall labeled Race 2 and Race 4.

Races 3, 6, 9 and 12 will use every other stall Labeled Race 5 and Race 7.

When your race is called up, gather all equipment and stage for departure. If a horse is not one of the horses selected for testing, and the trainer is stabled on the grounds, the horse should be removed from the Paddock immediately after the race and returned to its barn.

If the horse is shipped in, and is not selected for testing the trainer/groom may bathe the horse in one of the Post 9 stalls (use every other stall). If a Post 9 stall is not available, the trainer/groom should proceed immediately to one of the outside wash stalls in Barn C (previously the pool barn), to bathe the horse. No waiting for stalls or lingering in the Paddock after the race. The exception is shipped in horses racing in races 11, 12 and 13 may return to their stall in the Paddock to be bathed.



If the horse is selected for testing, the trainer/groom should proceed to one of the designated bath stalls (see below) to bathe the horse, and follow the instructions of NYSGC personnel.

Bath Stalls for Horses Being Tested:

Races 1, 4, 7, 10, 13: Stalls Labeled Race 6, #1 and #3

Races 2, 5, 8, 11: Stalls Labeled Race 6, #5 and #7

Races 3, 6, 9, 12: Stalls labeled Race 8, #1 and #3

If more than two horses are selected for testing they should use stalls labeled Race 8, #5 and #7.

Only the winning horse and driver will be in the win photo. No other persons should be in the winner's circle.

Horses, trainers, and grooms must vacate the Paddock immediately after completing their races for the program.

SHRI maintenance employees will upkeep sanitizer stations; disinfect surfaces, and generally make certain the Paddock is kept clean on each race day.

#### C. TRACK KITCHEN AND PADDOCK SNACK BAR

The Track Kitchen and Paddock Snack Bar will be allowed to operate, but for takeout or delivery only, not for dine-in.

All food service staff shall wear gloves and masks and shall be trained in proper hygiene and food preparation practices. Food shall only be available for purchase as "grab-and-go" and people will not be allowed to congregate and seating at kitchens and any dining halls shall not be permitted.

Staff that handle food must follow State and Local Sanitary Code guidelines.

All kitchen areas shall be cleaned and sanitized each day and food safety best practices shall be followed throughout. Cleaning and disinfection of frequently touched surfaces and high-risk areas must be rigorous.

#### D. DORMITORY OPERATIONS

A complete and updated list of all backstretch residents shall be maintained and updated daily, as needed, by the COVID-19 Manager. At regular approved intervals, each resident shall be temperature tested with a no touch thermometer and asked screening questions (See Daily Screening" above). Anyone displaying a temperature over 100.4°F shall receive a secondary temporal temperature screening. A resident confirmed to have a temperature over 100.4°F or otherwise displaying symptoms of COVID-19 will be directed towards appropriate medical evaluation and care.

**No new dormitory residents will be accepted until the COVID-19 public health crisis has been resolved.**

If quarantine becomes necessary, the smaller group living together can quarantine together. Quarantined individuals may work, if in compliance with DOH guidance, but they must live in the quarantine when not working, and managers must arrange for food and other necessities for the group.

- Dormitory residences should provide adequate physical distancing, and be cleaned and disinfected, and the necessary controls to prevent transmission of COVID-19:
- Residents should be housed in the smallest groups possible.
- Where possible, beds should be at a distance of at least six feet apart.
- Ventilation should be increased in all housing areas, including living and sleeping, cooking and eating, and bathroom and shower areas by opening doors and windows if outdoor temperatures are agreeable.
- Physical distancing measures should be implemented for common areas to the extent practicable.
- Increased garbage pick-up shall be provided.
- SHRI and the SHHA have partnered to place trailers with plumbing and electricity as separate living quarters for use as temporary residences designated for quarantine use. Their sole purpose is to provide residents a safe area to be quarantined, if required. The Security Department shall ensure these quarantine rooms are kept fully secured and separate from high traffic areas in the backstretch. The SHHA has agreed to ensure the basic needs of individuals under quarantine are met, and will be assisted as requested by SHRI.

#### E. SCREENING AND TESTING

SHRI will implement mandatory daily health screening practices. Screening will take place at the Stable Gate with participants remaining in their vehicles. Screening of participants who are dormitory residents will be coordinated to ensure appropriate physical distancing.

Screening may be performed remotely (e.g. by telephone or electronic survey), before the employee reports to the site, to the extent possible; or may be performed on site. Screening will be coordinated to prevent workers from intermingling in close contact with each other prior to completion of the screening.

Screening will be required of each individual living in dormitories and/or seeking access to the racetrack grounds; screening should be completed using a questionnaire that determines whether the individual has:

- (a) knowingly been in close or proximate contact in the past 14 days with anyone who has tested positive for COVID-19 or who has or had symptoms of COVID-19,
- (b) tested positive for COVID-19 in the past 14 days, or
- (c) has experienced any symptoms of COVID-19 in the past 14 days.

Those positively responding to any of the supplemental screening questions shall not be allowed entry to the property and will be directed towards appropriate medical care. The names of those refused entry are required to be reported to the COVID-19 Manager for red font inclusion in subsequent daily work lists.

Screening will also include temperature testing using a thermal camera or non-invasive temperature instrument. Anyone displaying a temperature over 100.4°F shall be taken to a private area for a secondary temporal temperature screening. Individuals confirmed to have a temperature over 100.4°F shall not be allowed entry to the property and will be directed toward appropriate medical care. They will also be reported to the COVID-19 Manager.

Daily temperature checks must follow U.S. Equal Employment Opportunity Commission or DOH guidelines. SHRI is prohibited from keeping records of employee health data (e.g. temperature data).

The names of those refused entry are required to be reported to the COVID-19 Manager for red font inclusion in subsequent daily work lists.

According to the CDC guidance on "Symptoms of Coronavirus," the term "symptomatic" includes employees who have the following symptoms or combinations of symptoms: fever, cough, shortness of breath, or at least two of the following symptoms: fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.

SHRI will require personnel to immediately disclose if and when any response to any of the aforementioned questions changes, such as if they begin to experience symptoms, including during or outside of work hours.

The COVID-19 manager shall be immediately notified and the personnel shall be separated or sent home immediately or to a quarantine dormitory, as appropriate. SHRI will instruct all personnel to contact the COVID-19 Manager if they notice a coworker with a cough, shortness of breath, or other known symptoms of COVID-19.

SHRI will ensure that any personnel performing screening activities, including temperature checks, are appropriately protected from exposure to potentially infectious workers or visitors entering the site. Personnel performing screening activities should be trained by employer-identified individuals who are familiar with CDC, DOH, and OSHA protocols, and must wear appropriate PPE, including at a minimum, a face mask and gloves, and may include, a gown, and/or a face shield.

Any personnel who screens positive for COVID-19 symptoms should not be allowed to enter the worksite and should be sent home with instructions to contact their healthcare provider for assessment and testing. SHRI will immediately notify the COVID-19 Manager who will alert the local health department and state DOH about the suspected case. SHRI will provide the employee with information on healthcare and testing resources.

Personnel who has responded that they have had close contact with a person who is confirmed or suspected for COVID-19 may not be allowed to enter the site without abiding by the precautions outlined below and SHRI has documented the employee's adherence to those precautions.

SHRI will review all personnel responses collected by the screening process on a daily basis and maintain a record of such review.

To the extent possible, SHRI will maintain a log of every person, including workers and vendors, who may have close contact with other individuals at the work site or area; excluding deliveries that are

performed with appropriate PPE or through contactless means. Log should contain contact information, such that all contacts may be identified, traced and notified in the event an employee is diagnosed with COVID-19. Responsible Parties must cooperate with local health department contact tracing efforts.

If alerted to a presumptive case of COVID-19 on the grounds, the Responsible Parties must work with the local health department and DOH and follow the appropriate actions recommended.

Employers and employees should take the following actions related to COVID-19 symptoms and contact:

If an employee has COVID-19 symptoms AND EITHER tests positive for COVID-19 OR did not receive a test, the employee may only return to work after completing a 14-day self-quarantine. If an employee is critical to the operation or safety of a site, the Responsible Parties may consult their local health department and the most up-to-date CDC and DOH standards on the minimum number of days to quarantine before an employee is safely able to return to work with additional precautions to mitigate the risk of COVID-19 transmission.

If an employee does NOT have COVID-19 symptoms BUT tests positive for COVID-19, the employee may only return to work after completing a 14-day self-quarantine. If an employee is critical to the operation or safety of a site, the Responsible Parties may consult their local health department and the most up-to-date CDC and DOH standards on the minimum number of days to quarantine before an employee is safely able to return to work with additional precautions to mitigate the risk of COVID-19 transmission.

If an employee has had close contact with a person with COVID-19 for a prolonged period of time AND is symptomatic, the employee should notify the Responsible Parties and follow the above protocol for a positive case.

If an employee has had close contact with a person with COVID-19 for a prolonged period of time AND is NOT symptomatic, the employee should notify the Responsible Parties and adhere to the following practices prior to and during their work shift, which will be documented by SHRI:

Regular monitoring: As long as the employee does not have a temperature or symptoms, they should self-monitor under the supervision of their employer's occupational health program.

- 1) Wear a mask: The employee should wear a face mask at all times while in the workplace for 14 days after last exposure.
- 2) Social distance: Employee should continue social distancing practices, including maintaining, at least, six feet distance from others.
- 3) Disinfect and clean work spaces: Continue to clean and disinfect all areas such as offices, bathrooms, common areas, and shared electronic equipment routinely.

If an employee is symptomatic upon arrival at work or becomes sick during the day, the employee must be separated and sent home immediately, following the above protocol for a positive case.

#### F. TRACING AND TRACKING

SHRI will notify the local health department and state DOH immediately upon being informed of any positive COVID-19 test result by any personnel at their site.

In the case of any personnel testing positive, SHRI will cooperate with the local health department to trace all contacts in the workplace and notify the health department of all employees logged and visitors/customers (as applicable) who entered the facility dating back to 48 hours before the personnel began experiencing COVID-19 symptoms or tested positive, whichever is earlier, but maintain confidentiality as required by federal and state law and regulations.

Local health departments will implement monitoring and movement restrictions of infected or exposed persons including home isolation or quarantine.

Personnel who are alerted that they have come into close or proximate contact with a person with COVID-19, and have been alerted via tracing, tracking or other mechanism, are required to self-report to their employer at the time of alert and shall either not be permitted to remain on site or to appropriately quarantine in the dormitory or dormitories set aside to house such individuals.

#### G. UNION CONSIDERATIONS

Should unionized staff be utilized for operations or the conduct of business at a racetrack, the union shall be consulted regarding the interests and needs of their members.

#### IV. EMPLOYER PLAN

SHRI developed a safety plan to protect against the spread of COVID-19 utilizing the business reopening safety plan template provided by the State. The plan is posted in at various locations in the Paddock, in the race office and by time clocks used by Racing, Facilities and Security personnel.

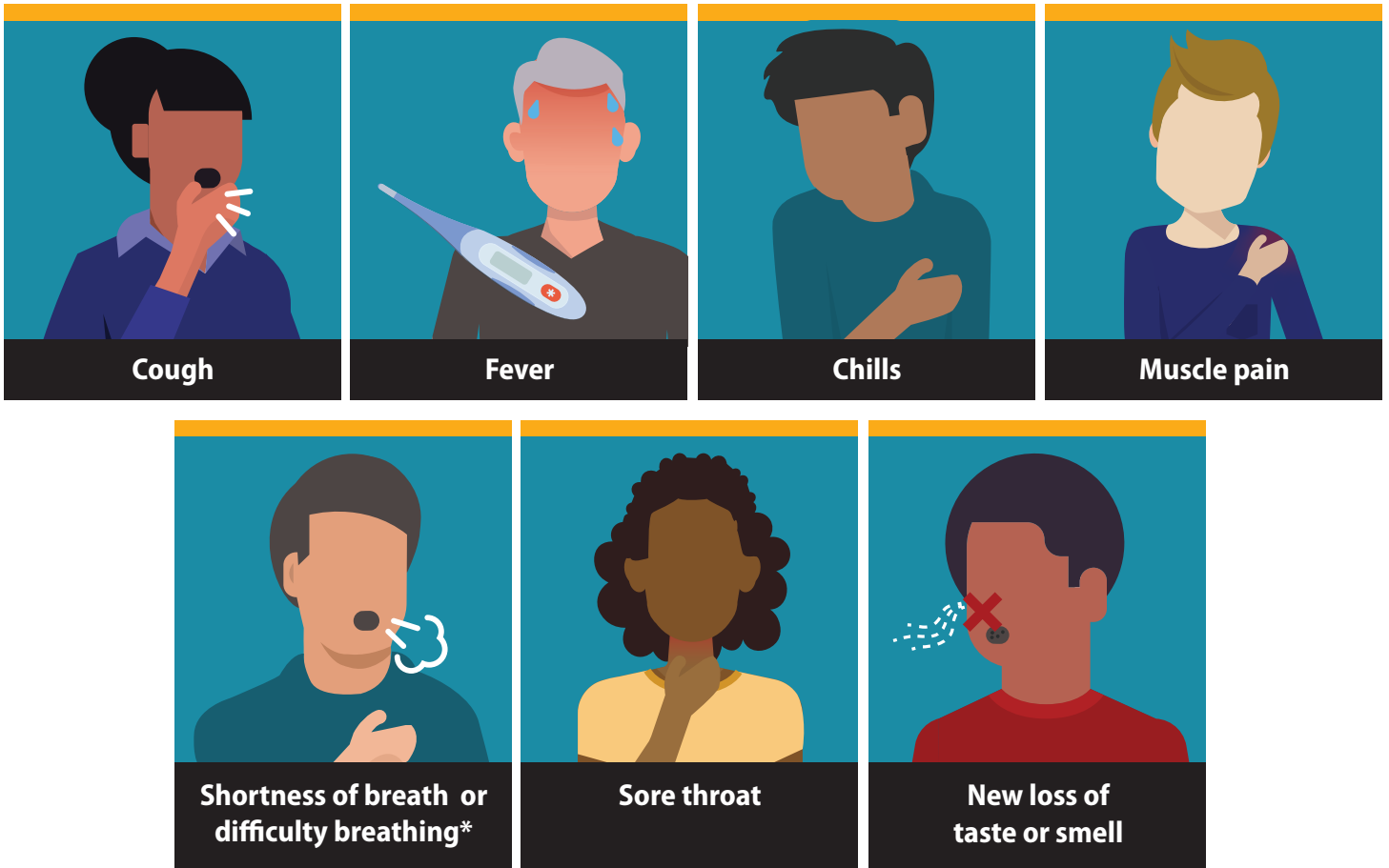
## PADDOCK TIMES AND LASIX SCHEDULE

Horses going to the Lasix Barn are to report at the start of their Lasix window

Race	Post Time	Horse	Lasix Window*	Trainer	Driver
1	12:00 pm	11:15 am – 11:30 am	7:30 am – 8:00 am	11:15 am – 11:30 am	11:15 am
2	12:20 pm	11:35 am – 11:50 am	7:50 am – 8:20 am	11:35 am – 11:50 am	11:35 am
3	12:40 pm	11:55 am – 12:10 pm	8:10 am – 8:40 am	11:55 am – 12:10 pm	11:55 am
4	1:00 pm	12:15 pm – 12:30 pm	8:30 am – 9:00 am	12:15 pm – 12:30 pm	12:15 pm
5	1:20 pm	12:35 pm – 12:50 pm	8:50 am – 9:20 am	12:35 pm – 12:50 pm	12:35 pm
6	1:40 pm	12:55 pm – 1:10 pm	9:10 am – 9:40 am	12:55 pm – 1:10 pm	12:55 pm
7	2:00 pm	1:15 pm – 1:30 pm	9:30 am – 10:00 am	1:15 pm – 1:30 pm	1:00 pm
8	2:20 pm	1:35 pm – 1:50 pm	9:50 am – 10:20 am	1:35 pm – 1:50 pm	1:20 pm
9	2:40 pm	1:55 pm – 2:10 pm	10:10 am – 10:40 am	1:55 pm – 2:10 pm	1:40 pm
10	3:00 pm	2:15 pm – 2:30 pm	10:30 am – 11:00 am	2:15 pm – 2:30 pm	2:00 pm
11	3:20 pm	2:35 pm – 2:50 pm	10:50 am – 11:20 am	2:35 pm – 2:50 pm	2:20 pm
12	3:40 pm	2:55 pm – 3:10 pm	11:10 am – 11:40 am	2:55 pm – 3:10 pm	2:40 pm
13	4:00 pm	3:15 pm – 3:30 pm	11:30 am – 12:00 pm	3:15 pm – 3:30 pm	3:00 pm

# 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.

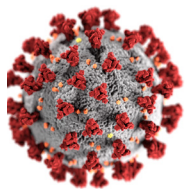
**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- 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 medical provider for any other symptoms that are severe or concerning to you.



# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

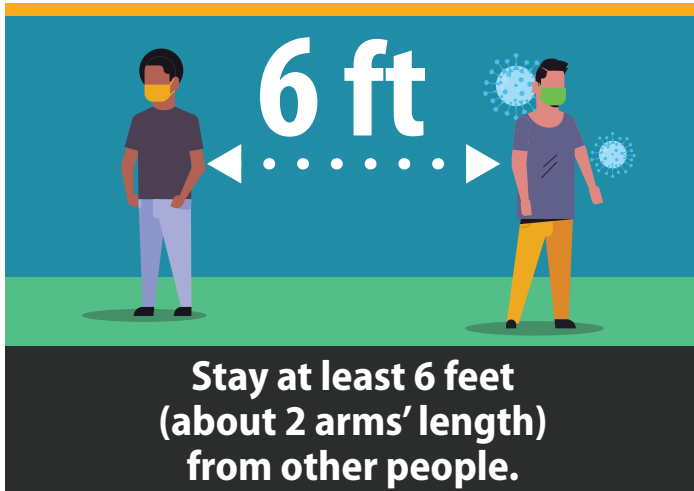
- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.





# Stop the Spread of Germs

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



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

# Please wear a cloth face covering.

Acceptable face coverings for the Paddock include, but are not limited to, cloth-based face coverings and disposable masks that cover both the mouth and nose.



**Maintain a distance of 6 feet  
whenever possible.**



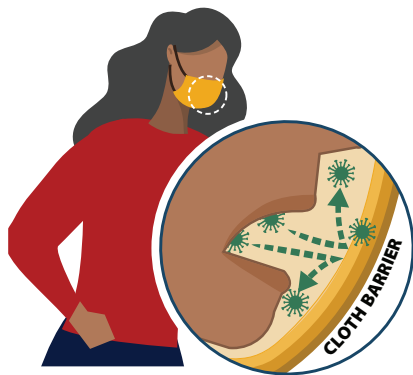
[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

## WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



## USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

## FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



## TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



**Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.**

For instructions on making a cloth face covering, see:

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



Hands that look clean can still have icky germs!



# WASH YOUR HANDS!



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

# Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

## Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated.
- **Get medical care when needed.** Call your doctor before you go to their office for care. But, if you have trouble breathing or other concerning symptoms, call 911 for immediate help.
- **Avoid public transportation, ride-sharing, or taxis.**



## Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
  - See COVID-19 and Animals if you have questions about pets: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>



## Monitor your symptoms.

- **Common symptoms of COVID-19 include fever and cough.** Trouble breathing is a more serious symptom that means you should get medical attention.
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately.**

Emergency warning signs include\*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 if you have a medical emergency.** If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

## Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office.** This will help the office protect themselves and other patients.



## If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.



**Note:** During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.



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

## Cover your coughs and sneezes.

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water are the best option**, especially if your hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



## Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.



## Clean all “high-touch” surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- **If a caregiver or other person needs to clean and disinfect** a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**

- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.
  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
  - Most EPA-registered household disinfectants should be effective.

## How to discontinue home isolation

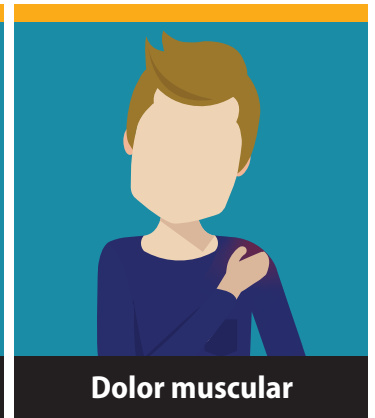
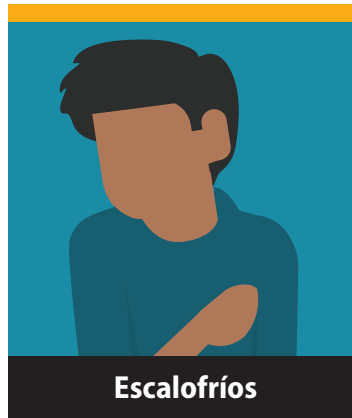
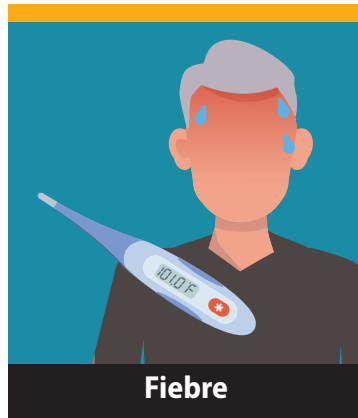
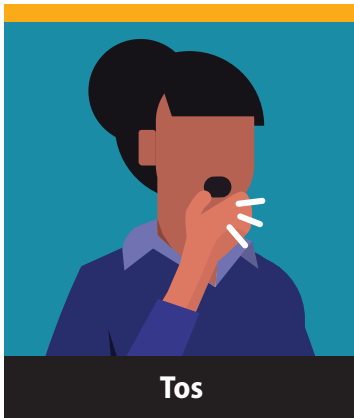
- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
  - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
    - You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)AND
    - other symptoms have improved (for example, when your cough or shortness of breath has improved)AND
    - at least 10 days have passed since your symptoms first appeared.
  - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
    - You no longer have a fever (without the use of medicine that reduces fevers)AND
    - other symptoms have improved (for example, when your cough or shortness of breath has improved)AND
    - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.



**In all cases, follow the guidance of your healthcare provider and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

# Síntomas del coronavirus (COVID-19)

Conozca los síntomas del COVID-19, que pueden incluir:



Los síntomas pueden ser de leves a graves, y aparecer de 2 a 14 días después de la exposición al virus que causa COVID-19.

**\*Busque atención médica de inmediato si alguien tiene signos de advertencia de emergencia del COVID-19.**

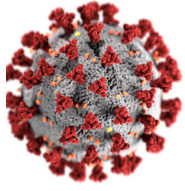
- Dificultad para respirar
- Dolor o presión persistente en el pecho
- Confusión de aparición reciente
- Dificultad para despertarse o mantenerse despierto
- Color azulado en los labios o el rostro

\*Esta lista no incluye todos los síntomas posibles. Llame a su proveedor de servicios médicos por cualquier otro síntoma grave o que le preocupe.



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

# Lo que usted debe saber acerca del COVID-19 para protegerse y proteger a los demás



## Infórmese sobre el COVID-19

- La enfermedad del coronavirus 2019 (COVID-19) es una afección causada por un virus que se puede propagar de persona a persona.
- El virus que causa el COVID-19 es un nuevo coronavirus que se ha propagado por todo el mundo.
- El COVID-19 puede causar desde síntomas leves (o ningún síntoma) hasta casos de enfermedad grave.



## Practique el distanciamiento social

- Cuando sea posible, compre comestibles y medicamentos, consulte al médico y complete actividades bancarias en línea.
- Si tiene que ir en persona, manténgase a una distancia de al menos 6 pies de los demás y desinfecte los objetos que tenga que tocar.
- Obtenga entregas a domicilio y comidas para llevar, y limite el contacto personal tanto como sea posible.



## Sepa cómo se propaga el COVID-19

- Usted puede infectarse al entrar en contacto cercano (alrededor de 6 pies o la longitud de dos brazos) con una persona que tenga COVID-19. El COVID-19 se propaga principalmente de persona a persona.
- Usted puede infectarse por medio de gotitas respiratorias si una persona infectada tose, estornuda o habla.
- También podría contraer la enfermedad al tocar una superficie o un objeto en los que esté el virus, y luego tocarse la boca, la nariz o los ojos.



## Si está enfermo, prevenga la propagación del COVID-19

- Quédese en casa si está enfermo, excepto para conseguir atención médica.
- Evite el servicio de transporte público, vehículos compartidos o taxis.
- Manténgase alejado de otras personas y de las mascotas en su casa.
- No hay un tratamiento específico para el COVID-19, pero puede buscar atención médica para que lo ayuden a aliviar los síntomas.
- Si necesita atención médica, llame antes de ir.



## Protéjase y proteja a los demás contra el COVID-19

- En la actualidad no existe una vacuna que proteja contra el COVID-19. La mejor manera de protegerse es evitar la exposición al virus que causa el COVID-19.
- Quédese en casa tanto como sea posible y evite el contacto cercano con los demás.
- En entornos públicos, use una cubierta de tela para la cara que cubra la nariz y la boca.
- Limpie y desinfecte las superficies que se tocan con frecuencia.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos o use un desinfectante de manos que contenga al menos un 60 % de alcohol.



## Conozca su riesgo de enfermarse gravemente

- Todos están en riesgo de contraer el COVID-19.
- Los adultos mayores y las personas de cualquier edad que tengan afecciones subyacentes graves podrían tener un mayor riesgo de enfermarse más gravemente.





# Detenga la propagación de gérmenes

Ayude a prevenir la transmisión de enfermedades respiratorias como el COVID-19.



Mantenga al menos 6 pies (aproximadamente la longitud de 2 brazos) de distancia de otras personas.



Cúbrase con un pañuelo desechable la nariz y la boca al toser o estornudar, luego bótelos en la basura y lávese las manos.



Cuando esté en un lugar público, use una cubierta de tela para la cara sobre su nariz y boca.



Evite tocarse los ojos, la nariz y la boca.



Limpie y desinfecte los objetos y superficies que se tocan con frecuencia.



Quédese en casa cuando esté enfermo, excepto para recibir atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



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

# Por favor use una cubierta de tela para la cara para la cara.

En la Paddock, use una cubierta de tela para la cara o mascarilla desechable que cubra la nariz y la boca.



**Mantenga una distancia de 6 pies cuando sea posible.**



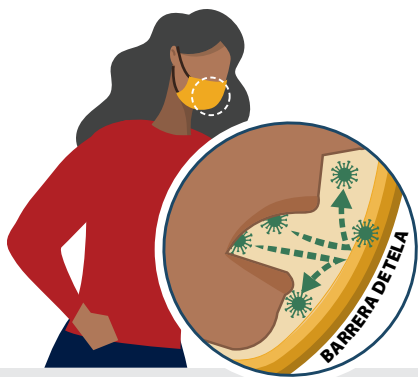
[cdc.gov/coronavirus-es](https://cdc.gov/coronavirus-es)

# Cómo usar y quitarse una cubierta de tela para la cara de manera segura

Accesible: <https://espanol.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

## USE SU CUBIERTA DE TELA PARA LA CARA CORRECTAMENTE

- Lávese las manos antes de ponérsela
- Póngasela de manera que le cubra la nariz y la boca y quede sujeta debajo del mentón
- Trate de que se ajuste bien contra los lados de la cara
- Asegúrese de que pueda respirar fácilmente
- No le ponga una mascarilla a un niño menor de 2 años



## USE LA CUBIERTA DE TELA PARA LA CARA PARA AYUDAR A PROTEGER A LOS DEMÁS

- Use una cubierta de tela para la cara para ayudar a proteger a los demás en caso de que usted esté infectado, pero no tenga síntomas
- Déjesela puesta todo el tiempo que esté en un lugar público
- No se la cuelgue del cuello ni se la deje sobre la frente
- No se la toque y, si lo hace, límpiense las manos

## PRACTIQUE HÁBITOS DE SALUD COTIDIANOS

- Manténgase al menos a 6 pies de los demás
- Evite el contacto con las personas que estén enfermas
- Lávese frecuentemente las manos con agua y jabón por al menos 20 segundos cada vez
- Use un desinfectante de manos si no hay agua y jabón disponibles



## QUÍTESE LA CUBIERTA DE TELA PARA LA CARA CON CUIDADO, CUANDO ESTÉ EN CASA

- Quítesela desatando las tiras que se atan detrás de la cabeza o estirando las bandas elásticas que se ponen en las orejas
- Solo toque las tiras o bandas elásticas
- Doble la cubierta de tela para la cara juntando las esquinas exteriores
- Meta la cubierta en la lavadora de ropa
- Lávese las manos con agua y jabón



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Las cubiertas de tela para la cara no son mascarillas quirúrgicas ni respiradores N-95, los cuales se deben reservar para los trabajadores de atención médica y demás personal médico de respuesta a emergencias.

Para ver instrucciones sobre cómo hacer una cubierta de tela para la cara, consulte:

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



¡Aunque las manos se vean limpias pueden tener microbios asquerosos!

# ¡Lávate las manos!



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

# Si está enfermo, prevenga la propagación del COVID-19

Versión accesible: <https://espanol.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Si está enfermo con el COVID-19 o cree que podría tener el COVID-19, siga los pasos detallados a continuación para ayudar a proteger a otras personas en su casa y comunidad.

## Quédese en casa, excepto para buscar atención médica.



- **Quédese en casa.** La mayoría de las personas con COVID-19 tienen un caso leve de la enfermedad y se pueden recuperar en casa sin atención médica. No salga de casa, excepto para buscar atención médica. No visite áreas públicas.
- **Cuidese.** Descanse y manténgase hidratado.
- **Busque atención médica cuando sea necesario.** Llame al médico antes de ir al consultorio para que lo atienda. Sin embargo, si tiene dificultad para respirar u otros síntomas preocupantes, llame al 911 para obtener ayuda inmediata.
- **Evite el servicio de transporte público,** vehículos compartidos o taxis.



## Manténgase alejado de otras personas y de las mascotas en su casa.

- **En la medida de lo posible, permanezca en una habitación específica** y lejos de las demás personas y mascotas que estén en su casa. Además, debería usar un baño aparte, de ser posible. Si es necesario estar cerca de otras personas o animales dentro o fuera de la casa, use una cubierta de tela para la cara.

Si tiene preguntas sobre las mascotas, vea El COVID-19 y los animales: <https://espanol.cdc.gov/coronavirus/2019-ncov/faq.html#COVID-19-and-Animals>



## Vigile sus síntomas.

- **Los síntomas comunes del COVID-19 incluyen fiebre y tos.** La dificultad para respirar es un síntoma más grave, lo cual significa que debe buscar atención médica.
- **Siga las instrucciones sobre cuidados que le den su proveedor de atención médica y departamento de salud local.** Las autoridades de salud locales le darán instrucciones sobre cómo vigilar sus síntomas y notificar la información.



Si presenta **signos de COVID-19 que indican una emergencia** busque **atención médica de inmediato.**

Estos signos de advertencia de una emergencia incluyen\*:

- Dificultad para respirar
- Dolor o presión persistentes en el pecho
- Confusión que no haya tenido antes, o que no lo puedan despertar
- Labios o cara azulados

\*Esta lista no incluye todos los signos. Consulte a su proveedor médico si tiene cualquier otro síntoma que sea grave o que le preocupe.

**Llame al 911 si tiene una emergencia médica.** Si tiene una emergencia médica y necesita llamar al 911, avísele al operador que usted tiene, o cree que podría tener, COVID-19. De ser posible, póngase una mascarilla antes de que llegue la ayuda médica.

## Llame antes de ir al médico.

- **Llame antes.** Muchas visitas médicas para cuidados de rutina están posponiéndose o realizándose por teléfono o telemedicina.
- **Si tiene una cita médica que no puede posponerse, llame al consultorio de su médico.** Esto ayudará a las personas que estén allí a protegerse y a proteger a otros pacientes.



## Si está enfermo, póngase una cubierta de tela que le cubra la nariz y la boca.

- **Debe usar una cubierta de tela para la cara que le cubra la nariz y la boca** si tiene que estar alrededor de otras personas o animales, como las mascotas (incluso en su casa).
- Si está solo, no es necesario que use la cubierta de tela para la cara. Si no puede usar una cubierta de tela para la cara (debido a que tiene dificultad para respirar, por ejemplo), cúbrase la nariz y la boca de alguna otra forma al toser y estornudar. Trate de mantenerse al menos a 6 pies de distancia de otras personas. Esto ayudará a proteger a las personas que estén a su alrededor.



**Nota:** Durante la pandemia del COVID-19, las mascarillas de grado médico se reservan para los trabajadores de la salud y algunos miembros del personal de respuesta a emergencias. Es posible que usted tenga que hacer una cubierta de tela para la cara con una bufanda o una *bandana* o pañuelo.

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

## Cúbrase la nariz y la boca cuando tosa y estornude.

- **Cúbrase la nariz y la boca** con un pañuelo desechable al toser o estornudar.
- **Bote los pañuelos desechables usados** a un bote de basura con una bolsa de plástico adentro.
- **Lávese las manos de inmediato** con agua y jabón por al menos 20 segundos. Si no hay agua y jabón disponibles, límpiense las manos con un desinfectante de manos a base de alcohol que contenga al menos un 60 % de alcohol.



## Límpiese las manos con frecuencia.

- **Lávese frecuentemente las manos** con agua y jabón por al menos 20 segundos. Esto es especialmente importante después de sonarse la nariz, toser o estornudar, ir al baño, y antes de comer o preparar alimentos.
- **Use un desinfectante de manos** si no hay agua y jabón disponibles. Use un desinfectante de manos a base de alcohol que contenga al menos un 60 % de alcohol, cubra todas las superficies de las manos y fróteselas hasta que sienta que se secaron.
- **El agua y jabón son la mejor opción**, en especial si las manos están visiblemente sucias.
- **Evite tocarse** los ojos, la nariz y la boca con las manos sin lavar.



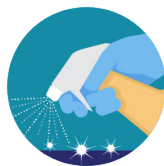
## Evite compartir artículos del hogar de uso personal.

- **No comparta** platos, vasos, tazas, cubiertos, toallas o ropa de cama con otras personas que estén en su casa.
- **Lave bien con agua y jabón estos artículos después de usarlos** o póngalos en la lavadora automática de platos.



## Limpie todos los días todas las superficies de contacto frecuente.

- **Limpie y desinfecte** las superficies de contacto frecuente en su "habitación para el enfermo" y el baño. Deje que otra persona limpie y desinfecte las superficies en las áreas comunes, pero no su habitación ni su baño.
- **Si un cuidador u otra persona necesitan limpiar y desinfectar** la habitación o el baño del enfermo, deben hacerlo solamente según sea necesario. El cuidador o la otra persona deben usar una mascarilla y esperar tanto como sea posible después de que el enfermo haya usado el baño.



Las superficies de contacto frecuente incluyen los teléfonos, los controles remotos, los mesones, las mesas, las manijas de las puertas, las llaves y grifos del baño, los inodoros, los teclados, las tabletas y las mesas de noche.

- **Limpie y desinfecte las áreas que puedan tener sangre, heces o líquidos corporales.**

- **Use productos de limpieza y desinfectantes para el hogar.** Si están sucios, limpie el área o el artículo con agua y jabón u otro detergente. Luego use un desinfectante de uso doméstico.

“ Asegúrese de seguir las instrucciones de la etiqueta para garantizar que el producto se use de manera segura y eficaz. Muchos productos recomiendan mantener la superficie húmeda durante varios minutos para asegurarse de que se eliminen los microbios. Muchos también recomiendan tomar medidas de precaución, como usar guantes y asegurarse de tener buena ventilación durante el uso del producto.

“ La mayoría de los desinfectantes de uso doméstico registrados en la EPA deberían ser eficaces.

## Cómo discontinuar el aislamiento en la casa

- Las personas **con el COVID-19 que se quedaron en casa (aislados en casa)** pueden ponerle fin al aislamiento bajo las siguientes condiciones:



“ **Si no se hará la prueba** para determinar si todavía es contagioso, puede salir de la casa después de que hayan sucedido estas tres cosas:

- no ha tenido fiebre por al menos 72 horas (o sea, tres días enteros sin fiebre sin el uso de medicamentos que reducen la fiebre)

Y

- los otros síntomas han mejorado (por ejemplo, cuando la tos o la dificultad para respirar han mejorado)

Y

- han pasado al menos 10 días desde que comenzó a tener síntomas.

“ **Si se hará la prueba** para determinar si todavía es contagioso, puede salir de la casa después de que hayan sucedido estas tres cosas:

- ya no tiene fiebre (sin el uso de medicamentos que reducen la fiebre)

Y

- los otros síntomas han mejorado (por ejemplo, cuando la tos o la dificultad para respirar han mejorado)

Y

- los resultados de la prueba han dado negativo dos veces seguidas, con una separación de 24 horas. Su médico seguirá las directrices de los CDC.

**En todos los casos, siga la orientación de su proveedor de atención médica y departamento de salud local.** La decisión de suspender el aislamiento en la casa debe tomarse en consulta con su proveedor de atención médica y los departamentos de salud estatales y locales. Las decisiones locales dependen de las circunstancias locales.