



HEALTHIER WORKPLACES | A HEALTHIER WORLD

# Reopening: Guidance for the **Outdoor Recreation** Industry (Campgrounds, Parks, and Pools)

Guidance Document

[aiha.org](https://www.aiha.org)

## Overview

Many outdoor recreational activities were suspended due to stay-at-home or shelter-in-place orders across the U.S. In certain areas, some recreational areas such as golf courses and tennis courts have reopened, while others are operating with restrictions or remain closed. Others have expanded their services and operate as distribution centers for free food or offer childcare services for essential workers. Many are using app-based technologies so that visitors can reserve access times in advance to limit crowding. It is important that operators follow state regulations and guidelines for the safe reopening of their operations as these requirements and recommendations vary from state to state. The Centers for Disease Control (CDC) and the White House published "[Opening Up America Again Guidelines](#)" that provide guidance to states on phasing in reopening based on data on the number of COVID-19 cases, hospitalizations, deaths, testing and contact tracing capacity and other factors. Reopening of recreational facilities is in the third and final phase in those guidelines.

SARS-CoV-2, the virus that causes COVID-19, is thought to be spread primarily through aerosolized respiratory droplets at close range. Airborne transmission from exposure to very small droplets over long distances is unlikely. However, there is evidence that this mode of transmission is possible, particularly in crowded, indoor spaces. People may also become infected by touching contaminated surfaces. The virus has been shown to survive in aerosols for hours and on surfaces for days. Infection can occur through eyes, nose, and mouth exposures. There is also strong evidence that people can spread the virus while pre-symptomatic or asymptomatic.

With stay-at-home restrictions beginning to lift, recreational areas such as campgrounds, park spaces, and community pools are faced with difficult questions that must be addressed before reopening, such as:

- How can we protect our employees and visitors from contracting COVID-19 while using our recreational facilities?
- How do we assure our employees and visitors that we are doing all we can to protect them from COVID-19?
- How can we manage crowding and group events that take place at our facilities?
- How can we minimize the risk of disease transmission if those who are ill or have had contact with someone who is positive for COVID-19 visit our facilities?
- What do we do if a visitor is sick or not following guidelines?
- What employee training and public communication is needed to keep everyone informed of the preventative steps being taken?

This document offers practical guidance for facility owners and managers to implement measures to reduce the risk of transmitting COVID-19. It addresses the key questions above and provides tips for employees and visitors.

## What should an Employer or Manager do to protect themselves, their employees, and their visitors?

Employers and managers should continually monitor global (World Health Organization [WHO], federal (CDC and Occupational Safety and Health Administration [OSHA]), state, and local guidelines for changes in recommendations, cleaning and disinfecting strategies, and other best management practices. Management should establish a knowledgeable team to monitor, assess, and implement new strategies as they become available, and to develop an operational SARS CoV-2 infection prevention program. The program should be based on a risk assessment that considers potential exposures to



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employees and visitors by evaluating job functions and interactions among employees and between employees and visitors.

In addition, employers or managers should consider the following strategies for reducing the risk of COVID-19 transmission in regards to physical distancing, face coverings, enhanced cleaning and disinfecting practices, personal hygiene, restrooms and locker rooms, communication, training, ventilation, equipment rental, employee wellness, and waste/laundry practices.

Due to the wide variety of establishments and sizes, it may not be possible for establishments to implement all of the following. However, trying to tackle the problem from multiple angles can help reduce health risks.

This general guidance applies to outdoor recreational facilities, including parks, campgrounds, and pools.

### Physical Distancing

- Limit the number of visitors in any given location to maintain physical distancing of at least 6 feet. Follow local, state, and federal requirements regarding the number of people who can congregate. Note that distancing requirements are for non-family members and that members of the same household can be together. Be prepared to cancel or postpone large gatherings and events.
- Consider staggered or rotating shifts to avoid congestion at start and end times.
- Use social media and other communication methods (signage, email, text, website) to educate employees and visitors/members on the physical distancing guidelines and procedures.
- Consider an online and an app-based system so patrons can reserve a time slot for use of the facility. Be sure to capture the party size of the reservation to manage the number of visitors. Reser-

vations may also be used for common areas, such as restrooms, shower facilities, and group areas to avoid lines.

- Mark paths and require one-way foot traffic where applicable. In areas with two-way foot traffic, consider installing centerline barriers so that pedestrians adhere to the traffic pattern.
- Use physical barriers and/or plexiglass partitions to create distancing or segregate areas for group activities.
- Encourage visitors and employees to bring food with them if they anticipate needing food during their day.
- Discourage the sharing of food, utensils, and general items between groups.
- Young children should be supervised.
- Encourage all pets to be leashed as their actions can result in an unintended breach of physical distancing.
- Water fountains should be closed, and visitors and employees encouraged to bring their own water.
- If vendors are allowed to be at your facility, provide additional space between vendors (minimum 10 feet) to ensure that vendor employees can maintain appropriate physical distancing.

### Face Coverings

- Provide employees with cloth or disposable face coverings and encourage their use depending on local requirements and for those who cannot maintain physical distancing as part of the job. **(NOTE: Cloth or disposable face coverings primarily protect other people. A cloth or disposable face covering is not a substitute for physical distancing.)**
- Encourage visitors/members to wear cloth or disposable face coverings.
  - With the exception of children less than two, and individuals who have difficulty breathing, are un-



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conscious, or otherwise unable to remove a face covering without assistance, CDC recommends that all people wear a cloth or disposable face covering in public settings and when around people who don't live in their household, especially when other physical distancing measures are difficult to maintain.

### Cleaning/Disinfecting and Personal Hygiene Practices

- Ask employees to consider the following if they commute to work using public transportation:
  - Use other forms of transportation if possible.
  - If taking public transportation, maintain physical distancing and wear a cloth or disposable face covering.
  - Change their commute time to less busy times if possible.
  - Wash their hands before and as soon as possible after their trip.
- Provide appropriate supplies to support healthy personal hygiene practices (e.g., cloth or disposable face coverings, disposable gloves, and access to soap and clean water with drying materials, or alcohol-based hand sanitizers containing at least [60% ethanol or 70% isopropyl alcohol](#)).
- At minimum, employees should wash their hands after they have been in a public place, after touching their face covering, after blowing their nose, coughing, or sneezing, after using the restroom, after touching any common contact surfaces, and before eating. **Avoid touching eyes, nose, or mouth with unwashed hands.**
- Employees should wash hands with clean, running water, apply soap, lather and scrub for at least 20 seconds, then rinse. Dry hands using a clean paper towel or air dry. When soap and water can't be used, use an alcohol-based hand sanitizer that contains at least 60% ethanol or 70% isopropyl alcohol. Any use of alcohol-based hand sanitizers should follow local and State guidelines.
- Select appropriate disinfectants – consider effectiveness and safety.
  - The U.S. Environmental Protection Agency (EPA) has developed a [list of products](#) that meet EPA's criteria for use against SARS-CoV-2.
  - Do not mix different EPA registered chemicals together. The combination could be toxic by inhalation. Be particularly careful when using any products containing ammonia, sodium hypochlorite (bleach), or hydrogen peroxide.
  - Review product labels and Safety Data Sheets (SDS) and follow manufacturer specifications for cleaning/disinfecting.
  - Consider consulting an Occupational and Environmental Health & Safety (OEHS) Science Professional or Industrial Hygiene expert if additional advice is needed. AIHA has a [consultants list](#) of such qualified professionals.
- Establish a disinfection routine.
  - Ensure disinfection protocols follow product instructions for application and contact time. All items should be allowed to dry thoroughly after cleaning.
  - Use disposable wipes or rags when available. If not available, ensure rags are maintained, handled, and cleaned per product instructions.
  - Focus on frequently touched items, customer areas, and high-traffic areas.
  - See the [AIHA cleaning and disinfection guidance](#) for more detail.
- Consider developing a standard operating procedure, a checklist, or audit system to consistently train employees on enhanced cleaning/disinfecting practices or to track when and how cleaning and disinfecting is conducted. Note that this may be a requirement in some states or local jurisdictions.



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- Deeper cleaning and disinfecting protocols should be developed and implemented in cases where confirmed cases of COVID-19 are discovered. Refer to AIHA's [Workplace Cleaning for COVID-19](#).
  - If an employee becomes sick, close off the area where they were working and do not use it until it has been cleaned and disinfected.
    - Enhanced cleaning and disinfecting should be done immediately by trained personnel, who should wear face coverings and gloves, dispose of gloves after use, and wash hands and face when complete. Visibly dirty surfaces shall be cleaned using a detergent or soap and water PRIOR to disinfection.
  - Do not spray disinfectant on outdoor playgrounds — it is not an efficient use of supplies and is not proven to reduce risk of COVID-19 to the public.
  - Perform a normal cleaning routine of outdoor areas. Do not disinfect sidewalks or roads.
    - Spread of SARS CoV-2 from these surfaces is very low and disinfection is not effective.
  - Encourage employees and visitors/members to frequently wash or sanitize their hands.
  - If hand washing facilities are not available at locations of high interaction, provide portable hand washing stations so that visitors and employees can wash their hands before and after interacting. Provide hand sanitizer if hand-washing stations are not feasible.
  - Make hand sanitizer stations available throughout work and public places. Stations should also be placed in convenient locations, such as at entrances, exits, near elevators, and restrooms. Touch-free hand sanitizer dispensers should be installed where possible.
- ### Restrooms, Showers, and Locker Rooms
- Consider implementing a reservation system for use to limit crowding during peak times.
  - Consider marking 6-foot increments on the floor so customers waiting for restrooms and showers can maintain appropriate distancing.
  - Post signage limiting restroom occupancy to allow for proper physical distancing and to remind employees and visitors to wash hands before and after using the restroom.
  - Minimize touchpoints entering and existing restrooms, if possible.
  - If the door cannot be opened without touching the handle, provide paper towels and a trash can by the door so a paper towel can be used when touching the handle and then discarded.
    - Consider controlling access to bathrooms with a key so disinfection measures can be better managed. If a key is used, consider disinfecting it after each use.
  - Doors to multi-stall restrooms should be able to be opened and closed without touching handles if possible.
  - Place signs indicating that toilet lids (if present) should be closed before and after flushing.
  - Use no-touch faucets, towel dispensers, soap dispensers, and waste receptacles when possible.
  - Hand soap should be readily available for use by occupants.
  - Provide paper towels and air dryers in restrooms.
    - The WHO and CDC currently state that hands can be dried using a paper towel or hand dryer.
    - The use of touch or push hand dryers is discouraged due to possible surface contamination. If hand dryers are used, consider touchless devices.
  - Businesses and employers should work with HVAC professionals to ensure that bathrooms are well ventilated, and if filtration is used, that proper filtration practices are being followed.



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- If restrooms and showers are indoors, ensure they are under negative pressure. Open windows, if possible, to maximize fresh air. Consider using a window exhaust fan.
- Only allow shower and locker room use if there are stall partitions, or place signage to maintain proper physical distancing. If partitions or proper distancing are not possible, these facilities should remain closed.
  - Shoes should be worn in locker rooms and showers.
- Increase frequency and efforts to keep bathrooms and showers clean and properly disinfected and maintain a record of sanitary work practices.
- If using portable toilets, add mobile hand washing stations and trash cans nearby.
- Communicate to visitors what the facility is doing to mitigate the spread of COVID-19 (e.g., disinfection routine, health policies for employees, and health and safety measures in place).
- Consider communicating to visitors when attendance to the facility may not be a good option (e.g. taking care of someone who is COVID-19 positive, exhibiting symptoms of COVID-19, being in a high-risk category, etc.).
- Use signage to communicate any new protocols to visitors to encourage compliance (e.g., staying home if sick, wearing a cloth or disposable face covering, maintaining physical distancing, coughing or sneezing away from others). Post large signs, send electronic notifications, and post to social media rather than handing out flyers.

### Communication

- Encourage those who are sick or at greater risk to stay home. This includes:
  - People with underlying medical conditions.
  - People who live with elderly people or those who are at risk.
  - People with upper respiratory or flu-like symptoms or who live with someone with these clinical symptoms.
  - People with COVID-19, people who live with someone with COVID-19, or who have been exposed to someone with COVID-19.
- Health checks and reporting requirements of individuals infected with COVID-19 should be explained to employees prior to reopening and again once operations have resumed.
- Employers should educate employees to recognize the [symptoms of COVID-19](#) and provide instructions on what to do if they develop symptoms. At a minimum, any worker should immediately notify their supervisor, their health care provider, and the local health department, who will provide guidance on what actions need to be taken.
- Communicate that the facility has the right to refuse service to anyone exhibiting symptoms or not following guidelines (e.g., physical distancing). Platforms for communication could include websites, reservation processes, posted flyers, and outdoor signage.

### Training

- Provide instruction and training to employees on how to:
  - Handle their work clothing properly at home if laundry service is not provided.
  - Properly put on and remove a face covering and/or gloves.
  - Clean and disinfect surfaces according to product specifications.
  - Correctly use face coverings and/or respirators. If employer chooses to provide or the employee supplies their own N95 respirator, consider all the potential OSHA requirements. [The CDC has recommended sequences for donning and doffing personal protective equipment \(PPE\)](#).
  - Identify signs and symptoms of heat stress.



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- Provide Safety Data Sheets (SDS) for cleaning and disinfection products and ensure employees are aware of the hazards of use. Incorporate new hazards into existing OSHA Hazard Communications Program.
- Employees should receive, at minimum, awareness training on cleaning and disinfection products used in the workplace following OSHA Hazard Communication Standards. For employees who will use cleaning and disinfecting products, training should also include proper use, PPE, disposal, and all precautionary measures.
- Consider consulting an industrial hygienist if you have questions about selecting PPE and training.

### Air Quality and Ventilation

- Provide natural ventilation by opening windows and doors whenever possible to increase air flow. If windows and doors cannot remain open, provide good indoor air quality by:
  - Keeping HVAC system operational to maintain thermal comfort and maximize outdoor air based on system design.
  - Maintaining the relative humidity at 40-60%.
  - Limiting the use of portable pedestal or overhead ceiling fans.
- If you need assistance on HVAC issues, ask an HVAC professional and see the American Society of Heating, Refrigerating, and Air-Conditioning Engineers' (ASHRAE) [COVID-19 \(Coronavirus\) Preparedness Resources](#) updates for more information.
  - AIHA Occupational and Environmental Health and Safety (OEHS) Science Professionals and industrial hygienists are also well versed in general dilution ventilation. AIHA has a [consultants list](#) of such qualified professionals
- If fans such as pedestal fans or hard mounted fans are used in the facility, take steps to minimize air from fans blowing from one person directly at another individual. If fans are disabled or removed,

employers should remain aware of, and take steps to prevent, [heat stress hazards](#).

### Equipment Rental

- Ensure that physical distancing between employees and customers, and between any customers who are waiting, can be maintained during the rental process.
- Implement non-traditional payment processing to minimize physical contact between employees and customers.
  - Consider an app-based system.
  - Consider processes that allow customers to order and pay ahead (by app or phone) and coordinate contactless pick-up once on site.
  - Encourage credit card use over cash. If possible, eliminate the need for the customer to provide their signature following payment to reduce contact with a tablet or pen.
  - For customers paying with cash or a credit card, ask them to place their payment on a receipt tray or on the counter rather than exchange by hand to avoid any direct hand-to-hand contact.
- For operations that are located indoors, consider setting up an alternative outdoor rental station.
- Clean and disinfect rental equipment such as kayaks, paddle boards, canoes, chairs, umbrellas, kickboards, etc. following use.
- Encourage employees to wash or sanitize their hands, hourly if possible, and/or between interactions with customers.

### Pools

This guidance is specific to outdoor community pools, such as those found in residential neighborhoods or in apartment buildings or community centers.

- Saunas, hot tubs, and steam baths should be shut down or limited to one guest or family unit at a time and cleaned and disinfected in between users.



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- Employees should monitor physical distancing requirements in large whirlpools or swimming pools in outdoor or well-ventilated spaces. If distancing cannot be maintained, these areas should be closed.
  - Space out deck chairs or mark a designated area for each household in attendance to encourage distancing. Use signage or additional methods to communicate that chairs should not be moved closer together.
  - Set up a system so that furniture (for example, lounge chairs) that needs to be cleaned and disinfected is kept separate from already cleaned and disinfected furniture.
  - Continue water disinfection procedures as normal. Additional water disinfection to combat SARS-CoV-2 is not recommended.
    - According to the CDC, there is no evidence for COVID-19 transmission through water in pools. Additionally, the use of normal disinfectants commonly used for pools (e.g., chlorine) should be sufficient to inactivate the virus.
  - Consult with an engineer or pool specialist to decide which EPA-approved disinfectant is best for your facility.
- ### Employee Wellness
- Communicate to employees the importance of being vigilant for symptoms and staying in touch with their employer or manager if or when they start to feel sick.
  - Conduct employee temperature screening and wellness checks before each shift. **(NOTE: be sure to comply with OSHA's Access to Employee Exposure Medical Records standard for confidentiality.)**
    - Temperature screening methods can include manual (use non-contact infrared thermometers) or thermal camera meeting [FDA recommendations](#). Additional screening information/guidance can be found on the [CDC website](#).
- Assign an employee to manage and conduct the temperature screenings while following CDC guidelines in the above link. If this is not possible, employees can self-check their own temperature.
  - Screening should be done in a manner such that the privacy of employees is respected.
  - Perform a visual inspection for other signs of illness (e.g., flushed cheeks, rapid or difficulty breathing without recent physical activity, fatigue, extreme fussiness, cough).
  - Employees who have a fever of 100.4° F (38°C) or above, or other signs of illness should not be admitted to the facility.
- Employers can consider incorporating a wellness questionnaire with questions such as:
    - Have you, or a person you have been in close contact with, been diagnosed with COVID-19 within the last 14 days? (close contact is 6 feet or less for more than 10 minutes.)
    - Have you experienced any cold or flu-like symptoms in the last 72 hours (to include fever, shortness of breath, cough, sore throat, difficulty breathing, nausea, vomiting, and diarrhea)?
    - Have you traveled to an international or domestic “hot spot” in the last 14 days?
    - There are a number of examples available for wellness questionnaires (see Resources below).
  - Require employees who have symptoms or signs (i.e., fever, cough, or shortness of breath) or who have a sick family member at home with COVID-19 to notify their supervisor and stay home.
  - Sick employees should follow the CDC-recommended steps. Employees should not return to work until the criteria to discontinue home isolation are met in consultation with healthcare providers and state and local health departments. Consider



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waiving requirements for medical documentation during the pandemic, as CDC has advised people with mild illness NOT to go to the doctor's office or emergency room.

- If employee is sick or receives positive COVID-19 test results, results should be reported to employer. In the case of a positive COVID-19 test result, the employee must stay home until cleared for physical return to the workplace by their medical provider, following the CDC's [Discontinuation of Isolation for Persons with COVID -19 Not in Healthcare Settings](#).
- If an employee tests positive:
  - Follow federal, state, and local recommendations for reporting and communicating cases, while remaining compliant with regulations and guidelines pertaining to protecting private health information such as confidentiality required by the Americans with Disabilities Act (ADA). See OSHA for guidance on reporting workplace exposures to COVID-19.
  - Engage HR immediately and enforce all applicable HR rules and regulations.
  - The employee shall be isolated to the area they are in currently and removed from the work site for a minimum of 14 days.
  - Any individuals having “close contact” (within approximately 6 feet) of the sick employee should also be isolated from the work site for 14 days; and all other employees should continue to follow physical distancing rules. Communicate and reinforce with employees, while maintaining PII and HIPAA requirements, that they may have been exposed and to closely monitor their health, temperature, and current symptoms as identified by the CDC. Contact tracing and sharing of employee information should be done under the guidance of Human Resources due to privacy requirements of HIPAA, ADA, and EEOC. See the

CDC's [“Coronavirus Disease 2019 \(COVID-19\) General Business Frequently Asked Questions”](#).

- Enhanced cleaning and disinfecting should be done immediately by trained personnel, who should wear face coverings and gloves, dispose of gloves after use, and wash hands and face when complete. Visibly dirty surfaces shall be cleaned using a detergent or soap and water PRIOR to disinfection.
- For disinfection, use only EPA-registered disinfectants on [List-N](#).
- Post signs and reminders at entrances and in strategic places providing instruction on hand hygiene, respiratory hygiene, and cough etiquette. This should include signs with images for non-English readers, as needed.

### Waste and Laundering

- Single-use items and used disinfection materials can be treated as regular waste, following regular safety guidelines.
- Any reusable cloth materials can be washed with detergent and dried on the highest temperature setting for the fabric.
- Ensure all commercial laundry services are aware of the potential for COVID-19 exposure before laundering.

### Other Control Measures

- Revisit your leave or sick program to allow for time off and follow all HR Policies and HIPAA/other regulatory requirements.
- Implement and inform employees of supportive workplace policies as applicable:
  - Flexible sick leave policies consistent with public health guidance. Providing paid sick leave is an important way to encourage employees to stay home when sick.



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- Consider not requiring a COVID-19 test result or a healthcare provider’s note for employees who are sick to validate their illness in order to qualify for sick leave. If you do require a doctor’s note from your employees to verify that they are healthy and able to return to work, be aware that healthcare provider offices and medical facilities may be extremely busy and not able to provide such documentation in a timely manner. Get more information related to the [Americans with Disabilities Act during the COVID-19 pandemic](#), during the COVID-19 pandemic.
- Flexibility to stay home to care for a sick family member.
- Human resources policies consistent with public health guidance, and state and federal workplace laws. For more information on employer responsibilities, visit the [Department of Labor’s](#) and the [Equal Employment Opportunity Commission’s](#) websites.
- Employee assistance program and community resources to help employees manage stress and receive support.
- Encourage employees at increased risk for severe illness to request special accommodations to allow them to perform their job duties safely while also protecting sensitive employee health information.

### What should an Employee do to protect themselves and visitors?

- Employees should evaluate their health continuously; if they are sick, have a fever or symptoms, or someone at home is sick, then they should remain home. **NOTE: Employer HR Policies, HIPAA guidelines and other laws should be followed at all times.**
- Maintain good hygiene practices (washing hands with soap and water for at least 20 seconds or a

hand sanitizer with at least 60% ethanol or 70% isopropyl alcohol). For more information, refer to CDC’s [handwashing guidelines](#).

- Wash your hands when you arrive at work, after contact with a visitor, after touching your face or face covering, after touching garbage, and when you leave work.
- Depending on local requirements, in alignment with CDC recommendations, wear a cloth or disposable (or better if you have it) face covering whenever physical distancing cannot be maintained (indoors or outdoors). This is most important at times when physical distancing is difficult, such as when working around group gatherings, or where multiple people tend to visit (e.g., restrooms and showers). Ensure the face covering is properly maintained and cleaned. Additional information on cloth face coverings can be found on [CDC’s website](#). **(NOTE: Cloth or disposable face coverings primarily protect other people. A cloth or disposable face covering is not a substitute for physical distancing.)**
- With the exception of children less than two, and individuals who have difficulty breathing, are unconscious, or otherwise unable to remove a face covering without assistance, CDC recommends that all people wear a cloth or disposable face covering in public settings and when around people who don’t live in their household, especially when other physical distancing measures are difficult to maintain.
- Non-medical cloth or disposable face coverings or cloth or disposable face coverings are NOT Personal Protective Equipment (PPE), but they do offer some protection to others and should be worn while near other people in common spaces or shared workspaces. They are not a substitute for physical distancing, engineering controls, cleaning and disinfecting, proper hygiene, or staying home while sick.
- Remove cloth or disposable face coverings correct-



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ly and wash hands after handling or touching a used face covering.

- Wash cloth face coverings after each use. Cloth face coverings can be included with regular laundry. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering. Use the highest heat setting and leave in the dryer until completely dry. If air drying, lay flat and allow to completely dry. If possible, place in direct sunlight.
- Let your employer know if you have concerns about personal protective equipment (PPE) that may be provided to you and that you are properly instructed on how to use it. [The CDC has recommended sequences for donning and doffing PPE.](#)
- Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues in the trash. If you don't have a tissue, cough or sneeze into your elbow, not your hands. Immediately wash your hands after blowing your nose, coughing or sneezing. Learn more about [coughing and sneezing](#) etiquette.
- If an employee tests positive for COVID-19:
  - Stay home and isolate until cleared for physical return to the workplace by your medical provider, following the CDC's [Discontinuation of Isolation for Persons with COVID -19 Not in Healthcare Settings.](#)
  - Contact your supervisor and report your results as soon as possible.
  - Notify your supervisor about others in the workplace with whom you came into contact.

### Worker Rights

AIHA believes that basic protections are worker rights, as well as an essential ingredient of occupational health and safety systems, and that employers must provide a safe and healthful work environment.

### What can a **Visitor** do to minimize the transmission of COVID-19?

- If you are sick, have a fever or symptoms, or someone at home is sick, then you should remain home.
- To reduce crowding, ensure the members of your group stay within a small area.
- Maintain a distance of at least 6 feet from other visitors and employees to the extent possible.
- Limit the places traveled when recreating.
- Limit the public items you touch when out.
- Ensure that your pets are leashed as their actions can result in an unintended breach of physical distancing.
- As you enter and leave a building, wear a cloth or disposable face covering or something better if you have it. Consider also wearing your face covering outdoors, particularly in areas where physical distancing of 6 feet cannot be maintained.
- Wash your hands before and after you leave the facility, if possible, and frequently throughout the day. Use hand sanitizer that contains at least 60% ethanol or 70% isopropyl alcohol if soap and water is not accessible.
- Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues in the trash. If you don't have a tissue, cough or sneeze into your elbow, not your hands. Immediately wash your hands after blowing your nose, coughing or sneezing. Learn more about [coughing and sneezing](#) etiquette.

### Campgrounds

- Wash hands before and after eating, opening enclosures around trash facilities and lids, and using communal water pumps or campground services.
- Picnic tables do not need to be cleaned and disinfected before use. Consider packing in a table covering to use at your campsite.



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- At campsites, particularly in dispersed campgrounds, be mindful of your neighbors and maintain distance between groups.
- Keep to smaller group sizes and maintain distance from other groups on hiking trails. When passing other groups, maintain as much distance as possible and avoid verbal greetings.
- Be mindful of leave-no-trace practices. Pack out any additional cleaning supplies or disinfecting wipes that you bring along on your trip.
- Cardno ChemRisk has compiled and developed [guidance on COVID-19 mitigation strategies for summer camps and campgrounds](#).
- AIHA's Indoor Environmental Quality Committee developed these guidance documents about reopening and cleaning buildings after closures due to COVID-19: [Recovering from COVID-19 Building Closures](#) and [Workplace Cleaning for COVID-19](#)
- AIHA's [Considerations on the Safe Use of UVC Radiation](#)

### Parks

- Be mindful of maintaining distancing, particularly on playgrounds. Have a plan for leaving if it gets crowded.
- Check local regulations to confirm whether aspects of the park are open for use (tennis courts, playground, restrooms).

### Resources

- Numerous [wellness questionnaire examples](#) are available online.
- The CDC has developed [cleaning and disinfection recommendations for commercial facilities](#).
- CDC Health Screening [“Should we be screening employees for COVID-19 symptoms?”](#) section of General Business Frequently Asked Questions
- The EPA has developed a [list of disinfectants](#) for use against SARS-CoV-2.
- ASHRAE has a list of COVID resources for [commercial buildings](#).

- AIHA's [Focus on Construction Health: COVID-19](#)
- AIHA's [Effective and Safe Practices: Guidance for Custodians, Cleaning and Maintenance Staff](#)
- AIHA's [Employers Guide to COVID-19 Cleaning & Disinfection in Non-Healthcare Workplaces](#)
- AIHA's [Reducing Risk of COVID-19 Using Engineering Controls](#)
- AIHA's [PPE for SARS-CoV-2](#)
- AIHA's [Use of Real Time Detection Systems](#)
- AIHA's [Proper Use of Respirators for Healthcare Workers & First Responders](#)
- AIHA's [Workers Rights White Paper](#)

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## AIHA®

AIHA is the association for scientists and professionals committed to preserving and ensuring occupational and environmental health and safety (OEHS) in the workplace and community. Founded in 1939 as the American Industrial Hygiene Association® (AIHA®), we support our members with our expertise, networks, comprehensive education programs and other products and services that help them maintain the highest professional and competency standards. More than half of AIHA's nearly 8,500 members are Certified Industrial Hygienists (CIH), and many hold other professional designations. AIHA serves as a resource for those employed across the public and private sectors, as well as to the communities in which they work. For more information, visit [AIHA.org](https://www.aiha.org).

## About Occupational and Environmental Health and Safety Professionals

Occupational and Environmental health and safety (OEHS) professionals (also known as industrial hygienists) practice the science of anticipating, recognizing, evaluating, controlling and confirming workplace conditions that may cause workers' injury or illness. Through a continuous improvement cycle of planning, doing, checking and acting, OEHS professionals make sure workplaces are healthy and safe.

- Get additional resources at AIHA's [Coronavirus Outbreak Resource Center](#).
- Find a qualified industrial hygiene and OEHS professionals near you in our [Consultants Listing](#).

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