



**Public Health**  
Prevent. Promote. Protect.

**Cole County**  
Health Department

## Technical Advisory – March 23, 2020

### COVID-19 Advisory #1

The Cole County Health Department wants to prevent the spread of COVID-19 within our county while enabling essential services to continue. Therefore at this time, it is highly recommended that all individuals remain at home as much as possible to help decrease the spread of this infection. This document outlines recommendations of physical distancing for individuals and businesses.

**Stay at home or place of residence.** All individuals currently living within Cole County are encouraged to stay at home or at their place of residence unless for essential activities, essential government functions, or to operate essential businesses and operations. Homes or residences include hotels, motels, shared rental units, shelters and similar facilities.

If individuals are using shared or outdoor spaces at their place of residence, it is recommended to adhere to physical distancing as much as possible.

Individuals experiencing homelessness are highly encouraged to obtain shelter. Those individuals whose residence is unsafe or becomes unsafe, such as victims of domestic violence, are urged to leave their home and stay at a safe alternative location.

**Non-essential businesses and operations are recommended to limit contact among staff and with the public.** All businesses and operations within Cole County are recommended to limit contact with the public and increase cleaning and disinfection of frequently touched surfaces.

Know the signs and symptoms of COVID-19 and what to do if staff become symptomatic at the worksite. Encourage employees to stay home and notify workplace administrators when sick (workplaces should provide non-punitive sick leave options to allow staff to stay home when ill). Review, update, or develop workplace plans to include liberal leave and telework policies and consider alternate team approaches for work schedules.

Implement physical distancing measures, that are not limited to but include increasing physical space between workers at the worksite, staggering work schedules, and decreasing

social contacts in the workplace (e.g., limit in-person meetings, meeting for lunch in a break room, etc.).

Increase personal protective measures by ensuring hand hygiene supplies are readily available in building. Staff should clean and disinfect frequently touched surfaces at least twice daily.

When possible, encourage staff to telework (when feasible), particularly individuals at increased risk of severe illness. Non-essential work travel should be limited or postponed. Consider regular health checks (e.g., temperature and respiratory symptom screening) of staff and visitors when entering buildings (if feasible).

If possible, offer pickup services for your products. Let customers call in to select items and offer to have it ready for them at register or take payment over the phone and do curbside delivery.

All businesses are recommended to maintain the value of inventory and infrastructure, provide security, process payroll or employee benefits, or facilitate employees working remotely. Continue operations consisting exclusively of employees or contractors performing activities at their own residences (i.e., working from home).

All restaurants and retail food establishments that normally prepare food for on-site consumption are prohibited from conducting any dine-in food service; however, such businesses may provide pickup, drive-through, or delivery services. Any congregate seating for dining is not allowed.

To the greatest extent feasible, all non-essential and essential businesses and operations should exercise physical distancing as much as possible. If open to the public, they should limit the number of patrons in their facility to less than 10 and increase cleaning and disinfection procedures.

**Prohibited activities.** All public intentional gatherings of more than 10 people in a single space or room is prohibited. This does not apply to gatherings of a household or residence of individuals who reside in such residence.

All places of public amusement, whether indoors or outdoors, including but not limited to, locations with amusement rides, carnivals, amusement parks, water parks, museums, arcades, fairs, children's play centers, play-grounds (including children's play structures in public or private parks), funplexes, bowling alleys, movie and other theaters, concert and music halls, and country clubs, golf clubs (with the narrow exceptions of playing golf where there is no shared equipment by the participants and driving ranges where physical distancing requirements are strictly followed and enforced), social clubs, and athletic clubs should close to the public. An exception shall exist for outdoor parks and trails where no shared equipment is utilized by the patrons.

All public parks and open outdoor recreation areas are encouraged to remain open. Although, playgrounds may increase the spread of COVID-19 and are therefore encouraged to be closed with appropriate notices posted.

**Leaving the home.** It is highly recommended that all individuals remain home as much as possible, only leaving their residence for essential travel to perform essential activities, specifically related to health and safety, the procurement of necessary supplies and services, for outdoor activity, certain types of work and to care for others. When engaging in any outdoor activity it is recommended that all individuals practice physical distancing.

**Schools and Social Services Providing Food.** Schools and other entities that ordinarily provide food services to students or member of the public are encouraged to continue these services on a delivery or pick-up and take-away bases only. No onsite gathering is permitted.

**Exemptions to Recommendations.** All 911 call center employees, fire personnel, corrections personnel, healthcare employees, hazardous material responders from government or the private sector, workers maintaining digital systems infrastructure supporting law enforcement and emergency service operations, first responders, emergency management personnel, emergency dispatchers, court personnel, law enforcement personnel; and people designated by the applicable governing authority are necessary in the performance of essential government functions are exempt from recommendations.

**Essential Government Functions.** This recommendation does not prohibit any individual from performing or accessing essential governmental functions.

**Travel.** The CDC does not generally issue advisories to restrict travel within the United States. However, cases of COVID-19 have been reported in many states and crowded travel settings may increase chances of getting COVID-19.

It is recommended that individuals with recent travel outside of Central Missouri self-quarantine for 14 days. If symptoms of fever and/or persistent cough should arise, the individual should call their primary care physician to report symptoms and inform them of their recent travel.

**Definitions:**

- A. **Businesses-** any for-profit companies, non-profit organizations, benevolent associations, limited liability companies, or partnerships, regardless of legal organization, form, entity, tax-treatment, or structure.
- B. **CDC-** Centers for Disease Control and Prevention of the United States Department of Health and Human Services.
- C. **Congregate Seating** – bringing together or assembling of a large group; specifically, at restaurants or other businesses for dining purposes.
- D. **Essential Activities-** activities that are necessary for a person to:
  - 1. Act or perform tasks essential to any person's health and safety, or to the health

and safety of their family, household members, or pets, including but not limited to obtaining medical supplies or medication, visiting a health care professional, obtaining supplies needed to work from home, or laundering clothing.

2. Obtain Necessary Services or Supplies for themselves and their family, household members, or pets, or to deliver Necessary Services or Supplies to others.
  3. Engage in Essential Travel.
  4. Shop for grocery products, food, beverages, or other household and consumer products (for example, cleaning or personal care products including but not limited to products necessary to maintain the safety, sanitation, communication, and the essential operation of Residences).
  5. Engage in services or perform work necessary to operate or maintain Essential Critical Infrastructure.
  6. Engage in outdoor activity (including walking, hiking, running, or biking) to the extent reasonably consistent with Physical Distancing Requirements (including, for example, walking outdoors six feet away from another person).
  7. Participate in religious services and other spiritual practices but only to the extent consistent with reasonable compliance with Physical Distancing Requirements and gathering size limitations.
  8. Acts consisting of providing Essential Products and Services to a Residence, an Essential Business, or to a business in order for that business to maintain Minimum Basic Operations.
  9. Activities at open construction sites, irrespective of types of structures, subject to applicable OSHA and other safety guidelines, and related architectural, design, and land surveying activities, so long as the people involved reasonably comply with Physical Distancing Requirements to the extent consistent with applicable safety guidelines.
  10. Necessary care for a dependent in the person's legal custody, including acts essential for a parent with legal custody to transfer the physical custody of a child.
  11. Care for a family member in another household.
  12. Engage in Essential Government Functions.
  13. Engage in Healthcare Operations.
  14. Engage in Essential Businesses.
  15. Exercise constitutional rights to the extent that by so acting the person does not endanger the public health and safety or the health and safety of any person.
  16. Acts consisting of providing Essential Products and Services to the federal government, the state government, or other political subdivision of the state of Missouri.
  17. Act or perform tasks approved pursuant to an order of the Director.
- E. **Disqualified Business**- any Essential Business that is disqualified from being an Essential Business, by order of the Director, or by judicial decree or court order.
- F. **Essential Businesses**- with the exception of Disqualified Businesses, the following:

1. Healthcare Operations.
2. Essential Critical Infrastructure.
3. Essential Government Functions
4. Grocery stores, farmers' markets, farm stands, produce stands, supermarkets, food banks, food pantries, convenience stores, or other establishments engaged in the retail sale of or providing canned food, dry goods, fruits, vegetables, pet supply, meats, fish, and poultry, or any household consumer products ( *e.g.*, cleaning or personal care products), including but not limited to stores that sell groceries and also sell other non-grocery products, and products necessary to maintaining the safety, sanitation, and essential operation of Residences; however, no dine in service is permitted.
5. Businesses that engage in food cultivation, including farming, livestock, and fishing.
6. Businesses that engage in food production, manufacturing, processing, packaging, wholesaling, storage, warehousing, or distribution.
7. Businesses that provide food, shelter, social services, or other necessities of life for economically disadvantaged or people otherwise in need of social services (including but not limited to individuals with physical, intellectual, or developmental disabilities).
8. Newspapers, television stations, radio stations, and other media services, whether private or public.
9. Gas stations, auto-supply, auto-repair, and related facilities.
10. Banks, financial institutions, broker-dealers, asset managers, businesses that process payroll for any other business, and businesses that process financial transactions and services.
11. Trash collection and disposal.
12. Hardware stores.
13. Inns, hotels, motels, and bed and breakfast establishments; however, dine-in service at on-site restaurants and bars is not permitted.
14. Plumbers, electricians, exterminators, and other service providers who provide services that are necessary to maintaining the safety, sanitation, communication, and essential operations of Residences, Healthcare Operations, Essential Critical Infrastructure, Essential Government Services, Essential Activities, or other Essential Businesses.
15. Businesses that perform construction services.
16. Businesses providing mailing and shipping services, including post office boxes.
17. Educational institutions, including public and private K-12 schools, colleges, and universities for purposes of facilitating distance learning, provided that Physical Distancing Requirements are maintained to the greatest extent possible.
18. Businesses providing private security services in accordance with applicable laws.
19. Laundromats, dry cleaners, and laundry service providers.
20. Funeral homes, crematoriums, cremation, burial, mortuary services, and

cemeteries.

21. Churches, religious services, and other spiritual practices but only to the extent consistent with reasonable compliance with Physical Distancing Requirements and gathering size limitations.
22. Storage for Essential Businesses.
23. Restaurants and other facilities that prepare or serve food; however, only pick-up or delivery service of such food is permitted and Physical Distancing Requirements must be met (i.e., no dine-in service is allowed).
24. Businesses that provide emergency repair and safety services for Essential Critical Infrastructure.
25. Businesses that supply products needed for people to work from home.
26. Businesses that supply Essential Businesses with the support or supplies necessary to operate, including but not limited to maintenance, security, janitorial, and other similar services.
27. Businesses that ship or deliver groceries, food, beverages, goods, or services to Residences or other Essential Businesses.
28. Non-profit organizations to the extent that the organizations are providing financial or social support for people and businesses that are impacted by COVID-19.
29. Businesses that manufacture or supply products necessary to meet the Physical Distancing Requirements, including but not limited to manufacturers of hand sanitizers and other hygiene, health, and cleaning products, and the businesses whose products and services are necessary to the ongoing operation of the businesses whose products are necessary to meet the Physical Distancing Requirements.
30. Businesses that provide personal and transportation services including airlines, taxis, transportation network providers, livery services, vehicle rental services, and other private transportation providers providing transportation services necessary for Essential Activities and other purposes expressly authorized in this Advisory.
31. Businesses or agencies providing public transportation or paratransit.
32. Businesses that provide home-based care for the health of seniors, adults, or children.
33. Residential facilities and shelters for seniors, adults, or children, including but not limited to those for survivors of family violence, domestic violence, intimate partner violence, child abuse, or child neglect.
34. Defense and national security-related operations supporting the federal government or a contractor to the federal government.
35. Professional services, such as legal or accounting services, when necessary to assist in compliance with legally mandated activities or to assist a person in the exercise of constitutional rights, including but not limited to services required by a court order, a court rule, a fiduciary duty, a duty to the person's client, or an ethical obligation.

36. Businesses and agencies that provide and help to determine eligibility for basic needs including food, cash assistance, medical coverage, childcare, vocational services, or rehabilitation services.
37. Adoption agencies.
38. Labor union essential activities, including the administration of health and welfare funds and personnel checking on the well-being and safety of members providing services in Essential Businesses provided that these checks should be done by telephone or remotely where possible.
39. Professional services, such as legal or accounting services, when related to the necessary activities of Essential Businesses.
40. Operations identified by the University of Missouri together with such individuals who have been authorized by the University to work on-site at University premises for operational continuity including any travel authorized by the University for such individuals.
41. Adult detention facilities and juvenile justice facilities or similar operations.
42. Businesses or independent providers that provide childcare or other dependent services but only to the extent that they provide services to people who are necessary employees of Essential Businesses, and including specifically without limitation Healthcare Operations, police departments, fire districts, jails, corrections medicine services, emergency management functions, food distribution companies, groceries, restaurants, pharmacies, public transit agencies, or businesses that manufacture or supply products necessary to meet Physical Distancing Requirements, provided that they take reasonable actions to comply with Physical Distancing Requirements, and provided that:
  - i. childcare must be carried out in stable groups of twelve or fewer ("stable" means that the same twelve or fewer children are in the same group each day)
  - ii. children shall not change from one group to another in the same day
  - iii. if more than one group of children is cared for at one facility, each group shall be in a separate room and groups shall not mix with each other
  - iv. childcare providers shall remain solely with one group of children in the same day.

**G. Essential Government Functions-** all services needed to ensure the continuing operation of federal, state, or local government departments, offices, agencies, officials, political subdivisions, entities created by intergovernmental agreement, essential court functions as determined by the Municipal Judge and/or Presiding Judge or the Presiding Judge's designee, and any other government functions necessary to provide for the health, safety, and welfare of the public.

**H. Essential Critical Infrastructure-** operation and maintenance of essential critical infrastructure sectors whose assets, systems, and networks, whether physical or virtual, are considered so vital that their incapacitation or destruction would have a debilitating

effect on security, economic security, public health or safety, or any combination thereof and more fully identified by the US Department of Homeland Security. See <https://www.cisa.gov/identifying-critical-infrastructure-during-covid-19>

- I. **Essential Products and Services-** products and services that are necessary for Essential Activities, Essential Government Functions, Essential Critical Infrastructure, Essential Travel, Essential Businesses, Minimum Basic Operations, or Healthcare Operations (including ancillary operations, maintenance, and support activities that are necessary to deliver the Essential Products and Services).
- J. **Essential Travel-** travel that is necessary to serve any of the following purposes:
  - 1. Travel related to Essential Activities, Essential Government Functions, Essential Critical Infrastructure, Essential Travel, Essential Businesses, Minimum Basic Operations, or Healthcare Operations.
  - 2. Travel to care for elderly, minors, dependents, persons with disabilities, or other vulnerable or High Risk people.
  - 3. Travel to an Essential Business to purchase goods or services from the Essential Business.
  - 4. Travel to or from educational institutions for purposes of receiving materials for distance learning, for receiving meals, and any other related services.
  - 5. Travel to return to a place of Residence from outside the jurisdiction.
  - 6. Travel required by court order.
  - 7. Travel required by directions from law enforcement personnel with authority.
  - 8. Travel required for non-residents to return to their place of Residence outside the County.
- K. **Gathering-** an occasion when people come together as a group, whether formal or informal.
- L. **Health-** the physical, mental, psychological, or psychiatric health of any person.
- M. **Healthcare Operations-** hospitals, clinics, dentists, doctors, physicians, nurses, medical assistants, social workers, speech pathologists, diagnostic and therapeutic technicians and technologists, respiratory therapists, occupational and physical therapists, public health and community health workers, blood donation related organizations, organizations collecting blood, organizations collecting plasma, organizations collecting platelets, reproductive health care providers, eye care centers (including those that sell glasses and contact lenses), substance abuse counselors, pharmacies, pharmaceutical and biotechnology companies, doctor offices, dentist offices, healthcare facilities, healthcare suppliers, home healthcare services providers, mental health providers, any ancillary healthcare services, research and laboratory services, hospital and laboratory personnel, walk-in health facilities, elder care, medical wholesale and distribution, veterinary care, veterinarians, animal health services, workers providing COVID-19 testing, workers that perform critical clinical research needed for the COVID-19 response, facilities licensed pursuant to state constitutional amendment, the design and construction of healthcare and research-related facilities including businesses that support the function and care for



healthcare entities, and manufacturers and distributors of personal protective equipment, durable medical equipment, or other equipment used in the provision of healthcare. This definition shall be construed broadly to avoid any impacts to the delivery of healthcare, broadly defined, however "Healthcare Operations" does not include fitness and exercise gyms, esthetician services, tattoo parlors, tanning facilities, spas, massage facilities, or similar facilities.

- N. High Risk-** a person who is any one of the following: (a) over sixty years of age; (b) has a chronic health condition such as heart disease, lung disease, or diabetes; (c) is immune-compromised; or (d) is pregnant.
- O. Intentional-** an act done with a purpose or with deliberation.
- P. Minimum Basic Operations-** the minimum necessary activities to maintain the value of a business's inventory, provide security, process payroll or employee benefits, or to facilitate employees of the business being able to continue to work remotely from their Residences.
- Q. Necessary Services or Supplies-** services, supplies, or funds needed to engage in Essential Activities and support Essential Critical Infrastructure.
- R. Organizes-** intentionally coordinate, to make arrangements for, or to make preparations for an event or an activity.
- S. Residences-** a house, a condominium unit, an apartment unit, a dwelling, a hotel room, a motel room, a shared rental unit, shelters, or similar facilities but extends only within the bounds of the person's ownership, the person's leasehold interest, or the space occupied in a hotel, motel or shared rental unit and does not include common areas
- T. Physical Distancing-** the physical distancing recommendations of the CDC which include maintaining at least six-foot physical distancing from other individuals, washing hands with soap and water for at least twenty seconds as frequently as possible or using hand sanitizer with more than sixty percent alcohol, covering coughs or sneezes with something other than hands, regularly cleaning high-touch surfaces, and not shaking hands, or as otherwise defined.
- U. Travel-** moving from place to place.
- V. Self-Quarantine-** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. These individuals should avoid contact with any other individual and have their own bedroom and bathroom, away from others.