

MRG-COVID-19

What you need to know:

If you are experiencing one or more any of the symptoms listed, you could have COVID-19.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Temperature of 100.4 or higher

If you do have any of these symptoms, this is what you need to do:

- Call your doctor and arrange to get tested at a free testing site (locations listed below). It is very common to have some of the above symptoms and **not** have COVID-19 but you should try to get tested quickly so that you can rule out Covid-19 as the cause of your illness.
- Contact your manager and let him/her know that you have one of the above symptoms. Your manager will ask you questions about when the symptoms began, when you last worked and if you have come into contact with anyone who has symptoms or who has tested positive for COVID-19.
- Your manager will tell you to remain home until you have received a negative test result or you are symptom free for at least 48 hours.
- While you are home you should self-monitor, keep us updated on your condition, and if you were tested.
- **If you test positive** – you have nothing to be embarrassed about. There are so many different means of transmission; every person you pass on the street, every surface outside of your home that you come into contact with is a possible source of contamination. Our first concern is for your health and the health of your family. The illness will have to run its natural course and when you are fever and symptom free for 72 hours without the aid of fever reducing medication and/or you have received a negative test result, your job will be waiting for you. It is really important that if you feel sick that you do not come to work and you call your manager. You should also be available to answer questions from the local health department, who will be notified, should you test positive.

What happens if you or one of your co-worker's tests positive for COVID-19?

Since the beginning of the COVID-19 pandemic we have been following CDC guidelines for opening our restaurants and operating with safe social distancing. We have been working with all of our local health departments and reviewed and implemented their procedures for monitoring our staff and for reporting COVID-19 illnesses to them.

A single incident or report of an employee who has tested positive for COVID-19 does not require closing the restaurant.

When we receive a report, the following will occur:

- Employee calls manager and tells them they have tested positive for COVID-19



- Manager will ask the employee about the onset of symptoms, any additional symptoms, when they worked last and if they have come into contact with anyone in or outside of work who has tested positive for COVID-19. Manager will tell the employee to remain home and ask you to keep from notifying the staff. This will allow us to gather all of the necessary information for us to put the action plan into play in order to communicate to the staff they have been exposed to someone with the virus. In most cases, we will be prepared to tell the rest of the staff in less than two hours.
- Manager will notify Managing Partner, Scott Smith, Hunter Morton and/or Jill Waller
- Scott, Hunter and Jill will immediately notify the local health department and provide all of the information about the person who tested positive, collect temperature logs and employee schedules to assist in contact tracing.
- We will communicate our action plan to the health department and make sure that they agree with our course of action.
- Once we have communicated our plan with the health department and they have agreed to it, we will coordinate communicating with everyone who has worked in the restaurant, who may have been exposed to the person who tested positive.
- The health department recommends cleaning and disinfecting the area that the affected employee worked. Once we have communicated that the disinfecting has been completed, the health department will allow us to resume or continue operations.

Other things that you need know if a co-worker has tested positive

- The restaurant does not need to close
- You do not need to get tested for COVID-19 unless you are experiencing some symptoms
- You should monitor your temperature by taking it regularly and watch for any of the symptoms listed above
- An infected person is most contagious as soon as he/she starts showing symptoms, hence, employees answering health questions/being temped upon arrival for their shift. Ability to keep infected people who are contagious away from our staff is key.
- It is highly unlikely the virus will transmit to others when an employee is a-symptomatic (showing no signs of sickness).
- You do not need a referral from a doctor to get tested. You will need to schedule your test by calling a testing center or by going on-line to make the appointment. Rapid Test results normally are available within 30 minutes.
- Practice safe social distancing in and out of work, and wear a mask
- Avoid contact with friends and family members who are elderly, diabetic or immunocompromised
- Your medical information will NOT be shared with others and, we ask that you also not communicate to anyone else on the staff in an effort to protect your privacy.

Other things you can do to help stop the spread of COVID-19

- Always wear a mask in and out of the restaurant
- Always practice safe social distancing
- Avoid parties with large groups of people who are not socially distancing
- Do not travel in or out of areas of the country where cases of the virus are increasing (hot zones)
- Wash and sanitize your hands regularly
- Self-Monitoring is key to maintaining a healthy staff and workplace. You need to monitor yourself at all times.
- When someone tests positive, we will gather our detailed recorded information (temp logs, etc.) and communicate with local health departments and the staff.
- Depending on the severity of the contact in most cases, the health department does not require us to close down operations, in fact they encourage us to remain open.



Testing & other helpful information

- Testing is only required for people who are experiencing symptoms.
- If you have come into contact with someone who has tested positive (less than 6' for more than 15 minutes) but you are not experiencing symptoms yourself, you are not required to get tested but it is recommended that you begin to self-monitor your symptoms and take your temperature twice per day. Should symptoms arise, you should get tested immediately.
- If you have family members or if you are part of the at-risk population you should get tested to put your mind at ease. We will only require testing if you are experiencing symptoms.

Testing is free and some locations offer results in less than thirty minutes. Below is a current list of rapid result and websites to find local clinics in your area. We encourage you to watch the video on how the test is administered to decide whether a self-swab (rapid) or seeking a medical professional to do it (2-4 days) would work best for you.

<https://www.youtube.com/watch?v=gWayjX6vCdk>

Rapid Results Clinic Locations:

Connecticut:

- 60 Sargent Drive, New Haven, CT 06511 (CVS Location, appointment needed www.cvs.com)
- 30 Pope Park Drive, Hartford, CT 06105 (Arroyo Community Center) 860.757.9311 (walk ins welcome)

Massachusetts:

- 32 Reiss Avenue, Lowell MA (Cinemas location) appointment recommended www.cvs.com

Florida:

- 11000 N Military Trl, Palm Beach Gardens, FL 33410 (www.cvs.com) 561.626.7542
- 2480 PGA Boulevard, Palm Beach Gardens, FL 33410 (www.cvs.com) 561.622.8700

What to bring/expect:

- Must have instate ID
- Make appointment (appointments are every 15 minutes)
- If the location is drive-thru testing, stay in your vehicle, wear a mask and only roll down your window when prompted to.
- Results are within 30 minutes or less
- Instructions are also emailed to you if you make an appointment online

Non-Rapid Testing

Many testing sites across each state. You can find them by visiting www.cvs.com or www.minuteclinic.com enter in your zip code for a list of local locations. Results will take 2-4 days.

Important Phone Numbers:

Scott Smith: 860.729.2419/Ssmith@mrgt.com

Hunter Morton: 860.841.3439/Hmorton@mrgct.com

Jill Waller: 860.305.7848/jwaller@mrgct.com



MRG COVID FLOW CHART

