Covid-19 Health & Well-Being

2021 National Homebrew Competition

April 26-May 2, 2021
How Covid-19 spreads and how to prevent it from spreading

Most Covid-19 infections are caused when the virus spreads directly from one person who is infected, but may not even have any symptoms, to another person who is not infected. A far smaller number of infections are thought to be caused by contact with a contaminated surface or object. This document provides many details on the plan to prevent Covid-19 spread during the competition.

If you experience any respiratory symptoms or fever, stay home. Avoid the competition process and self-isolate until determined by testing not to have Covid-19.

If you test positive for Covid-19 within 14 days of the competition and have no symptoms, stay home.

Everyone wears a face covering at all times, except when judging or eating, at which time they maintain a distance of at least six (6) feet between themselves and any other person.

Everyone at the competition location frequently sanitizes their hands with provided hand sanitizer or soap and water. Washing of hands for at least 20 seconds or sanitizes them with alcohol-based hand sanitizer (at least 60% alcohol).

The sanitizing team at the competition works together to be sure that frequently touched objects and surfaces are routinely cleaned and dis-infected.

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**5 W’s**

**Wear a Mask**
What ever you non, mouth & chin.

**Wash Your Hands**
Wash hands for at least 20 seconds.

**Watch Your Distance**
Please stay 6 feet apart.

**Wellbeing Check**
No known exposure to symptoms of Covid-19 in the past 14 days.

**Walk With the Flow**
Follow the arrows to walk with the flow of traffic.

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For the health and well-being of everyone on site, if you wake up and do not feel well, please do not attend your scheduled session.
Person-to-person spread
In the majority of cases, the Covid-19 virus is thought to spread directly between people who are in close contact with one another. Person-to-person spread happens when an infected person coughs, sneezes, or talks, and produces infectious droplets that land in the mouth, nose, or eyes of someone else nearby. Sometimes the person nearby may even inhale the droplets into their lungs.

The most effective way to prevent person-to-person spread is to have all people who have any symptoms that might be caused by Covid-19 isolate themselves until they are no longer contagious, or until evaluation by a healthcare provider determines that they do not have Covid-19. Others who are infected but are pre-symptomatic or asymptomatic can still spread their infection. The best way to stop this spread is to have everyone wear face coverings at all times so if they happen to have Covid-19, the face covering will catch infectious droplets before they are expelled into the air and land on nearby people.

Spread through contact
In a much smaller number of cases, Covid-19 can be spread by contact with surfaces or objects if a person infected with Covid-19 coughs into the air and infectious droplets land on a nearby surface or object, or if an infected person coughs into their hand and contaminates surfaces or objects by touching them with that hand. If a person who is not infected touches the contaminated surface or object and then touches their own mouth, nose, or eyes, they can become infected. This is not thought to be the main way the virus spreads, but it is likely the cause of some infections.

The most effective way to prevent spread by contact with contaminated surfaces or objects is for people to do the following:

**Frequently clean** and disinfect commonly touched surfaces and objects in their own homes, workplaces, and other spaces they can control.

**Avoid contacting** commonly touched surfaces and objects in public spaces or other areas they do not control.

**Wash their hands** with soap and water for at least 20 seconds (or sanitize them with alcohol-based hand sanitizer if soap and water are not available) as soon as possible after touching common surfaces and objects in public spaces when they cannot avoid doing so—carry hand sanitizer whenever outside the home.

**Avoid touching** their face, mouth, nose, or eyes with unwashed hands in all situations. Again, everyone should wear face coverings so that if they happen to have Covid-19, the face covering will prevent infectious droplets from getting on nearby people, surfaces, or objects.

Airborne transmission
Airborne transmission of Covid-19 by tiny infectious aerosol droplets that remain suspended in the air, is currently thought to be the source of most community spread. It is for this reason that face shields should be worn during tasting and a face mask worn during all times when not tasting.
At the Competition Site: General

Source control
In infection control, the most important level of the four “hierarchy of controls” is *source control*—
*eliminating or controlling the source of infection.* That means being on the alert for any symptoms or signs of illness in yourself or anyone around you. But remember that people who are asymptomatic or pre-symptomatic can also be infected and contagious, so we have to think of them as possible sources of infection, too. **The solution to this problem is face coverings.**

For people who have signs or symptoms of illness

If you begin to feel ill:

**Immediately** separate yourself from other people.

**Place a face covering** over your nose and mouth if you are not already wearing one (everyone should wear a face covering at all times in the warehouse).

**Alert competition staff** immediately.

If you notice someone coughing or appearing ill, check that they have a face covering over their nose and mouth and alert competition staff immediately.

For people who may have unrecognized asymptomatic or pre-symptomatic infection

Face covering

**Everyone in the warehouse should wear a face covering at all possible times.** If the person wearing it happens to have asymptomatic or pre-symptomatic Covid-19 infection, the face covering will prevent that person from getting infectious droplets on other people or nearby surfaces or objects.

**A face covering** is any well-secured, washable fabric construction that covers the mouth and nose and wraps under the chin.

Continue to practice physical distancing and good hand hygiene even when wearing a face covering.

Engineering controls

The second level of the hierarchy is *engineering controls.* In a warehouse setting, this mainly involves ventilation:

Inside the warehouse there are four exhaust fans and two make up air vents that **increase fresh air ventilation rates** and percentage of outdoor air that circulates into the warehouse. Additionally, as much as possible the three garage bay doors will be partially open to further increase fresh air inside the warehouse.
**Administrative controls**

The third level of the hierarchy is *administrative controls*, which basically refers to rules of behavior. In the competition setting, the following are important administrative controls in the era of Covid-19:

**Pre-shift briefings**

At the beginning of each shift, a pre-shift briefing with all departments to remind them about handwashing, covering coughs and sneezes, touching, physical distancing, and cleaning and disinfecting

**Handwashing or Sanitizing**

Before departing for the competition wash hands, including under fingernails with soap and water for at least 20 seconds.

**Use an alcohol-based hand sanitizer** if soap and water are not available; however, hand washing is preferable because soap and water are more effective at inactivating the Covid-19 virus.

**Key times to sanitize hands include:**

- When entering the warehouse.
- After blowing your nose, coughing or sneezing.
- After using the bathroom (wash hands in the bathroom and sanitize when re-entering the warehouse area).
- Before and after eating food.
- After handling trash.
- After touching a frequently touched surface or object that might be contaminated (for example, phones and cell phones, computers, keyboards, tablets, touch screens, controls, equipment handles, sinks, faucets, faucet handles, toilets, desks, doorknobs and handles, light switches, handrails).

**Personal protective equipment**

If source control, engineering controls, and administrative controls are done well, the risk that anyone will be infected with Covid-19 in the warehouse should be greatly reduced. But to reduce it still further, there is a fourth level of the hierarchy – personal protective equipment. Personal protective equipment (PPE) includes items—face masks; safety glasses, goggles, or face shields; gloves; and gowns—people wear to protect themselves from becoming infected. Eye protection and gowns are not needed for protection against Covid-19 in the warehouse.

**Face coverings**

The primary purpose of the face covering is to protect other people if the person wearing it happens to have asymptomatic or pre-symptomatic, but contagious, Covid-19 infection.

Face coverings may also protect the wearer from getting infectious droplets on their face if they are near someone who has Covid-19. Hospital-grade face masks such as surgical and N95 masks are not needed in the competition for protection against Covid-19. These types of masks are in short supply and should be reserved for health care workers or other medical first responders.

**Gloves**

For control of Covid-19 in the competition and judging, **gloves are not required**; washing hands frequently with soap and water for 20 seconds or using sanitizer should suffice for this purpose. Gloves will be on hand for those who would like to wear them.

**Wearing gloves does not replace or modify the need to maintain good hand hygiene or the need for handwashing.**
At the Competition Site: What We Are Doing

Check-in Procedure
While waiting to be checked in and screened for symptoms, potential exposure, and fever, everyone should maintain physical distance of at least six (6) feet from other people. After arriving everyone will be screened for symptoms of Covid-19 and potential exposure to Covid-19 and have their temperature checked with a no touch infrared digital thermometer.

*Note: Ideally, everyone will have self-assessed for symptoms, potential exposure, and fever before arriving on site, and not leave their home/room if they are positive for any of the following:

- The below criteria will be used for denial of admittance to warehouse:
- Fever (temperature of 100.4° F or 38° C or greater) or feeling feverish.
- Cough/Runny Nose/Sore Throat
- Shortness of breath
- Difficulty breathing
- Any other symptoms that may be experienced with Covid-19, such as muscle aches, nausea, headache, or loss of taste or smell

- **Additionally on the first day each person will be asked if:**
  - Anyone in their household is ill; has known or suspected Covid-19; or has tested positive for Covid-19, but has not shown any symptoms in the last 30 days.
  - They have been exposed to anyone who is ill; has known or suspected Covid-19; or has tested positive for Covid-19, but has not shown any symptoms in the last 30 days.

Restrooms
Restrooms will have the following:

- Operational sink with running water for handwashing.
- Fully stocked soap dispenser and paper towels.
- A no-touch, closed-lid trash receptacle.

*Note: Bathrooms will be monitored and managed for lines and disinfected every 30 minutes.*

Sorting Tables & Captains Tables

- Each sorting table will utilize quat sanitizer for dipping bottles and cans.
- Only Table Captains will pour beer into cups on a tray rinsed with quat.
- In between each fill the Table Captain will sanitize the table area.

Judging Tables

- Each table will be two 8’ banquet tables with no more than four judges to maintain six feet of distance.

- Each table will be provided with proper protective gear to taste beer while maintaining minimal exposure to table mates.

- Each table will have sanitizer, sanitizing wipes and access to disposal containers.

- Each table will be fully sanitized when:
  - Someone new comes to table to judge.
  - Table is in rotation between judging.
  - Four hours at table have elapsed with minimal sanitizing.
Sanitization

- Dedicated Sanitizing team to constantly maintain sanitization of all frequently touched and high trafficked areas throughout the warehouse and surrounding utilized area.
- Nightly professional cleaning crew utilizing high coverage cleaning techniques with high concentrated sanitizer.

What we will do if someone becomes ill with known or suspected Covid-19

- If anyone calls in ill, they will be advised to remain away from warehouse, self-isolate, and seek medical advice.
- If anyone is found to be ill when screened on arrival, they will be immediately be separated from other persons and advised to do the following:
  - Place a face covering over their nose and mouth.
  - Leave immediately, self-isolate, and seek medical advice.
- If anyone becomes ill while at the warehouse, they should notify a staff member immediately.
  - They will be immediately be separated from other persons and advised to do the following:
  - Place a face covering over their nose and mouth.
  - Leave immediately, self-isolate, and seek medical advice.
- If anyone who calls in ill, is found to be ill on arrival at the warehouse, or becomes ill while working, reports or exhibits any emergency warning signs for Covid-19, a call for emergency assistance will be placed.
  - Emergency warning signs include the following:*
    - Severe Trouble breathing
    - Persistent pain or pressure in the chest
    - New confusion or inability to stand, walk or move a short distance.
    - Bluish lips or face
  *Note: This list is not all inclusive; medical advice will be sought for any other symptoms that are severe or concerning.

Cleaning and disinfecting the warehouse

- Immediately increase air circulation in the area.
- Use of recommended PPE for cleaning and disinfecting.
- Clean and disinfect all areas used by the sick person.
- Clean and disinfect shared electronic equipment and other shared equipment.
- Clean and disinfect all restrooms, shared areas, work tables and touch points.
- If more than 7 days have passed since the sick person visited or used the facility, additional cleaning and disinfection is not necessary.
- Continue routine cleaning and disinfection after deep clean.
Return to competition

• **The timing of the competition is too short to allow re-entry for anyone developing symptoms during the judging,** however, for sorting teams, volunteers and judges prior to arriving at the competition the criteria for re-entry is below.

The decision to discontinue home isolation for persons with confirmed or suspected Covid-19 should be made in the context of local circumstances; options include (1) a symptom-based strategy based on time since illness onset and time since recovery or (2) a test-based strategy.

**Symptom-based strategy**

• Persons with Covid-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:
  • At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath) and
  • At least 10 days have passed since symptoms first appeared.

**Test-based strategy**

• Persons who have Covid-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:
  • Resolution of fever without the use of fever-reducing medications and
  • Improvement in respiratory symptoms (e.g., cough, shortness of breath).
  • Negative results of an FDA Emergency Use Authorized Covid-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥24 hours apart (total of two negative specimens).

**Note:** There have been reports of prolonged detection of RNA without direct correlation to viral culture

• The decision for workers to discontinue isolation and return to work should be made in consultation with their healthcare provider and state or local health department

1 Adapted from: https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html

Content adapted from: Safety-First- Serving Food and Protecting People during Covid 19, James Beard Foundation, 2020