



# Phase 3 Safe Start Plan Template

Each business or entity operating in Phase 3 of Safe Start Washington, must develop a written Safety Plan outlining how its workplace will prevent the spread of COVID-19 that is at least as protective as the requirements from the Department of Labor & Industry found [here](#). A business may fill out this template to fulfill the requirement, or may develop its own Safety Plan. **This plan does not need to be submitted to a state agency or County Public Health Department for approval** but must be retained on the premises of the business and must be made available to the Washington State regulatory agencies or local health or safety authorities in the event of an inspection.

Businesses are still required to follow the [State’s industry-specific guidance](#), if issued for your specific industry. For a list of regions and sectors that are authorized to re-open, as well as detailed guidance for each sector, please see [Safe Start Washington — Phased Reopening County-by-County](#).

## COVID-19 Reopening Safety Plan

### Name of Business:

NINE Acupuncture & Chinese Herbal Medicine

### Industry:

Healthcare

### Address:

1015 Railroad Ave. Suite 106, Bellingham, WA 98225

### Contact Information:

360-734-6463

### Owner/Manager of Business:

Dr. Ash Goddard, DACM, LAc

### Human Resources Representative and Contact Information, if applicable:

## I. PEOPLE

**A. Physical Distancing. To ensure employees comply with physical distancing requirements, you agree that you will do the following:**

- Maintain minimum six-foot separation between all employees (and customers) in all interactions at all times. When strict physical distancing is not feasible for a specific task, other prevention measures are required, such as use of barriers, minimizing staff or customers in narrow or enclosed areas, and staggering breaks and work shift starts.
- Tightly enclosed spaces or small rooms will be occupied by only one individual at a time, unless all occupants are wearing cloth face coverings, masks or respirators. If occupied by more than one person, will keep occupancy under 50% of maximum capacity.
- Post social distancing markers using tape or signs that denote 6 ft. of spacing in commonly used and other applicable areas on the site (e.g. clock in/out stations, health screening stations)

Limit in-person gatherings as much as possible and use tele- or video-conferencing whenever possible. Essential in-person gatherings (e.g. meetings) should be held in open, well-ventilated spaces with appropriate social distancing among participants.

Establish designated areas for pick-ups and deliveries, limiting contact to the extent possible.

List common situations that may not allow for 6 ft. of distance between individuals. What measures will you implement to ensure the safety of your employees in such situations?

N/A: NINE has no other employees.

How you will manage engagement with customers and visitors on these requirements (as applicable)?

Patients are required to fill out an online screening form prior to each appointment. Only one patient at a time is allowed to come and be screened in the waiting area, then taken immediately to a treatment room. Patients and practitioners will wear a mask at all times while in the office—NO exceptions unless acupuncture is required on the face.

Herbal prescriptions will be left outside for no-contact pickup by prior arrangement.

How you will manage industry-specific physical social distancing (e.g., shift changes, lunch breaks) (as applicable)?

NINE has no additional in-house employees other than the provider.

## II. PLACES

### A. Protective Equipment. To ensure employees comply with personal protective equipment requirements, you agree that you will do the following:

Provide (at no cost to employees) and require the wearing of personal protective equipment (PPE), such as gloves, goggles, face shields and facemasks as appropriate or required for the work activity being performed. Cloth face coverings must be worn by every employee not working alone on the job site unless their exposure dictates a higher level of protection under L&I safety and health rules and guidance. Refer to [Washington Coronavirus Hazard Considerations for Employers \(except COVID-19 care in hospitals and clinics\) Face Coverings, Masks, and Respirator Choices](#) for additional details. Cloth face coverings are described in the [Department of Health guidance](#).

Beginning June 8, all employees will be required to wear a cloth facial covering, with the following exceptions: when working alone in an office, vehicle, or at a job site; if the individual is deaf or hard of hearing, or is communicating with someone who relies on language cues such as facial markers and expression and mouth movements as a part of communication; if the individual has a medical condition or disability that makes wearing a facial covering inappropriate; or when the job has no in-person interaction. Employers must provide cloth facial coverings to employees, unless their exposure dictates a higher level of protection under the Department of Labor and Industries' safety and health rules and guidance. Refer to [Coronavirus Facial Covering and Mask Requirements](#) for additional details. Employees may choose to wear their own coverings at work, provided it meets the minimum requirements.

What quantity of face coverings – and any other PPE – will you need to procure to ensure that you always have a sufficient supply on hand for employees and visitors? How will you procure these supplies?

Provider will have a minimum one-month supply of KN95 masks and gloves on hand. Masks will attempt to be reordered at least one month in advance to prevent any delays.  
Clean cloth masks will be kept on-hand for patients who forget to bring their own. These become property of the patient.  
Face shields will also be kept on-hand in the event the patient's mask must be removed for treatment.

X [Post a sign](#) strongly encouraging customers to wear cloth facial coverings, and prominently display it at the entrance to the business so that it is immediately noticeable to all customers entering the store. Employers are encouraged to require customers to wear cloth facial coverings, in order to protect their employees.

Face coverings must be cleaned or replaced after use or when damaged or soiled, may not be shared, and should be properly stored or discarded.

What policy will you implement to ensure that PPE is appropriately cleaned, stored, and/or discarded?

In keeping with the advice of the CDC, in the contingency phase, "Implement extended use of facemasks. Extended use of facemasks is the practice of wearing the same facemask for repeated close contact encounters with several different patients, without removing the facemask between patient encounters. The facemask should be removed and discarded if soiled, damaged, or hard to breathe through. HCP must take care not to touch their facemask. If they touch or adjust their facemask they must immediately perform hand hygiene. HCP should leave the patient care area if they need to remove the facemask."  
Used PPE is to be treated as solid waste.

X Limit the sharing of objects and discourage touching of shared surfaces; or, when in contact with shared objects or frequently touched areas, wear gloves (trade-appropriate or medical); or, sanitize or wash hands before and after contact.

List common objects that are likely to be shared between employees. What measures will you implement to ensure the safety of your employees when using these objects?

NINE has only one employee

## **B. Hygiene and Cleaning. To ensure employees comply with hygiene and cleaning requirements, you agree that you will do the following:**

X Establish an increased frequency house keeping schedule that includes frequent cleaning and sanitizing with a particular emphasis on commonly touched surfaces. Adhere to hygiene and sanitation requirements from the [Centers for Disease Control and Prevention](#) (CDC) and [Department of Health](#) (DOH).

Who will be responsible for establishing a schedule? Where will it be kept?

The provider, Dr. Ash Goddard DACM is responsible for establishing and maintaining a cleaning schedule. It is posted behind the front desk.  
All high-touch surfaces are routinely sanitized throughout the day including light switches, door handles, faucets, etc. AT least every hour or after each use by provider or patient.

- Ensure frequent and adequate hand washing with adequate maintenance of supplies. Use disposable gloves where safe and applicable to prevent virus transmission on tools or other items that are shared.

Where on the work location will you provide employees with access to the appropriate hand hygiene and/or sanitizing products and how will you promote good hand hygiene?

Hand sanitizer and soap will be topped off daily. Signs remind patients and provider alike of proper hand hygiene.

- Conduct regular cleaning and disinfection at least after every shift, daily, or more frequently as needed, and frequent cleaning and disinfection of shared objects (e.g. tools, machinery) and surfaces, as well as high transit areas, such as restrooms and common areas, must be completed.

What policies will you implement to ensure regular cleaning and disinfection of your worksite and any shared objects or materials, using [products](#) identified as effective against COVID-19?

The provider, Dr. Ash Goddard DACM is responsible for establishing and maintaining a cleaning schedule. It is posted behind the front desk.

All high-touch surfaces are routinely sanitized throughout the day including light switches, door handles, faucets, etc. At least every hour or after each use by provider or patient. Cleaning product to be used is FDA-approved for COVID "Force of Nature" brand cleaner. If time constraints do not allow time for proper disinfection, CAVI-bleach wipes will be utilized instead.

### **C. Communication. To ensure the business and its employees comply with communication requirements, you agree that you will do the following:**

- Educate workers in the language they understand best about coronavirus and how to prevent transmission, and the employer's COVID-19 policies. Post signage throughout the site to remind personnel to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
- Establish a communication plan for employees, visitors, and customers with a consistent means to provide updated information.
- Maintain a continuous log of every person, including workers and visitors, 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; excluding customers, who may be encouraged to provide contact information to be logged but are not mandated to do so.

Which employee(s) will be in charge of maintaining a log of each person that enters the site (excluding customers and deliveries that are performed with appropriate PPE or through contactless means), and where will the log be kept?

Dr Ash Goddard, DACM, is responsible for maintaining a log.

- If a worker tests positive for COVID-19, employer must immediately notify state and local health departments and cooperate with contact tracing efforts, including notification of potential contacts, such as workers or visitors who had close contact with the individual, while maintaining confidentiality required by state and federal law and regulations.

If a worker tests positive for COVID-19, which employee(s) will be responsible for notifying state and local health departments?

Dr Ash Goddard, DACM, is responsible for notifying authorities.

### III. PROCESS

#### A. Screening. To ensure the business and its employees comply with protective equipment requirements, you agree that you will do the following:

- Screen employees for signs/symptoms of COVID-19 at the start of their shift. Make sure sick employees stay home or immediately go home if they feel or appear sick. Cordon off any areas where an employee with probable or confirmed COVID-19 illness worked, touched surfaces, etc. until the area and equipment is cleaned and sanitized. Follow the [cleaning guidelines](#) set by the Centers for Disease Control to deep clean and sanitize.

What type(s) of daily health and screening practices will you implement? Will the screening be done before employee gets to work or on site? Who will be responsible for performing them, and how will those individuals be trained?

Dr Ash Goddard, DACM, will self-monitor symptoms at the start of every shift. This includes taking temperature with a no-touch thermometer and checking oxygen saturation with a pulse oximeter.

If screening onsite, how much PPE will be required for the responsible parties carrying out the screening practices? How will you supply this PPE?

N/A as it is self-monitoring.

#### B. Contact tracing and disinfection of contaminated areas. To ensure the business and its employees comply with contact tracing and disinfection requirements, you agree that you will do the following:

- Have a plan for cleaning, disinfection, and contact tracing in the event of a positive case.

In the case of an employee testing positive for COVID-19, how will you clean the applicable contaminated areas? What products identified as effective against COVID-19 will you need and how will you acquire them?

As the office is occupied by only one employee, in the event of illness the office will be immediately closed. In the meantime, all surface will be cleaned with an EPA-approved product.

In the case of an employee testing positive for COVID-19, how will you trace close contacts in the workplace? How will you inform close contacts that they may have been exposed to COVID-19?

The patient schedule and supplementary visitor log will be utilized for tracing close contacts.

#### **IV. OTHER**

Please use this space to provide additional details about your business's Safety Plan, including anything to address specific industry guidance.

All linens will be single-use and immediately placed into the washing machine or appropriate receptacle for later washing.  
Personal items will be place in a bin that can be disinfected between patients.  
Gloves will be worn for patient pre-treatment screening.

**A. Staying up to date on industry-specific guidance and resources: To ensure that you stay up to date on the guidance that is being issued by the State, you will:**

- Consult the [Washington State Coronavirus Response website](#) and [applicable Proclamations](#) on a periodic basis or whenever notified of the availability of new guidance.
- Specifically, follow requirement in Governor Inslee's [Proclamation 20-46 High-Risk Employees – Worker's Rights](#).
- Check frequently for updated [resources for businesses](#).