

The graphic features the IOWA DOT logo at the top left, followed by the text 'COVID -19' in large white letters. Below this, the words 'RESPONSE UPDATE' are written in white on a teal rectangular background. At the bottom of the graphic, the phrase 'KEEPING YOU SAFE & INFORMED' is written in white. The entire graphic is set against a dark red background with a thin yellow border.

IOWA DOT
COVID -19
RESPONSE UPDATE
KEEPING YOU SAFE & INFORMED

This is being sent to all employees, please share with those who don't have easy access to email.

Date: December 4, 2020

WHAT WE KNOW

Statewide, Iowa had 2,777 new positive cases of COVID-19 yesterday. As of noon today, a total of 239,709 individuals in Iowa have tested positive since the start of the pandemic. Of those 152,330 have recovered. You can find information statewide statistics [here](#).

Below is a look at our positive cases at the Iowa DOT as of 4 p.m. yesterday:

LOCATION	POSITIVE CASES (PAST 14 DAYS)	TOTAL SINCE 3/1/20
District 1	13	45
District 2	5	19
District 3	7	29
District 4	6	18
District 5	3	15
District 6	3	34
Ames Complex	11	44
Motor Vehicle Division	4	23
Motor Vehicle Enforcement	4	7
TOTAL	56	234

The total number of positive cases at the DOT has decreased by 14 from two weeks ago. The chart above is updated by 4 p.m. each day and can be found [online](#).

WHAT WE ARE DOING

Updated Isolation Guidance

Based on updated guidance from the CDC and the Iowa Department of Public Health regarding isolation for individuals who test positive for COVID-19 as well as individuals who have been exposed to a positive case, the Iowa DOT has adjusted their isolation periods accordingly as follows. Documentation regarding these changes will be updated soon on [our COVID-19 website](#).

Isolation for an employee that is positive - If an employee tests positive, they will need to isolate for 10 days after onset of symptoms, and must be

fever free for at least 24 hours without use of fever-reducing medication. If the employee is asymptomatic, they will need to isolate for 10 days from the date they tested.

Isolation for an employee that has had direct contact with a confirmed positive case - If an employee is required to isolate due to direct contact with a confirmed positive case, the employee's isolation:

Can end after day 10 from last exposure to the positive case without testing and if no symptoms have been reported during daily monitoring.

Can end after day 7 from last exposure to the positive case if the employee tests negative and if no symptoms were reported during daily monitoring. The employee must test on Day 5, Day 6 or Day 7, and they must have the negative test results before they can return to work. The isolation cannot be discontinued earlier than after Day 7.

In both cases, the employee must continue to self-monitor for symptoms through day 14.

Updated FAQs for Employees

The [FAQs for employees](#) located under the [resources section](#) of the DOT's COVID-19 website was recently updated to reflect new guidance or provide clarity in certain areas. (You must be connected to a DOT server to access the FAQ document.) Changes were specifically made to questions 4 and 9 and questions 10, 11, and 13 were added. Please note that changes to the isolation guidelines mentioned above have not been yet reflected in the FAQs.

Focus on Mental Health

Mental health affects our lives at home and at work. The impacts of COVID-19 have had an impact on many of us. Add to that the stress of the holidays and our mental wellbeing has been challenged this year. All employees are encouraged to participate in two separate live Mental Health Virtual Learning Sessions being held this month. To access either session click on the link in the title below.

The Impact of COVID-19 on Mental Health

Thursday, December 10th at 11:30am

Hosted by Dr. Cindy Hanawalt, Health and Wellness Director, UnityPoint St. Luke's Work Well Solutions

Join by phone - (515) 817-6093, Conference ID 644 450 211#
[Add to my Outlook calendar](#)

Holiday Stress and Mental Health

Thursday December 17 at 12pm (Noon)
Hosted by Ann Stephens with KEPRO our Employee Assistance Program
Join by phone - (515) 817-6093, Conference ID 181 930 627#
[Add to my Outlook calendar](#)

In addition the DOT's Wellness Team has announced a wellness initiative for the month of January focused on tasks you can do to boost your mental wellness. Look for an email from Darla Best sent on Dec. 3 that explains the initiative in more detail.

KEEPING YOU SAFE

As a reminder, **if you are feeling sick please stay home. If you believe that you have been exposed to someone with COVID-19 or are being tested for the virus, please contact your supervisor immediately.** They will work with Employee Services to determine the next steps.

If the DOT is notified of a positive case we follow these steps to keep the rest of our DOT family safe:

1. The employee is required to self-isolate for 10 days from the time they show symptoms or test positive, if asymptomatic.
2. Employee Services will conduct contact tracing.
3. Employees who came within 6 ft of the positive employee will be contacted and asked to self-isolate only if either party were not wearing face protection when the exposure occurred. If you are not contacted, you do not need to isolate. However you should be constantly monitoring yourself for any symptoms before coming to work.
4. Affected areas will be cleaned and disinfected, these areas will be closed until this disinfection occurs.
5. A note will be sent to everyone in the district or complex notifying them of the positive case

We will continue to keep you informed on what the Iowa DOT is doing to respond. As a reminder, the best source of DOT specific pandemic related information is our COVID-19 websites available at iowadot.gov/covid-19 (outside the DOT network) or dotnet/covid-19/ (inside the DOT network).

Stay safe in all you do!

