



COVID-19 STREAM MONITORING SAFETY GUIDELINES

Make your safety a priority

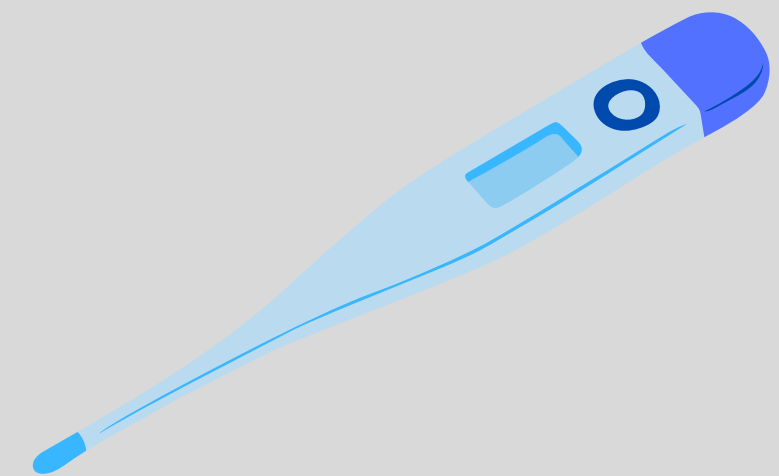
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DO NOT MONITOR IF...

you do not feel safe or comfortable and/or you or a member of your household have any of the following COVID-19 symptoms:

- **Fever:** temperature 100.4°F or higher.
 - **Please check your temperature prior to heading out into the field.**
- **Chills:** including repeated shaking.
- Muscle pain or **body aches**.
- **Headache or confusion.**
- **Difficulty staying awake** or waking up.
- **Cough.**
- Shortness of breath or **difficulty breathing**. May have bluish lips or face.
- **Congestion** or runny nose.
- **Sore throat.**
- New **loss of taste or smell.**
- **Nausea or vomiting.**
- **Diarrhea.**



If you are experiencing any of these symptoms, stay home and immediately contact your health care provider or go to the emergency room.

1

GATHER RESOURCES



Prior to going out in the field, review and follow local restrictions and recommendations by the Center for Disease Control and the State of Pennsylvania as they are frequently updated:



<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

- General guidelines on how to protect yourself and what to do if you get sick
- List of symptoms to monitor
- Data and statistics regarding the virus



<https://www.governor.pa.gov/covid-19/business-guidance/>

- Operational phases for each PA county (red, yellow, or green)
- Safety rules for each phase
- Safety checklists
- Other resources for employees and businesses in PA

These guidelines are written for volunteers in Pennsylvania counties that are in the **green** phase, if your county is in a **yellow** or **red** phase, **do not monitor**.

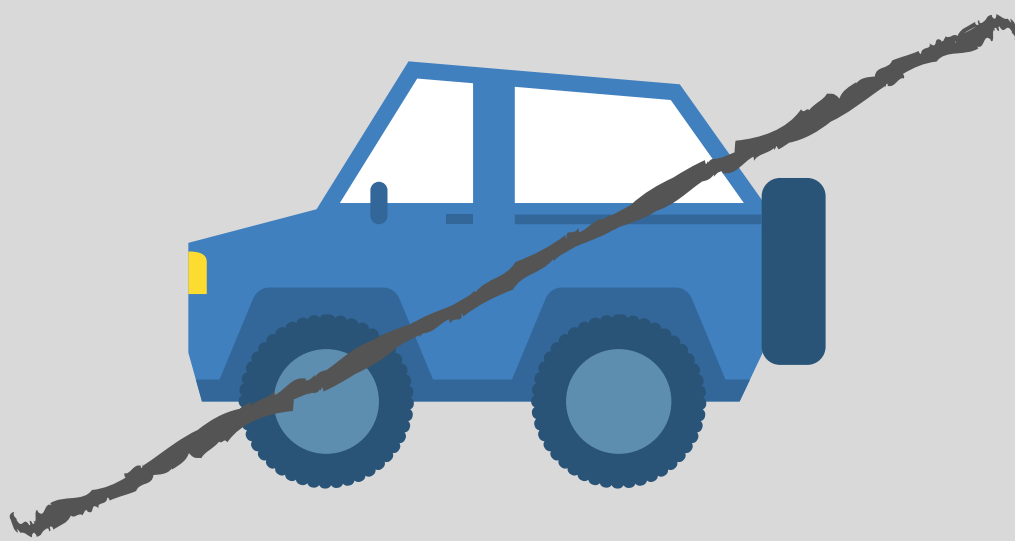
2 DISCUSS AND PLAN



Discuss concerns with your Stream Team partner(s) and **have a plan** for sampling, parking, restrooms, and meals.



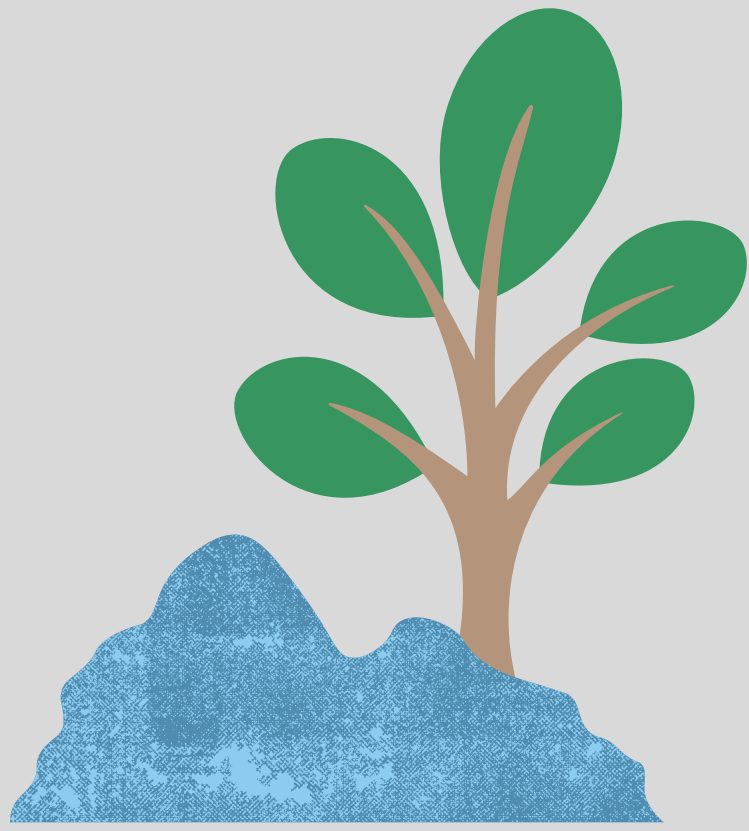
If you are monitoring with partners outside of your household, consider **trading monthly** or **assigning clear and separate roles in the field**.



Avoid carpooling with people outside of your household.

DO NOT MONITOR if your site is located near a combined sewage outfall, sewage treatment plant, or faulty discharge sewage line.

3 GENERAL GUIDELINES



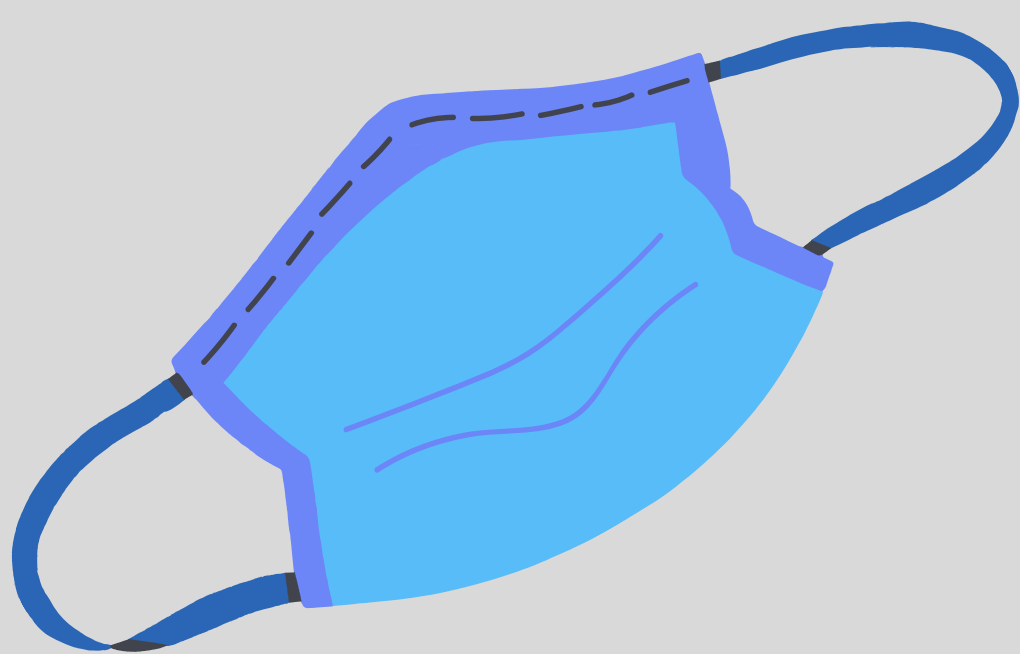
If possible, avoid touching any surfaces that are **“high-touch”** along the route to your stream (e.g. railings if possible, trees on paths, rocks).

If you need extra support, be sure to have someone with you, use your sampling pole, and/or a walking stick.



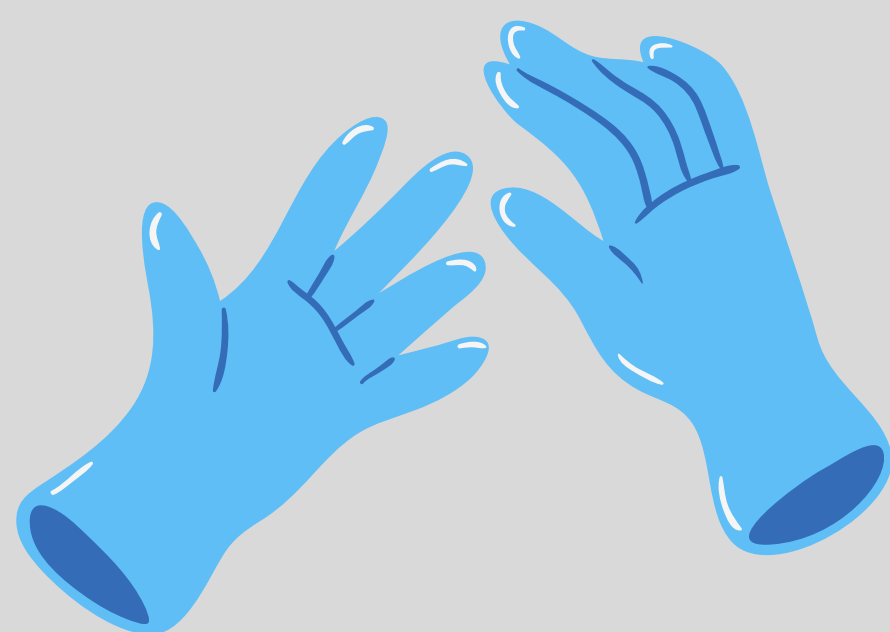
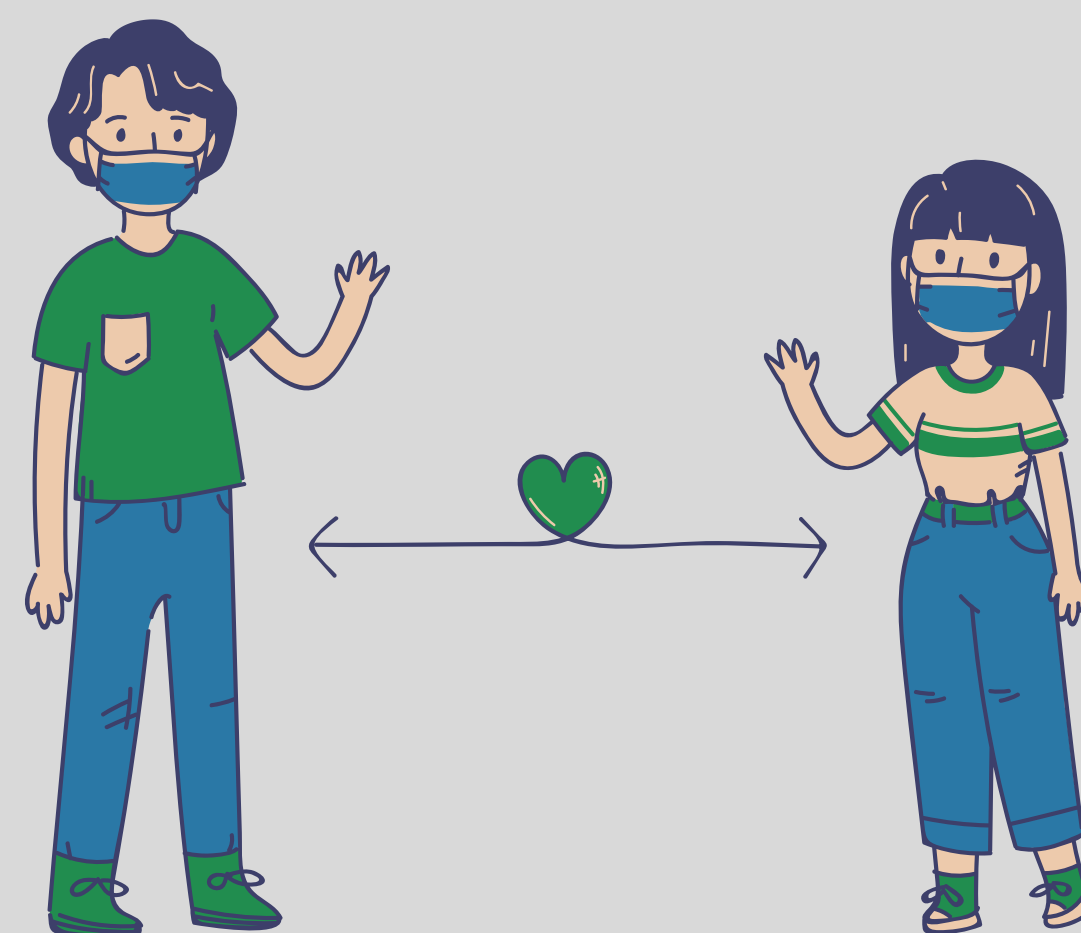
Identify and delegate clear monitoring roles for the entirety of the trip (e.g. one person takes notes on the data sheet, another collects the sample) to minimize the sharing of equipment.

4 IN THE FIELD



Have your Personal Protective Equipment (PPE) packed and ready to go! This includes a **face covering, gloves, hand sanitizer, and disinfectant or wipes**. Always wear a face covering over your **nose and mouth**.

Maintain a distance of **at least 6 feet** when monitoring with partners from a different household.



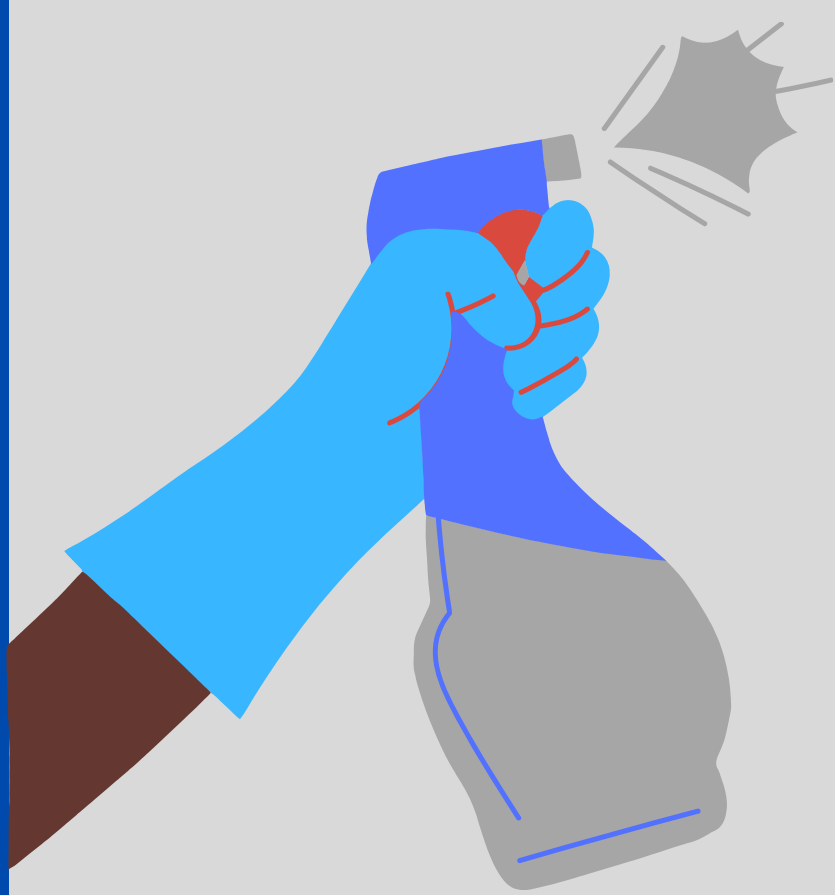
Sanitize frequently and/or use nitrile/latex free gloves.

*If you are having trouble obtaining PPE, please contact us at **allarmedickinson.edu**.*

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PASSING OFF EQUIPMENT

One approach to COVID safety is devising a system where members of a Stream Team trade off who monitors each month.



After cleaning and putting away monitoring supplies, **do not touch anything inside** prior to passing the bin off to your other team members.

Once you receive equipment from your Stream Team partner(s), **disinfect** the sampling pole and outside of the monitoring bin.

Remember **safety in numbers**. It is not recommended to go out alone. Please be sure to monitor with someone in your household or community.

***Your safety is a priority.
Thank you.***



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**IF YOU HAVE ANY SAFETY CONCERNS OR QUESTIONS, PLEASE
CONTACT YOUR HEALTHCARE PROVIDER FIRST.
FOR MONITORING-RELATED QUESTIONS PLEASE CONTACT US AT
ALLARM@DICKINSON.EDU**