

## COVID-19 Safety Training

### 1.1 Introduction

#### Introduction



The COVID-19 pandemic is an emerging, rapidly evolving public health emergency.

This course contains guidance and data from the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO) and scientific literature.

This training was created with the latest accurate information as of **June 15th, 2020**. Updates will be made as new information becomes available.



Image & Content References



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### Links


Slide 10: Signage for University: <https://www.safety.rochester.edu/ih/ppe/ppe.html>

Slide 11: Non-clinical PPE Chart:

[https://www.safety.rochester.edu/ih/ppe/pdf/PPE\\_Chart\\_PDF\\_NonClinical.pdf](https://www.safety.rochester.edu/ih/ppe/pdf/PPE_Chart_PDF_NonClinical.pdf)


Slide 17: Handwashing Video: <https://www.youtube.com/watch?v=bQCP7waTRWU>

## References (Slide Layer)

 **References** Close ✕

Environmental Health and Safety gratefully acknowledges Lawrence Livermore National Laboratory's (LLNL) Environmental Safety and Health group for granting us permission to adapt their course *"HS4440-W - Working Safely at LLNL During the COVID-19 Pandemic."*

\*LLNL takes no responsibility for this training.

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## 1.2 What Is COVID-19?

### What Is COVID-19?

COVID-19 is the name of the disease caused by the SARS-CoV-2 virus. Coronaviruses are a large family of viruses that generally cause mild-to-moderate upper-respiratory tract illnesses, like the common cold in humans. Hundreds of coronaviruses exist in nature; most circulate in animals including pigs, camels, bats, and cats.

On rare occasions, coronaviruses "jump" to humans

- There are seven coronaviruses known to cause disease in humans
- Four cause mild disease
- Three cause more serious disease with mild to severe lower-respiratory tract illnesses
  - SARS-CoV: caused outbreak in 2002, disappeared in 2004
  - MERS-CoV: emerged in 2012, low number of cases continue to be reported, primarily in countries in the Middle East
  - SARS-CoV-2: emerged in December 2019

### 1.3 COVID-19 Exhibits a Broad Range of Symptoms

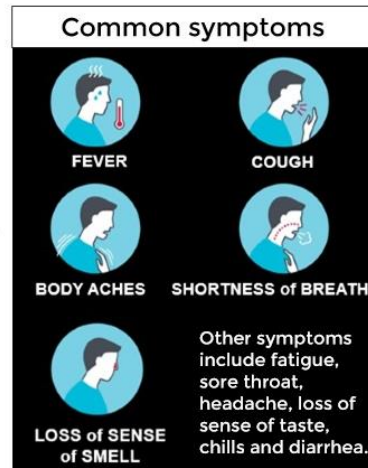
## COVID-19 Exhibits a Broad Range of Symptoms

Symptoms usually develop 5 days after exposure, but may appear between 2-14 days.

Presentation ranges from no symptoms (asymptomatic) to severe illness. Of confirmed cases, severity is typically (based on current data):

- ~81% mild (no pneumonia)
- ~14% severe (clinical symptoms include shortness of breath)
- ~5% critical (pneumonia, respiratory failure)




Individuals aged  $\geq 65$ , or with a history of other illnesses, like diabetes, lung disease, or immunocompromising conditions, have a higher risk of severe illness.



### 1.4 How Is COVID-19 Spread?

## How Is COVID-19 Spread?

Current evidence suggests that there may be three potential routes of transmission.

Route of Transmission	Definition	Relative Role in COVID-19
<b>Droplet</b> 	When an infected individual coughs, sneezes, breathes and/or speaks, respiratory secretions containing the virus are expelled into the mouth, nose or eyes of someone nearby (generally within 6 feet).	<ul style="list-style-type: none"> <li>• Believed to be a <b>major driver</b> of community spread.</li> </ul>
<b>Contact</b> 	Respiratory droplets containing the virus settle on surfaces. Someone touches that surface and then touches their mouth, nose or eyes which can potentially result in transmission of the virus to themselves.	<ul style="list-style-type: none"> <li>• Believed to <b>contribute</b> to community spread, but not believed to be the primary driver.</li> </ul>
<b>Aerosol</b> 	Small particles (generally defined as smaller than 5µm; sometimes referred to as droplet nuclei) containing virus are inhaled into the lungs. Aerosol transmission can occur over short ranges (within 6 ft) as well as potentially longer ranges.	<ul style="list-style-type: none"> <li>• <b>UNCLEAR role</b> in community spread, <b>not believed to be a major driver</b> of community spread.</li> </ul>

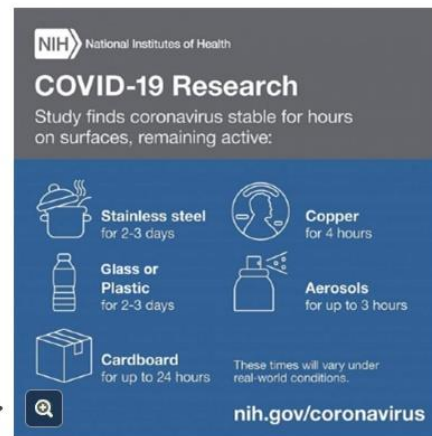
## 1.5 Contact Transmission

### Contact Transmission

How long can the SARS-CoV-2 virus survive on surfaces?

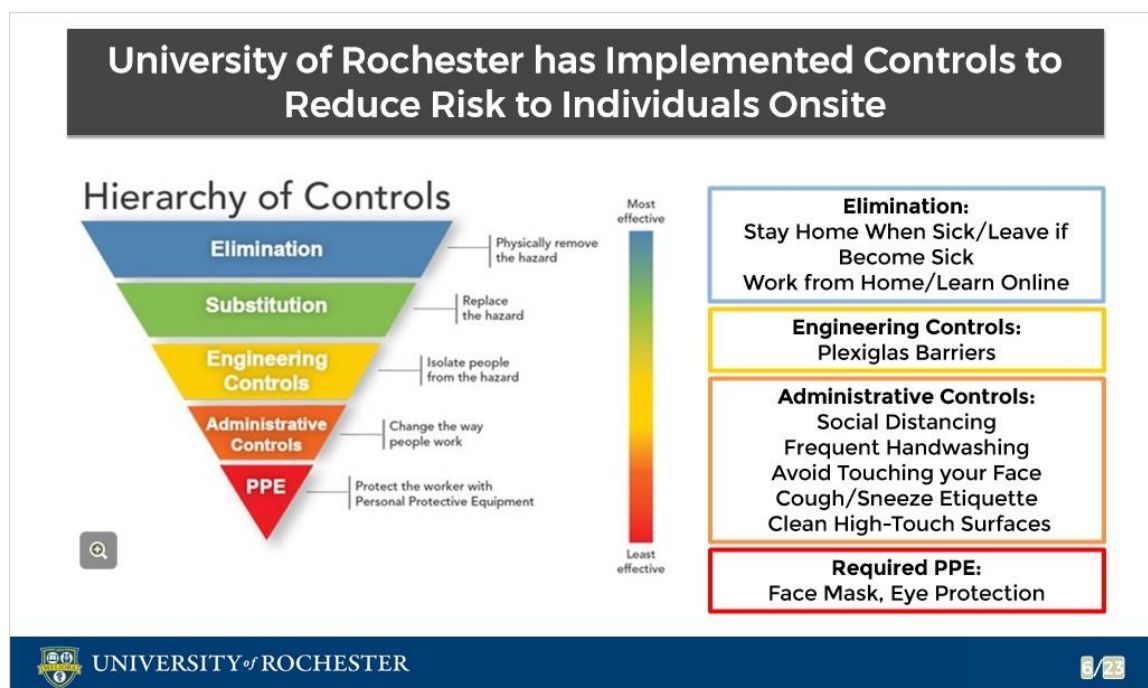
Based on current available data, viable SARS-CoV-2 virus can be detected on different surfaces for times ranging from **a few hours to a few days**.

Though the virus may linger on surfaces for days, the likelihood of a person becoming infected from touching a contaminated surface likely decreases significantly over time.



Click to enlarge. →

## 1.6 University of Rochester has Implemented Controls to Reduce Risk to Individuals Onsite





## 1.7 University of Rochester Requirements

There are several requirements everyone must follow while on-site:

- Complete a **daily** health screening assessment. Please work directly with your on-site school or volunteer coordinator to obtain access to the tool.
- Wearing a mask and physical distancing (commonly referred to as social distancing) are required any time two people are in the same indoor space. This includes lobbies, hallways, break areas, classrooms, elevators, and restrooms.
- Leave immediately if you feel sick or unwell. Notify your supervisor. Contact Employee Health or University Health Service (UHS) for further instructions.

## 1.8 COVID-19 Reporting Requirements

### COVID-19 Reporting Requirements

**You must get clearance from Employee Health (275-6065) or University Health Service (275-2662) before entering a campus location if:**

- You received a positive COVID-19 test result
- You are waiting for COVID-19 test results
- You were told by a healthcare provider that you may have COVID-19 based on your symptoms, even if not tested
- You share a residence with an individual who has been told by a healthcare provider that they have or may have COVID-19 either by testing or symptoms alone



If you are sick but have **NOT** been told by a healthcare provider that you have or may have COVID-19, stay home/dorm room until you are fever-free for 72 hours without the use of symptom-altering medications (e.g., fever-reducers, cough-suppressants), and your cough has improved.

## 1.9 Social Distancing

### Social Distancing

One of the Most Powerful Tools to Combat All Exposure Routes

- Maintain at least 6' separation from one another AND wear a mask any time two people are in the same indoor space
  - When 6' separation is not possible, minimize contact time
- Conduct all meetings remotely, even when participants are on site
- Don't shake hands
- Minimize use of shared equipment (phones, keyboards, etc.)
- Disinfect non-disposable Personal Protective Equipment (PPE) before and after use (Face shields, hearing protection, cryogenic gloves)



## 1.10 PPE Requirements

### PPE Requirements

- Face masks AND social distancing are required in all indoor areas (hallways, break areas, classrooms, restrooms, etc.).
- Hand hygiene needs to be performed both before and after touching mask.
- When providing **direct patient care**, all health care workers are required to wear eye protection (face shield, disposable glasses or goggles).



Note: Cloth face masks are not considered PPE and should not be worn in patient care areas. They are appropriate outside the medical center in combination with social distancing.



### 1.11 Mask AND Social Distancing

## Mask AND Social Distancing

Wearing a mask **does not replace** the need for social distancing. Masks should be used when inside any University of Rochester facility where others are present.



- Individuals who are alone in a room do not need to wear a mask, but should have one available in case someone enters the area.
- If an individual requires time without wearing a mask, they should move to an area where they are alone to remove their mask.



### 1.12 Wear a Mask

## Wear a Mask

When possible, limit the number of people in a room to 10 **AND** maintain 6' social distancing **AND** wear a mask.

Masks must be worn in all indoor areas (hallways, break areas, classrooms, restrooms, etc.), and anytime social distancing is not possible.

Masks should cover both the mouth and nose and should **NOT** have an **exhalation valve**.

Homemade/cloth masks should not be worn in patient care areas, but can be appropriate outside the medical center in combination with social distancing.

A mask is to be used for **one week** unless it is soiled, wet, or damaged.

- Store mask in an open paper bag/pouch when not being worn.



### 1.13 Eating Areas

## Eating Areas

When in line:

- Wear a mask that covers both the nose and mouth.
- Respect physical guides, such as tape on floors and signage on walls, to ensure you remain at least six feet apart.
- Eat in locations where greater than six feet separation is possible.
- Disinfect public tables before eating.
- Perform hand hygiene before and after using community amenities such as microwaves, drink fill stations, vending machines, etc.



### 1.14 Elevator Use

## Elevator Use

- Limit elevator occupancy to 2-4 people, depending on the size of the elevator.
- Only persons required for a patient's transport should occupy the elevator with a hospitalized patient.
- All occupants should be masked and use hand sanitizer before and after touching buttons and other surfaces.
- During times of high demand for elevators, use stairs whenever possible.

Respect social distancing in elevators.





## 1.15 Cleaning

### Cleaning

Individuals are responsible for cleaning high touch surfaces before and after use, as well as public surfaces before/after eating.

Clean personal workstations at the start and end of each workday or shift. Treat everything as if it is contaminated.

In general areas such as classrooms, use an effective cleaner such as Lysol or Clorox disinfecting wipes. Refer to the specific disinfectants approved in the hospital and lab.

Environmental Services will clean and disinfect other high touch surfaces found in common areas (tables, doorknobs, light switches, etc.)



Hospital Disinfectants

Lab Disinfectants

## Lab information (Slide Layer)

### Disinfectant Information

Close X

#### Disinfectants that require PPE only with prolonged use

These disinfectants can be used periodically without the need for personal protective equipment (PPE) including skin or eye protection. If using these products for prolonged duration, nitrile gloves and safety glasses or goggles are recommended. Products with low contact time, no dilution, and no required PPE are recommended.

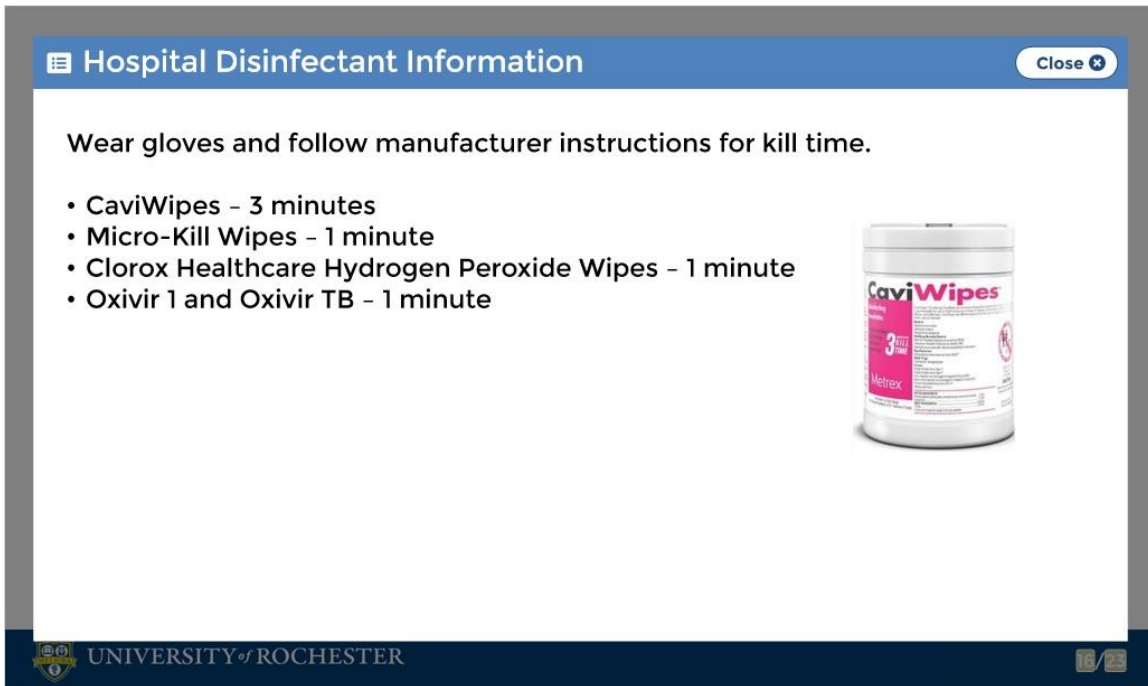
Disinfectant:	Disinfectant 1	Disinfectant 1B	Disinfectant 1	Rescue Wipes/ Ready to Use Solutions	Vine 9 256 Diluted Solution
Manufacturer:	Diversey	Diversey	Diversey	Virox Technologies Inc.	Diversey
Container:					
Product code:	100850923	4277285	100850916	23221 Wipes, 23305 Ready Made Solution	04332
Contact Time:	1 Minute	1 Minute	1 Minute	1 Minute	10 Minutes
NO PPE Required:	NO	NO	NO	NO	NO
Eye Protection Required:	NO	NO	NO	NO	NO
Additional PPE for Diluting:	YES	YES	YES	Yes	No, See Concentrate Below

#### Disinfectants that always require PPE

The following disinfectants must be used with nitrile gloves and eye protection (safety glasses or goggles). If diluting or mixing products, additional PPE including a face shield must also be worn.

Disinfectant:	TB-Cide Quat	CaviCide / CaviWipes	Vine 9 256 Concentrate	Germicidal Bleach	Vinephene 100 Concentrate
Manufacturer:	Spartan	Metrex	Diversey	Clorox	Clorox
Container:					
Product code:	102189	13-1024 CaviCide 13-110 CaviWipes	04332	30966	6461-08
Contact Time:	2 Minutes	3 Minutes for both	10 Minutes	5 Minutes	10 Minutes
NO PPE Required:	YES	YES	YES	YES	YES
Eye Protection Required:	YES	YES	YES	YES	YES
Additional PPE for Diluting:	N/A	N/A	Face Shield, Lab coat	Face Shield, Lab coat	Face Shield, Lab coat


## Hospital (Slide Layer)

A presentation slide titled "Hospital Disinfectant Information" with a "Close" button in the top right corner. The slide contains a list of disinfectant products and their required kill times, along with an image of a CaviWipes container. The University of Rochester logo and name are at the bottom left, and a slide number "16/23" is at the bottom right.

### Hospital Disinfectant Information

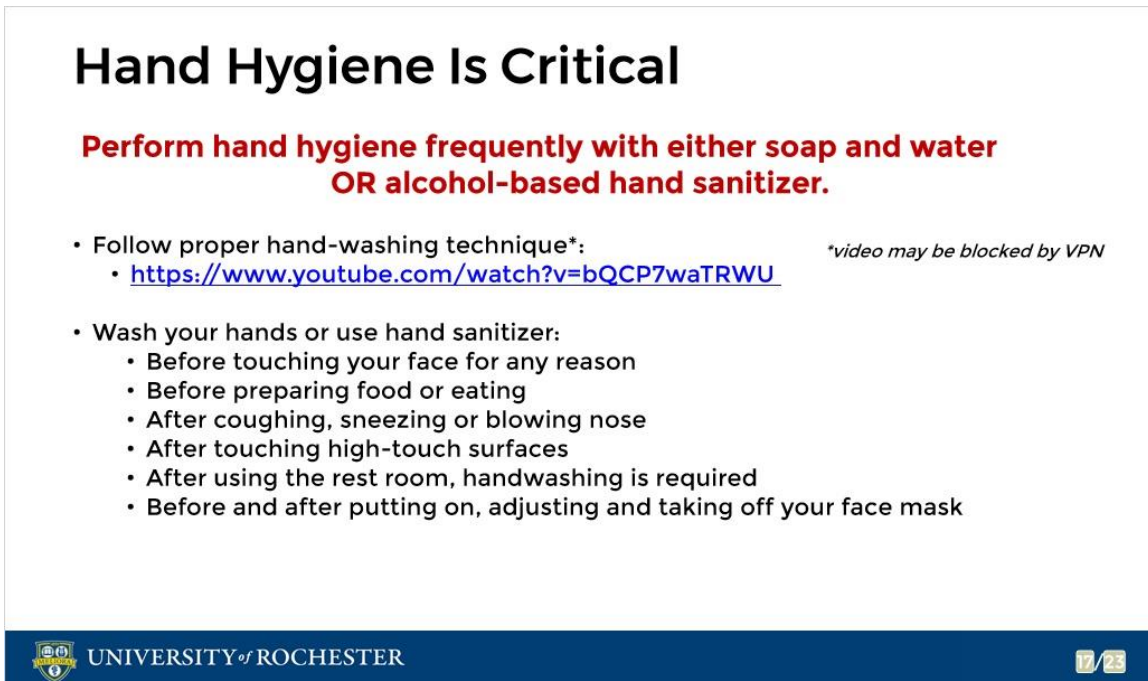
Wear gloves and follow manufacturer instructions for kill time.

- CaviWipes - 3 minutes
- Micro-Kill Wipes - 1 minute
- Clorox Healthcare Hydrogen Peroxide Wipes - 1 minute
- Oxivir 1 and Oxivir TB - 1 minute



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## 1.16 Hand Hygiene Is Critical

A presentation slide titled "Hand Hygiene Is Critical". It features a red heading for performing hand hygiene, a list of steps for proper hand-washing technique with a YouTube link, and a list of when to wash hands or use sanitizer. A note about video blocking is present. The University of Rochester logo and name are at the bottom left, and a slide number "17/23" is at the bottom right.

## Hand Hygiene Is Critical

**Perform hand hygiene frequently with either soap and water  
OR alcohol-based hand sanitizer.**

- Follow proper hand-washing technique\*:
  - <https://www.youtube.com/watch?v=bQCP7waTRWU>
- Wash your hands or use hand sanitizer:
  - Before touching your face for any reason
  - Before preparing food or eating
  - After coughing, sneezing or blowing nose
  - After touching high-touch surfaces
  - After using the rest room, handwashing is required
  - Before and after putting on, adjusting and taking off your face mask

*\*video may be blocked by VPN*

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### 1.17 Proper Hand Sanitizer Use

## Proper Hand Sanitizer Use

To use:

- Put enough sanitizer on your hands to cover all surfaces (typically 1-2ml = 1-2 strokes on sanitizer pump)
- Rub your hands together until they feel dry (this should take approximately 20 seconds)



**Do NOT rinse or wipe off hand sanitizer; it kills germs as it dries.**



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### 1.18 Avoid Touching Your Face

## Avoid Touching Your Face

**People touch their faces, on average, 20 times an hour!  
Approximately 44% of the time, these touches involve the eyes, mouth  
and nose.**

Avoid touching your face, especially your mouth, nose, and eyes. These are points for the COVID-19 virus to enter your mucous membranes where it can then establish an infection!



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## 1.19 How to Wear a Mask

### How to Wear a Mask

Click the image to enlarge the tip sheet.



#### Note for University



Discard and replace a mask if:

- It's soiled or damaged.
- You have used it for 1 week.



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## 1.20 Tips for Mask Storage

### Tips for Mask Storage

- Store your mask in a clean paper bag, envelope, or paper pouch
- Put your name and date on the mask and bag/pouch
  - Discard after a week or upon damage/becoming soiled
- Store bag or pouch in a clean, dry area



To create a **paper pouch** - fold a sheet of printer paper into thirds (letter style) as shown.










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## 1.21 Summary of Requirements

Summary of Requirements			
	<p>Complete daily screening process.</p>		<p>Everyone must wear a mask to trap droplets you generate from infecting others and to block droplets from entering your airway. When providing direct patient care, eye protection is also required.</p>
	<p>Hand hygiene - Wash frequently and thoroughly to remove contamination and kill the virus.</p>		<p>Social distancing - Maintain &gt; 6' separation and wear a mask in common spaces to reduce the risk of droplet transmission.</p>
	<p>Don't touch your face - Prevents transfer of contamination to your mucous membranes (eyes, nose, mouth).</p>		<p>Disinfect high traffic areas, shared spaces, and shared equipment.</p>



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