

**FRESNO**  **STATE**

**CORONAVIRUS (COVID-19)  
AWARENESS**

**PROVIDED BY: EHS/RM**

# COVID-19 INFORMATION

Visit the County Department of Public Health's [COVID-19 Page](#) for the latest information



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Guidance on Preparing Workplaces for COVID-19



California Department of Public Health

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Coronavirus Disease 2019 (COVID-19)  
Stay Informed



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People™

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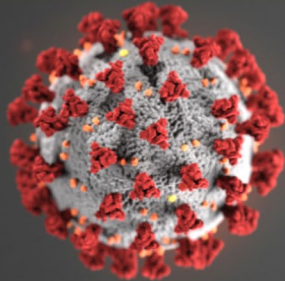
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Coronavirus Disease 2019

CDC is responding to the novel coronavirus outbreak.

[Learn More About COVID-19](#)



California Health & Human Services Agency



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GOVERNOR'S OFFICE OF EMERGENCY SERVICES



# COVID-19

## WHAT IS IT?

- **COVID-19 stands for “Coronavirus Disease 2019”**
  - ✓ *First detected in Wuhan City, Hubei Province, China Dec. 31, 2019.*
- **Coronaviruses are a large group of viruses that cause disease.**
  - *SARS (Severe Acute Respiratory Syndrome - another coronavirus) 2002-2003.  
SARS began with a high fever, headache, and body aches*
- **COVID-19 is a coronavirus that causes mild illness in some, severe illness in others.**

*Note: There is currently no vaccine and no cure.*

# ILLNESS SEVERITY RISK FACTORS

*Mild symptoms are expected for most...*

**Increased risk of severe illness for:**

- Elderly (65+)
- Diabetic
- Immunocompromised
- Pre-existing heart and respiratory disease
- Pregnant

# COVID-19 SYMPTOMS

USUALLY...	INFREQUENTLY...
Fever and/or chills	Tiredness
Cough (usually dry)	Aches and Pains
Shortness of breath or difficulty breathing	Headaches/Sore Throat/ Runny Nose

# HOW IS IT SPREAD?

## Mainly from person – to – person

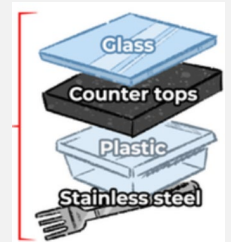
- People in close contact (within 6 feet)
  - ➔ *Droplets from infected person via coughs & sneezes*
- Touching contaminated surfaces or objects, and then touching your own mouth, nose, eyes

# HOW LONG IS COVID-19 DETECTABLE?

Per a recent scientific study published in the *New England Journal of Medicine* (March 17, 2020) <https://www.sciencedaily.com/releases/2020/03/200320192755.htm>

## COVID-19 virus is detectable in or on:

- Aerosols (in the air): up to three hours
- Porous surfaces (e.g. cardboard/paper/fabrics): up to 24 hours
- Shiny/hard surfaces (e.g. plastic/stainless steel): up to 2 ~ 3 days





## **STATE/COUNTY & CSU/CAMPUS ACTIONS THAT LIMIT RISK**



- CA Governor's order to Shelter in Place.
- Closure of K-12 schools
- Closure of non-essential businesses/gathering places
- Social distancing recommendations/requirements
- Travel bans (both domestic and international)
- All classes have gone to virtual = *few students on campus*
- Only essential staff on campus
- Increased efforts to clean/disinfect



## TAKING STEPS TO PROTECT YOURSELF AND PROTECTING OTHERS

- **Stay home if you are sick** except to get medical care.  
Learn what to do if you are sick.
- **Avoid public areas:** Do not go to school, or public areas. If you must go to work, then observe social distance and hygiene guidelines.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

# 6 FOOT RULE INCORPORATE SOCIAL DISTANCING



- Put **distance between yourself and other people** if COVID-19 is spreading in your community. *This is especially important for people who are at higher risk of getting very sick.*
- **6 feet apart** is ideal based on what is known about COVID-19. If not feasible, stay as far apart as is practical.
- **Avoid close contact** with people who are sick



## PROTECTING YOURSELF AND OTHERS

- Avoid touching your eyes, nose or mouth with unwashed hands
- Cover coughs and sneezes
- Frequently/properly wash your hands with soap and water
- Use a hand sanitizer that contains at least 60% alcohol

## A WORD ABOUT MASKS... IF YOU ARE SICK (NOT AT WORK)



### If you are sick:

- Wear a facemask when around other people (e.g., sharing a room or vehicle) and before entering a healthcare provider's office.
- If you are not able to wear a facemask (for example: causes trouble breathing), do your best to cover your coughs and sneezes.

### If you are **NOT** sick:

- Facemask is not needed unless you are caring for someone who is sick (and they are not able to wear a facemask).

*Facemasks may be in short supply and they should be reserved for caregivers.*

# NEW FACE COVERING ADVISORY

## 4/3/2020

CDC announced recommendations that people wear “non-medical cloth” face coverings **(not surgical masks & not N95 respirators)**

**Pros:** Individuals wearing this when out in the public (i.e. those with symptoms and without symptoms) would be less likely to spread COVID-19.

*If EVERYONE wore them, this might work well.*

### **Cons:**

- Some people might get lulled into a false sense of security, and not follow social distancing rules
- Too many people will try and buy up masks and respirators needed for health care workers and emergency responders.

# HAND HYGIENE

- Clean hands often with soap and water for a minimum of 20 seconds (Sing the Happy Birthday song 2x)
- Wash hands before donning and immediately after removing gloves.
- If soap and water are not available use an alcohol-based hand sanitizer that contains 60%-95% alcohol.
- However, if hands are visibly dirty, rinse off the dirt before using a sanitizer.
  - ✓ Hand sanitizer will not disinfect if skin is dirty!

# PERSONAL HYGIENE

- Additional key times to clean hands include:
  - ✓ After blowing one's nose, coughing, or sneezing
  - ✓ After using the restroom
  - ✓ Before applying make-up/lip balm
  - ✓ Before touching contact lenses or eyes
  - ✓ Before eating or preparing food
  - ✓ After contact with animals or pets
  - ✓ Before and after providing routine care for another person who needs assistance

# TAKE STEPS TO PROTECT YOURSELF



- How?



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



**Rinse** hands well under clean, running water.



**Dry** hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

LIFE IS BETTER WITH  
**CLEAN HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CS310027-A



# WASH HANDS VIDEO



<https://www.youtube.com/watch?v=seA1wbXUQTs>

# WASH HANDS VIDEO



[https://www.youtube.com/watch?v=4xC-\\_7ZiQoY](https://www.youtube.com/watch?v=4xC-_7ZiQoY)

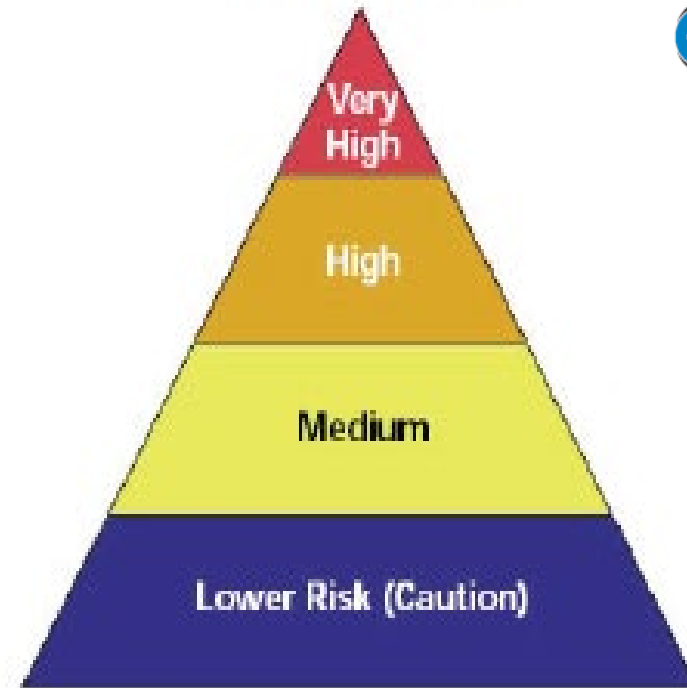
# CLASSIFYING COVID-19 RISK TO CAMPUS WORKERS

**Very High/High Risk:** Healthcare workers working on or providing care directly to sick patients.

**Medium Risk:** Jobs requiring frequent and/or close contact (within 6 ft) of people who may be infected.

**Lower risk:** Jobs that do not require contact with known or suspected sick people; no required close contact with coworkers and the public.

Occupational Risk Pyramid  
for COVID-19



OSHA<sup>®</sup>

# COVID-19 LOWER RISK WORKER PERSONAL PROTECTIVE EQUIPMENT

## Per OSHA:

- Additional PPE (such as masks/respirators, special clothing) is not required for workers in the lower exposure risk group.
- Workers should continue to use the PPE, if any, that they would ordinarily use for other job tasks.
- Consult the Safety Data Sheets for the cleaning/disinfection products, and the instruction manuals for the equipment (such as misters) for specific PPE needs.

# PERSONAL PROTECTIVE EQUIPMENT (PPE)

At **FRESNO**  **STATE**...

Safety Data Sheets (SDSs) for the cleaning and disinfection products, and instruction manuals for the equipment used at our campus indicate the following PPE is needed:

- Disposable gloves (nitrile)

# DIFFERENCE BETWEEN CLEANING, SANITIZING AND DISINFECTING

- **Cleaning** removes germs, dirt, and impurities from surfaces or objects.
- **Sanitizing** lowers the number of germs on surfaces or objects to a safe level, as judged by public health standards or requirements.
- **Disinfecting** kills germs on surfaces or objects.

# IF THERE ISN'T A SUSPECTED OR CONFIRMED CASE

**Per OSHA  
and/or the  
CDC\***

- *Do not enter occupied rooms unless you can safely maintain six feet from others.*
- Routinely clean and disinfect surfaces and objects that are frequently touched, aka “High-Touch Points”\*
- Examples: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks
- Clean with the cleaners typically used.\*
- Disinfect with EPA-registered/approved disinfectants.\*
- ✓ *Follow the manufacturer’s and your supervisor’s instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).\**

# REMINDER ABOUT HOW LONG COVID-19 REMAINS INFECTIOUS

*Per a recent scientific study published in the **New England Journal of Medicine** (March 17, 2020)*

## **COVID-19 virus is detectable in or on:**

- Aerosols (in the air): up to three hours
- Porous surfaces (e.g. cardboard/paper/fabrics): up to 24 hours
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**IF CONFIRMED COVID-19  
INFECTED PERSON HAS BEEN  
ON CAMPUS**

**#1 Close off areas used by the person.**

**#2 Avoid entering an area for no less than 3 hours before beginning cleaning and disinfection to minimize cleaning staff exposure to aerosols.**

*If possible, open windows and doors to increase ventilation while working in the room.*

# IF CONFIRMED INFECTED PERSON HAS BEEN ON CAMPUS

Per OSHA  
and/or the CDC\*

- Clean and disinfect all areas (e.g., offices, bathrooms, and common areas) used by the ill person focusing especially on frequently touched surfaces.\*
- If surfaces are dirty, clean first with using a detergent or soap and water prior to disinfection.\*
- Avoid splashing cleaning products on floors or surfaces to prevent creating airborne particles
- Disinfect using EPA-registered/approved household disinfectants.\*
- ✓ ***Follow the manufacturer's and supervisor's instructions for all cleaning and disinfection products and equipment (e.g., concentration, application method and contact time, etc.).\****

# FINAL THOUGHTS...

**Keep up-to-date by checking the COVID-19 web pages provided by:**

- Fresno County Public Health Dept.

<https://www.co.fresno.ca.us/departments/public-health/covid-19>

- California Dept. of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

- Fresno State

<http://fresnostate.edu/president/coronavirus/>

**Have questions or concerns?** Don't hesitate to ask your supervisor or contact the Office of EHS/Risk Management 559.278.7422

# QUESTIONS/FEEDBACK



A close-up photograph of a person's hands holding a white rectangular card. The card is held horizontally and features the text 'THANK YOU FOR YOUR ATTENTION' in a bold, sans-serif font. The words 'YOUR' and 'ATTENTION' are highlighted in red, while 'THANK YOU' and 'FOR' are in black. The word 'ATTENTION' is underlined with a red line. The background is a blurred, light-colored fabric, possibly a shirt.

**THANK YOU**  
**FOR YOUR**  
**ATTENTION**