CORONAVIRUS (COVID-19) AWARENESS
PROVIDED BY: EHS/RM
COVID-19 INFORMATION
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

<table>
<thead>
<tr>
<th>Usually...</th>
<th>Infrequently...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever and/or chills</td>
<td>Tiredness</td>
</tr>
<tr>
<td>Cough (usually dry)</td>
<td>Aches and Pains</td>
</tr>
<tr>
<td>Shortness of breath or difficulty breathing</td>
<td>Headaches/Sore Throat/Runny Nose</td>
</tr>
</tbody>
</table>
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](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
• 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.
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.**

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

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.
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

- 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
• Shiny/hard surfaces (e.g. plastic/stainless steel): up to 2 ~ 3 days
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

• 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.).*
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
THANK YOU FOR YOUR ATTENTION