

COVID-19 AWARENESS

Date : April 9, 2020

Disclaimer

The information provided in this training is based on current information regarding best practices obtained from guidance and publications issued by the U.S. Centers for Disease Control and Prevention as well as other federal, state and local public health officials, as of the date of this training.

Date of training: April 9, 2020

Training purpose

This training is designed to:

- Raise safety awareness about COVID-19.
- Provide the latest safety guidance.
- Provide instructions on how to correctly wear personal protective equipment—PPE.



Image: CDC

Important notes

Any illnesses, including COVID-19 positive cases, in the workplace put others at risk.

If you are sick, please stay home!

Practice social distancing measures at all times.

STOP

Feeling Sick?
Stay home when you are sick!

If you feel unwell or have the following symptoms
please leave the building and contact your health care provider.
Then follow-up with your supervisor.

DO NOT ENTER if you have:

- FEVER**
- COUGH**
- SHORTNESS OF BREATH**



cdc.gov/CORONAVIRUS

COVID-19: 8/4/20 04:11 PM

Image: CDC

Coronavirus and COVID-19

Coronavirus disease 2019, or COVID-19, is a respiratory illness spreading from person-to-person.

COVID-19 is considered a global pandemic with community spread.

Symptoms may include fever, muscle or body aches, sore throat and cough, fatigue and headaches.

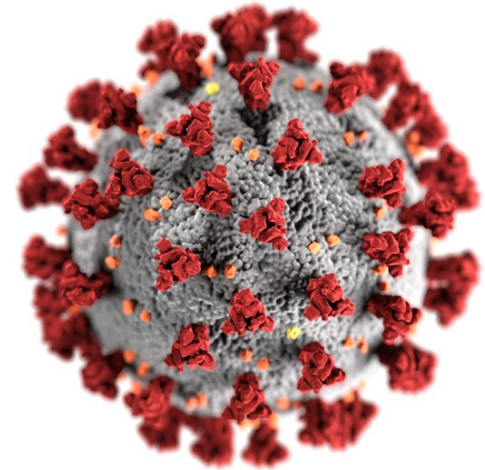


Image: CDC

Reducing community spread of COVID-19

Take steps to protect yourselves and others:

- COVID-19 is spread person-to-person or by touching contaminated surfaces.
- No vaccine is currently available.
- **Asymptomatic individuals** can spread the disease.
- **Avoid being exposed to prevent illness.**



Image: CDC
Stay 6 feet apart.

Cloth face covers

Cloth face covers

Cloth face covers can help prevent **pre-symptomatic** and **asymptomatic** individuals from inadvertently spreading the virus to others.

Wear cloth face covers in public when social distancing is difficult to maintain.



Image: CDC

Fabric comparisons

Consider breathability versus filtration.

More suitable: Pillowcase, bed sheets or 100% cotton t-shirt.

Less suitable: Vacuum bag and tea towel—not breathable; silk—too breathable.

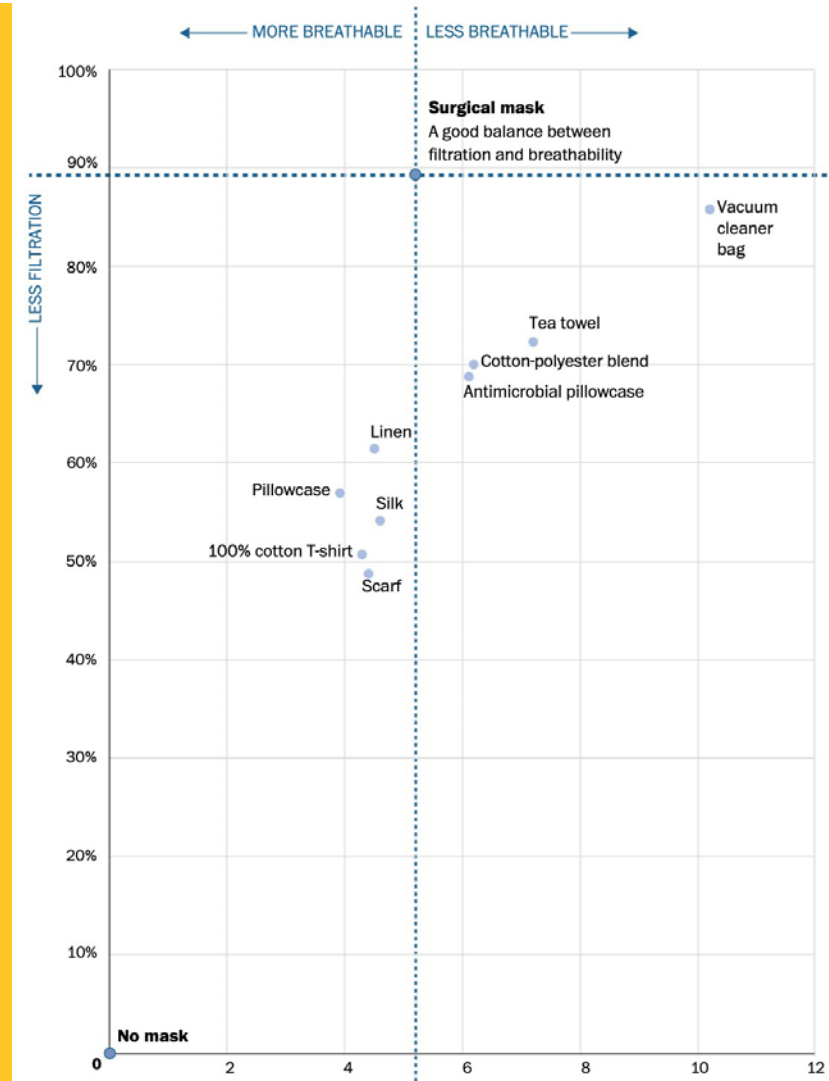


Image: Karen Albrecht

Fabric comparisons

The CDC recommends **two layers of tightly woven 100 percent cotton fabric**, such as quilter's material or bedsheets with a high thread count.

Image: Washington Post



Information about face cloth covers

Cloth face covers should go over the mouth and nose.

Cloth face covers are **meant to protect others** in case you are infected.



Image: CDC

The cloth face cover is not a substitute for social distancing.

Cloth face covers should...

Fit snugly but comfortably against face.

Be secured with ties or ear loops.

Include multiple layers of fabric.

Allow for breathing without restriction.

Be able to be laundered and machine dried.



Image: CDC

Cloth face covers

Cloth face covers can be made at home as a **voluntary public health measure**.

Should **not be** worn by:

- Children under 2.
- Anyone who has trouble breathing.
- Anyone who is unconscious, incapacitated or unable to remove the cloth face cover without assistance.



Image: CDC

Cleaning instructions for cloth face covers

Cloth face coverings should be routinely washed in a washing machine.

Do not to touch eyes, nose, or mouth when removing cloth face covers.

Wash hands with soap and water or apply hand sanitizer after removing cloth face covers.



Image: CDC

Sewing instructions for cloth face covers

Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic or rubber bands, string, cloth strips, or hair ties.
- Needle and thread or bobby pin.
- Scissors.
- Sewing machine.

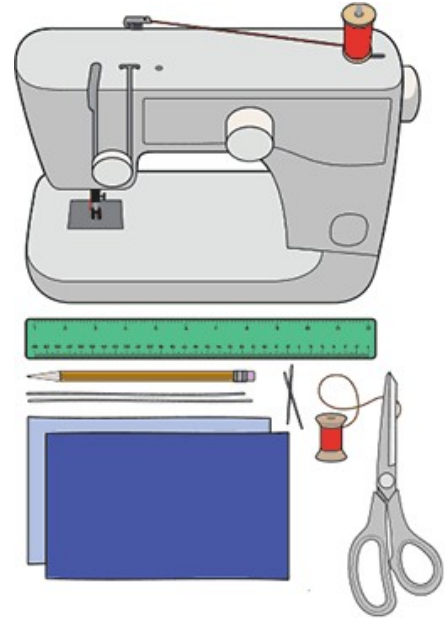


Image: CDC

Sewing instructions for cloth face covers

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the face cover as if it was a single piece of fabric.

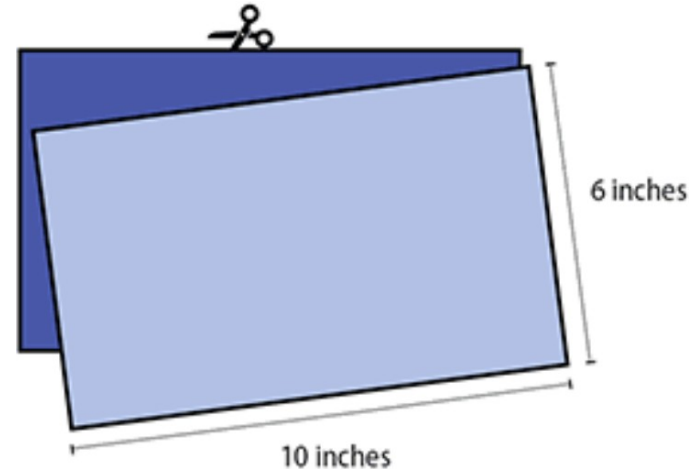


Image: CDC

Sewing instructions for cloth face covers

2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.

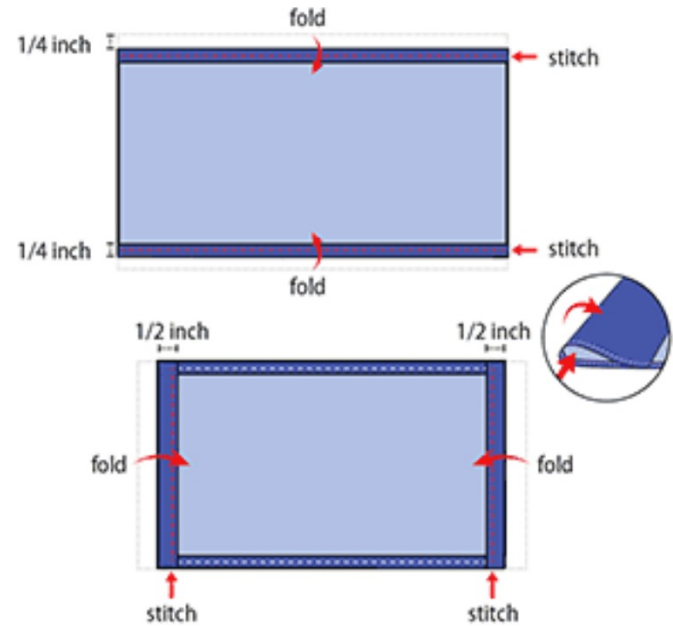


Image: CDC

Sewing instructions for cloth face covers

3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the face cover. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. **Don't have elastic?** Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the face cover behind your head.

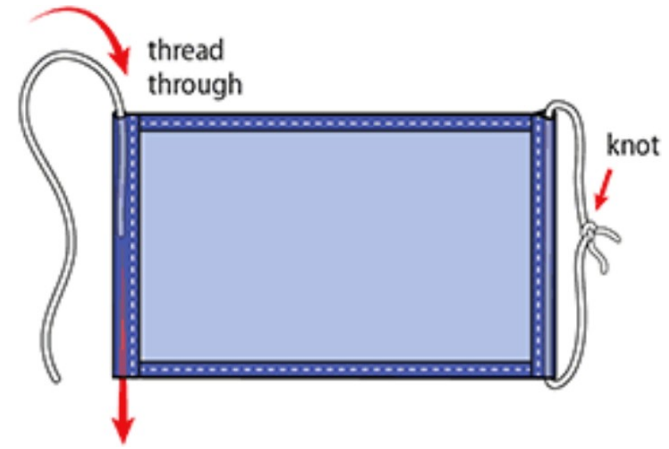


Image: CDC

Sewing instructions for cloth face covers

4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the face cover on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

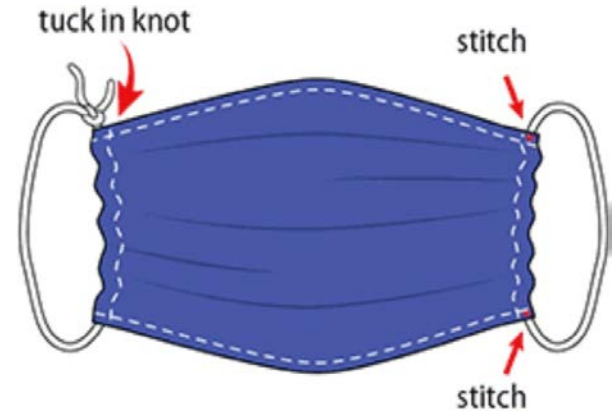
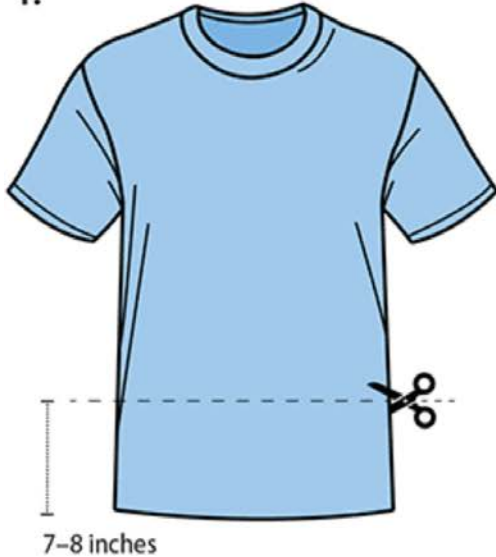


Image: CDC

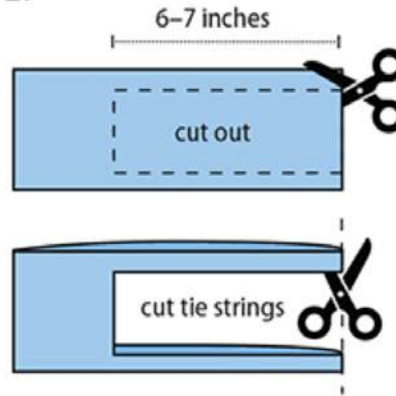
Quick cut T-shirt cover—no sew method

Materials: T-shirt and scissors

1.



2.



3.

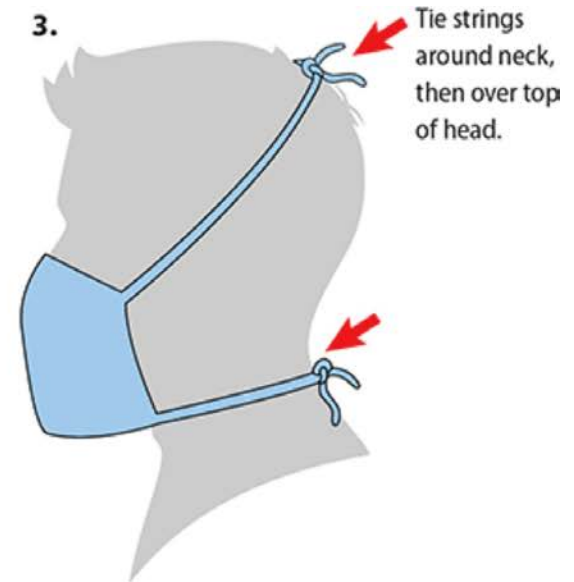


Image: CDC

Bandana face cover—no sew method

Materials: Bandana—or square cotton cloth approximately 20”x20”, coffee filter, rubber bands or hair ties and scissors if you are cutting your own cloth.

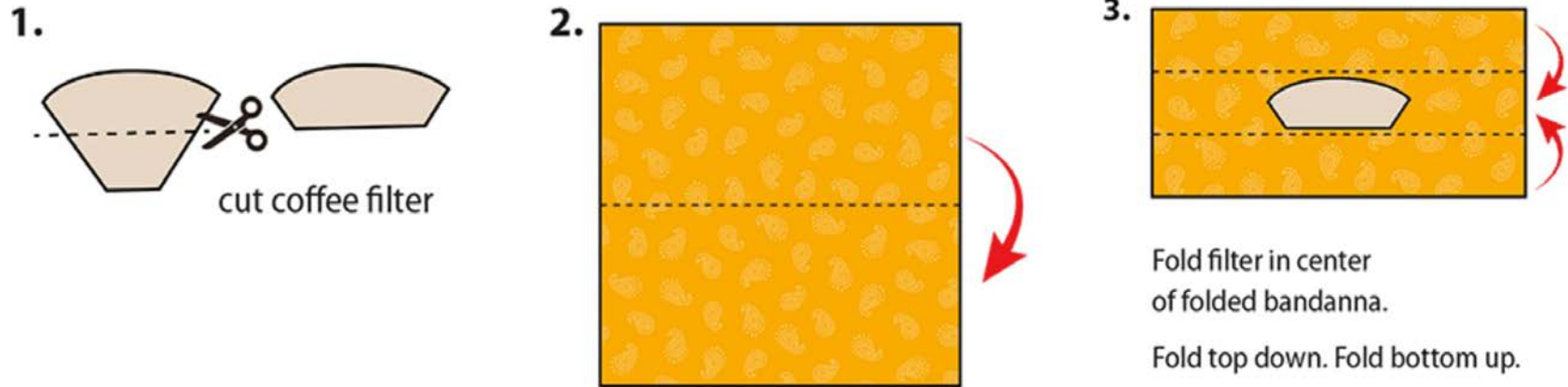


Image: CDC

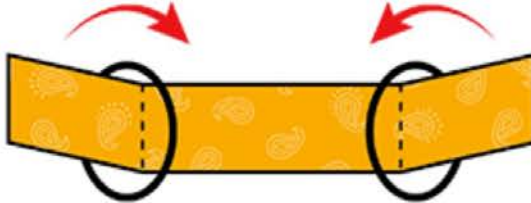
Bandana face cover—no sew method

4.



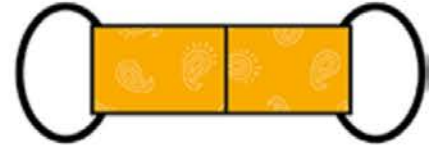
Place rubber bands or hair ties about 6 inches apart.

5.



Fold side to the middle and tuck.

6.



7.

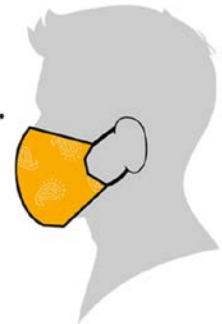


Image: CDC

Cloth face covers

For tutorials about how to make cloth face covers, please visit the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

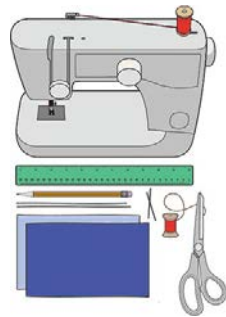
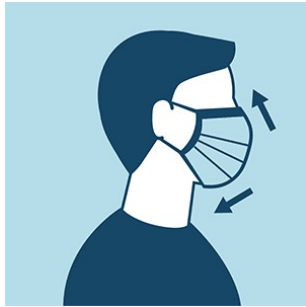


Image: CDC

Dr. Jerome Adams, Surgeon General



<https://www.youtube.com/watch?v=tPx1yqvJgf4&feature=youtu.be>

Safety precautions and procedures

Safety precautions and procedures

ECSU personnel working on-site should follow **safety precautions** and **practice recommended procedures** to minimize the spread of COVID-19.

Participate in health screening protocols, when checking in with your supervisor, if applicable.

Health screening questions

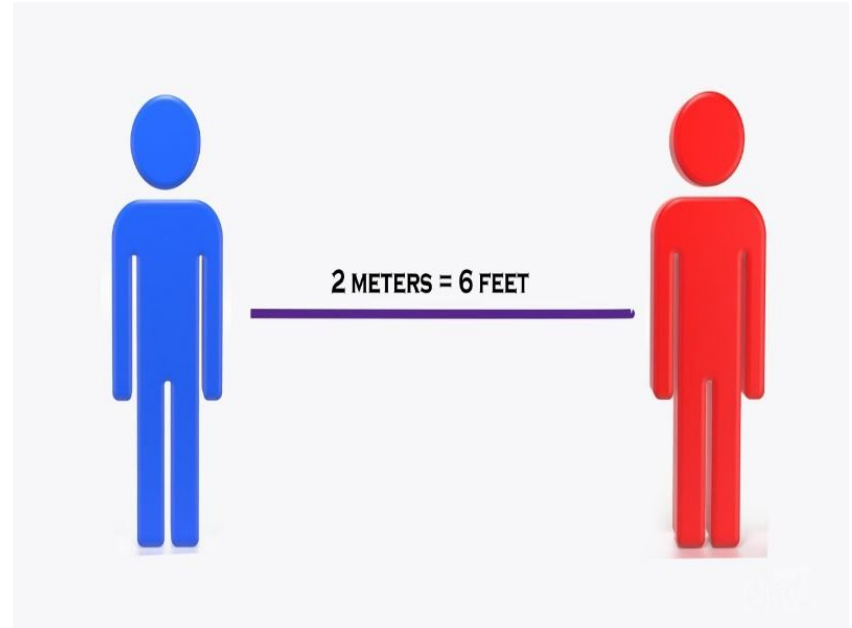
1. Are you sick or do you feel ill?
2. Do you have a fever?
3. Have you experienced any new respiratory symptoms, such as a cough or shortness of breath, within the last 14 days?
4. Have you had close contact with anyone who has tested positive for COVID-19, or who has been tested and is waiting for results while they had symptoms or in the two weeks before they began showing symptoms?
5. Have you traveled outside of Connecticut in the past 14 days?

Social distancing

Avoid crowded places.

Maintain a distance of **at least six feet**— two meters—from others.

Stay outside or come back at a later time if a building is too crowded.



SOCIAL DISTANCING IN ELEVATORS

COVID-19 ELEVATOR SAFETY

- **HELP REDUCE THE SPREAD OF COVID-19**
- **LIMIT ONE PERSON PER ELEVATOR RIDE**

Good respiratory hygiene

Cover mouth and nose with tissues when coughing or sneezing or use the inside of elbow.

Throw away used tissues in the trash. Do not leave on top of surfaces.

Wash hands with soap and water or apply hand sanitizer.



Good hand hygiene

Avoid touching eyes, nose and mouth with unwashed hands.

- If soap and water are not available, **use a hand sanitizer that contains at least 60 percent alcohol**. Cover all surfaces of hands and rub together until dry.



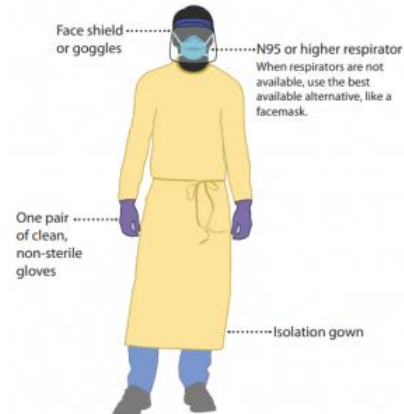
Voluntary use of PPE

Voluntary use of PPE

According to the CDC and the World Health Organization, the use of PPE in public areas is **voluntary**.

COVID-19 Personal Protective Equipment (PPE) for Healthcare Personnel

Preferred PPE – Use N95 or Higher Respirator



Acceptable Alternative PPE – Use Facemask



Donning and doffing PPE

Donning and doffing of PPE

Donning and **doffing** is the practice of putting on and removing personal protective equipment.

Donning refers to putting on personal protective equipment.

Doffing refers to removing personal protective equipment.



Image: CDC

Donning a surgical mask

1. Wash hands with soap and water or apply hand sanitizer before donning a mask.
2. Place mask on face with ear loops over ears.
3. The mask should cover your nose and mouth with no gaps between the mask and your face.
4. Wash hands with soap and water or apply hand sanitizer.
5. Avoid touching the mask while wearing it.



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Doffing a surgical mask

1. Wash hands with soap and water or apply hand sanitizer.
2. Use the ear loops to remove the mask avoiding touching the front of the mask or your face.
3. If the mask is in good condition and not soiled, you may reuse it.
4. Carefully place the mask into a clean Ziploc bag, labeled with the user's name. Avoid compressing the mask. Do not seal the bag.
5. Wash hands with soap and water or apply hand sanitizer.

Note: If the mask was worn during an encounter with another person who displayed obvious signs of illness, discard of the mask in the trash.

Reusing a surgical mask

If using a surgical mask and following social distancing practices, the likelihood of the mask being contaminated is very low.

1. Wash hands with soap and water or apply hand sanitizer.
2. Remove mask by holding the ear loops.
3. After removing facemask, visually inspect for contamination, distortion in shape or form. Discard in trash if soiled, torn, or saturated.
4. Carefully store in an unsealed bag labeled with your name on it.
5. Wash hands with soap and water or apply hand sanitizer.

Procedures for donning gloves

1. Wash hands with soap and water or apply hand sanitizer before donning gloves.
2. Select properly sized gloves.
3. Don one glove per hand.
4. Inspect gloves for any tears or holes and replace gloves if any defects are detected.



Procedures for doffing gloves

1. Grasp the outside edge near your wrist.
2. Peel away from your hand, turning the glove inside-out.
3. Hold in opposite gloved hand.
4. Slide ungloved finger under the wrist of the remaining glove.
5. Peel off from inside, creating a bag for both gloves.
6. Discard gloves in the garbage.

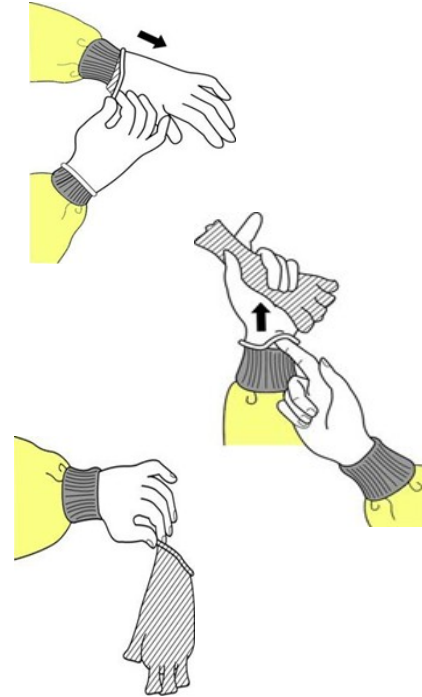


Image: CDC

Demonstration of gloves donning and doffing procedures

<http://info.eagleprotect.com/don-doff-disposable-gloves-video>

**CLICK ON THIS LINK TO TAKE THE
ONLINE QUIZ**

<https://forms.office.com/Pages/ResponsePage.aspx?id=6Eq8AGxX40WUnU8SnYtnCi6-uJEVpqVOj1ZKbUShR8VUNzdFOVQ5WDIOVIRWUzhZTU41S1FZUlc1Ry4u>

CREDIT

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CDC

<https://www.cdc.gov/>

WHO

<https://www.who.int/>