
The intent of this training document is to provide content that meets the established CALOSHA and State of California training requirements related to COVID-19 Returning to Campus training. UCI has developed an online course which can be accessed at: <https://www.ehs.uci.edu/public-health/covid-19/training-returning-to-campus.php>. In the event you do not have access to the online module, the information in this training document meets the Campus standard for training completion. Once the material is reviewed, please complete and sign the training roster and submit to your supervisor. If you have any questions related to the training material provided, please discuss with your supervisor.

As we recover from this pandemic, UC Irvine would like to prepare you for returning to campus. We care about your well-being; and want to ensure that you remain healthy.

What is coronavirus?

Coronavirus is a family of viruses that infects mammals and causes respiratory diseases. The range of illness that can be caused by the coronavirus can be as mild as the common cold to severe as SARS. A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

What are the symptoms?

People with COVID-19 have reported a wide range of symptoms, from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

How Does it Spread?

The virus is thought to spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.

It may be possible that a person can get COVID-19 by **touching a surface or object that has the virus on it** and then touching their own mouth, nose, or possibly their eyes, but this is not currently thought to be the main way the virus spreads.

Who is vulnerable to COVID-19?

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, adults 65 years or older and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility. Notify the operator that you are seeking care for someone who has or may have COVID-19.

COVID-19 Vaccine

Vaccination is one of the most important tools to end the COVID-19 pandemic. The vaccine is effective at preventing COVID transmission as well as serious illness and death. The vaccine is available for free to anyone in California who wants it.

To access vaccination and testing information, please visit <https://uci.edu/coronavirus/>.

Healthy Habits

A combination of physical distancing, face coverings, increased ventilation indoors, and respiratory protection are the most effective in prevention of virus spread. Here are other healthy habits that will help you stay well and reduce the spread of COVID-19. Click the icons to learn more.

1. Stay home if you are sick.
2. Avoid touching your mouth, eyes, and nose. Cough or sneeze into your sleeve or tissue and dispose of the tissue in the trash.
3. Maintain a minimum of 6 feet distance from others whenever possible.
4. Avoid contact with people who are sneezing, coughing, or exhibiting symptoms of respiratory illness.
5. Keep adequate supplies available to support healthy hygiene practices (such as soap and disinfectant)
6. Practice situational awareness and immediately report potential exposures to supervisors.

Physical distancing (previously called social distancing)

Means avoiding large gatherings and maintaining about 6 feet of distance from others when possible. At this time, no physical distancing or barriers between workers are required, regardless of employees' vaccination status, unless there is an outbreak. However, unvaccinated employees eating or drinking indoors must be at least 6 feet apart from others.

Hand Hygiene

Good hand hygiene is critical to stopping the spread of viruses. You should wash your hands often with soap and water for at least 20 seconds.

Face Coverings

Fully vaccinated employees may work indoors without face coverings, even if unvaccinated co-workers are present. No face coverings are required for anyone outdoors, unless there is an outbreak of COVID-19 cases. Unvaccinated employees must continue to wear masks indoors, unless alone in a room or a vehicle. Upon request, UCI will provide voluntary-use respirators to unvaccinated or vaccinated employees.

Face coverings may help reduce exposure to droplets in the air that contain the COVID-19 virus. People without symptoms can spread the virus, so we all wear face coverings to protect each other.

Daily Symptom Checker

As part of UCI's Working Well campaign, all UCI staff will receive a daily email asking them to confirm their health status. The email provides a list of symptoms to check yourself against, such as fever, chills, cough, etc.... UCI is expecting everyone to conduct a daily system screening and take a moment to review the list of symptoms and answer 'yes', 'no', or 'working off-site' in response to the email.

The automated application will provide you with instructions based on your answer. This small measure of awareness of symptoms, and staying home whenever you have symptoms, can go a long way in preventing the spread of illness, including COVID-19.

Routine Surface Cleaning and Disinfecting

Enhanced cleaning is performed for high-touch areas:

- Tabletops/Countertops
- Electronic equipment and appliances (e.g., copier, keyboards, phones)
- Hydration stations
- Railings
- Doorknobs and handles
- Light switches and plates

In addition to keeping the shared spaces on campus clean, UCI Facilities Management provides cleaning supplies to employees, including those working in buildings off-campus. This will enable you to keep your personal space clean.

Follow these guidelines to do your part in keeping UCI safe and healthy:

- Follow standard cleaning procedures AND follow the manufacturer's instructions for all cleaning and disinfection products.
- Follow instructions for appropriate product concentration, application method and contact time.
- Clean your personal space at least once a day.
- Use disposable disinfecting wipes so that commonly used surfaces can be wiped down before and after use.
- Increase the frequency of cleaning in high touch areas to at least once a day and as needed.
- For Electronics, use alcohol-based wipes with at least 70% alcohol.

Precision matters when it comes to COVID-19 procedures:

- **Cleaning** refers to the removal of dirt and impurities, including viruses, from surfaces. Cleaning alone does not kill viruses. But by removing the viruses, it decreases their number and therefore any risk of spreading infection.
- **Disinfecting** works by using chemicals, for example EPA-registered disinfectants, to kill viruses on surfaces. This process does not necessarily clean dirt off the surface but kills viruses that are present on the surface.
- **Contact Time** is the time a disinfectant is in direct contact with the surface or item to be disinfected. For surface disinfection, this period is framed by the application to the surface and leaving the disinfectant on the surface for the required contact time. Disinfectants have varying amounts of contact time.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. Individuals identified for quarantine include those who have been exposed to the virus and are awaiting COVID-19 test results. A person may have been exposed to the virus without knowing it (for example, when traveling or out in the community), or they could have the virus without feeling symptoms. Quarantine helps limit further spread of COVID-19.
- **Isolation** refers to the separation of sick people with a contagious disease from people who are not sick. Individuals identified for isolation include those who have received positive test results for COVID-19.
- **Person Under Investigation or PUI** for short is a person who has not yet been confirmed through testing as having a positive case of COVID-19.

Contact the following UCI departments for COVID-19 related assistance.

- Human Resources: Report confirmed and suspected COVID-19 cases
- Workers' Compensation: Potential work-acquired COVID-19 exposure
- Environmental Health and Safety: Decontamination strategies

