



ADOPTED COVID-19 TRAINING FOR ALL  
STAFF

HUMANE HOME  
CARE AGENCY

# COVID-19 Safety

University of Pittsburgh

Office of Public Safety and Emergency Management

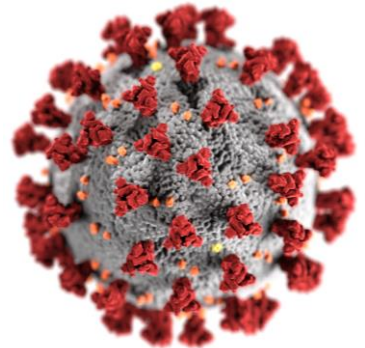
Department of Environmental Health and Safety

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# COVID-19 Safety

COVID-19 is a respiratory illness caused by a virus (SARS-CoV-2). SARS-CoV-2 is a new (novel) coronavirus.

Coronaviruses are an existing group of viruses that generally cause mild to moderate respiratory illness, like the common cold. This virus is a new coronavirus that has spread worldwide, creating a pandemic and a new disease called COVID-19.



# COVID-19 Safety

The symptoms of COVID-19 include some or all of the following:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Other less common symptoms have been reported, including gastrointestinal symptoms of nausea, vomiting, and/or diarrhea



# COVID-19 Safety

- The CDC has developed a tool for checking symptoms

If you have ANY symptoms, no matter if mild or severe, stay home!

# COVID-19 Safety

Symptoms vary from person to person, and range from no apparent symptoms (asymptomatic) to mild symptoms to severe illness.

Deaths have been reported world-wide due to complications of COVID-19.

Persons of all age groups have been ill or have died from COVID-19.



# COVID-19 Safety

**It is clear that some groups of people are at elevated risk for severe disease and potentially fatal complications from COVID-19:**

- People 65 years and older
- People who live in nursing homes or long-term care facilities
- People of all ages with underlying medical conditions
  - Chronic lung disease
  - Moderate to severe asthma
  - Serious heart conditions
  - Immunocompromised individuals (cancer patients, smoking, organ/bone marrow transplantation, poorly controlled HIV/AIDS, prolonged use of corticosteroids or other immune weakening medications)
  - Severe obesity
  - Diabetes
  - Chronic kidney disease (undergoing dialysis)
  - Liver disease



# COVID-19 Safety

COVID-19 is primarily spread person to person via respiratory droplets from an infected person's mouth or nose, or from respiratory droplets on an infected person's hands.

- Respiratory droplets are most commonly produced when a person coughs, sneezes, or speaks
- Respiratory droplets may land in the mouths or noses of people nearby. Respiratory droplets usually do not travel more than six feet. That is why remaining 6 feet (two arms lengths) away from individuals has become a recommended practice. This is the principle of social distancing – keeping six feet away from others as much as possible.





# COVID-19 Safety

You may also become infected by the virus if you touch an object or surface that was recently contaminated with respiratory droplets containing the virus, and then touch your mouth, nose or eyes.

- Skin is an effective barrier against this virus. Membranes inside your eyes, nose and mouth are not effective barriers.
- If you touch your eyes, nose or mouth with your hands (wearing gloves or not wearing gloves) and your hands (wearing gloves or not wearing gloves) have been exposed to the virus, you may become infected.
- Wash your hands frequently and avoid touching your face.
- The Centers for Disease Control (CDC) does not recommend wearing gloves for common tasks on campus, at work or in public.



# COVID-19 Safety

## How to protect yourself from COVID-19

- Wash your hands with soap and water
  - Prior to touching your face (for any reason)
  - Before preparing or eating food
  - After coughing or sneezing (into a tissue)
  - After touching high-contact surfaces
  - Before and after putting on a face covering (cloth face mask) or other mask



# COVID-19 Safety

## Hand Washing Technique

- Wash hand frequently with soap and water for at least 20 seconds (sing the chorus to your favorite song)
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol
  - **As soon as possible, wash hands with soap and water**



# COVID-19 Safety

- There is increasing evidence that COVID-19 is spread by persons 48 hours before symptoms are apparent.
- Also there have been asymptomatic individuals (persons not showing any symptoms) confirmed to have COVID-19.
- These facts contribute to the need for all individuals to practice social distancing (also called physical distancing) by keeping six feet from others that are not part of your household.



# COVID-19 Safety

## Best methods to protect yourself from COVID-19

- Frequent hand washing
- Do not touch your face, especially your mouth, nose or eyes
- Practice social distancing (remaining at least 6 feet away from others)



# COVID-19 Safety

Behaviors you should practice to protect others from COVID-19

- Wear a face covering when in public and when on campus
- Cover your coughs and sneezes with a tissue. Remove face covering before coughing or sneezing. Throw tissue in trash and wash hands.
- Wash your hands frequently



# COVID-19 Safety

Behaviors you should practice to protect others from COVID-19

- Self-monitor daily for symptoms of COVID-19
- Stay home when any COVID-19 symptoms emerge
- Maintain physical distance of six feet from others in the event that you are infected and symptoms have not emerged or are not apparent.
- Keep hands clean to avoid contamination of surfaces. Clean and disinfect surfaces in personal spaces after use, especially those surfaces shared with others



# COVID-19 Safety

## Facts about Face Coverings

- Face coverings are currently expected to be worn in public, on campus, and in campus buildings.
- Face coverings are worn to prevent asymptomatic individuals from unknowingly spreading the virus. The face covering reduces the amount of respiratory droplets that are expelled when talking, breathing, coughing, sneezing, and laughing.
- Face coverings must cover the mouth and nose to be effective.
- Self-supplied cloth face coverings are acceptable and encouraged.
- If a Pitt-affiliate is on campus and does not have a self-supplied cloth face covering, Pitt will provide that individual a face covering for use on campus.





# COVID-19 Safety

## More Facts about Face Coverings

- Face coverings provide minimal protection for the wearer; and social distancing must be maintained even with a face covering or other mask.
- Face coverings are not personal protective equipment and may be re-used if not contaminated.
- Individuals that cannot wear a mask due to a medical condition may enter campus buildings and are NOT required to provide documentation of a medical condition.
- Specific research areas may have additional rules about face coverings. If your work requires any type of mask for protection from a hazard, do not substitute a cloth face covering.



# COVID-19 Safety

## Removing your Face Covering

- Try to avoid touching face, eyes, nose, mouth when removing
- Wash hands after removing face covering
- Launder cloth face coverings routinely at home



# COVID-19 Safety

Face Coverings and other Supplies used for COVID-19 mitigation can be disposed in regular trash.

- Single use face coverings (also called barrier masks) can be disposed in the regular trash.
- Gloves, when used for common cleaning, can also be disposed in the regular trash. [Gloves and other protective equipment used by designated and trained personnel to clean areas visited by persons confirmed for COVID-19 will be disposed in a manner that protects others.]



# COVID-19 Safety

## Cleaning and Disinfection of Surfaces

- Custodians in Facilities Management and Housing are cleaning and disinfecting high touch surfaces and common areas on a more frequent basis for your protection.
- You are responsible for cleaning/disinfecting high-touch areas in your assigned work area
  - Desktop and drawer handles
  - Phone
  - Keyboard
  - File cabinet handles
  - And possibly shared surfaces in a break/lunch area such as microwave buttons, coffee pot handle, and refrigerator handles



# COVID-19 Safety

## Cleaning and Disinfection of Surfaces

- Most household cleaning agents are appropriate for use in controlling the virus causing COVID-19; but laboratory surfaces have additional cleaning and disinfection requirements.
- Guidance for products, and guidance for cleaning and disinfection is found at <https://www.ehs.pitt.edu/sites/default/files/docs/Disinfectant-InfoAndRecommendations.pdf>



# COVID-19 Safety

## Social Distancing Behaviors in Common Areas

### Elevators

- Limit the amount of individuals on an elevator. Please take the stairs if you are able. University guidance is a maximum of 4 individuals per elevator, unless otherwise posted.

# COVID-19 Safety

## Social Distancing Behaviors in Common Areas

### Office Environments

- If working in an open office area, maintain at least 6 feet from coworkers.
- Wear face covering at all times. Face covering use is voluntary while inside your own private office.
- Avoid face to face meetings and gatherings. Do not congregate in break areas or corridors.



# COVID-19 Safety

## Social Distancing Behaviors in Other Areas

Restroom use: be courteous of others, maintain social distance, and do not use fixtures that are closed to maintain social distancing.

Custodians are cleaning restrooms on a more frequent basis to protect the health of the Pitt community.

Comply with all signs for travel patterns or safe distances while waiting.



# COVID-19 Safety

Individuals are encouraged (but not required) to self-identify to their supervisor any underlying medical condition that elevates their risk of severe complications from COVID-19. Supervisors and others may not ask workers to disclose personal medical information, according to privacy laws.

# COVID-19 Safety Training

[www.emergency.pitt.edu](http://www.emergency.pitt.edu) has the most up to date information for  
University of Pittsburgh

Additional information available at [www.ehs.pitt.edu](http://www.ehs.pitt.edu)