

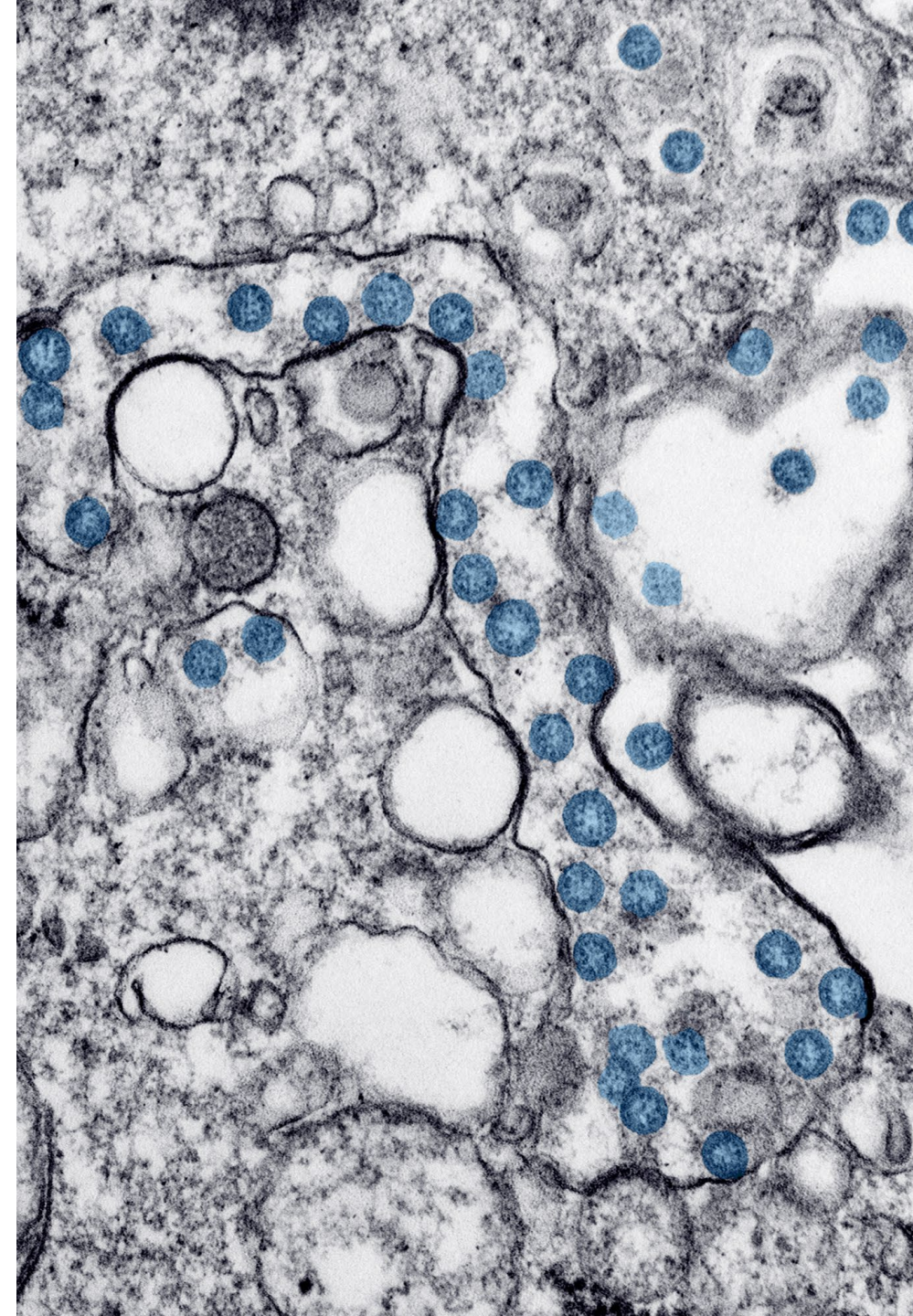
# **SOCIAL DISTANCING AND SANITIZATION PROCEDURES IN THE LABORATORY**

UNC CHAPEL HILL BEHAVIORAL &  
INTEGRATIVE NEUROSCIENCE PROGRAM

Photo courtesy of Alissa Eckert, MS; Dan Higgins, MAMS; CDC: [PHIL ID #23311](#)

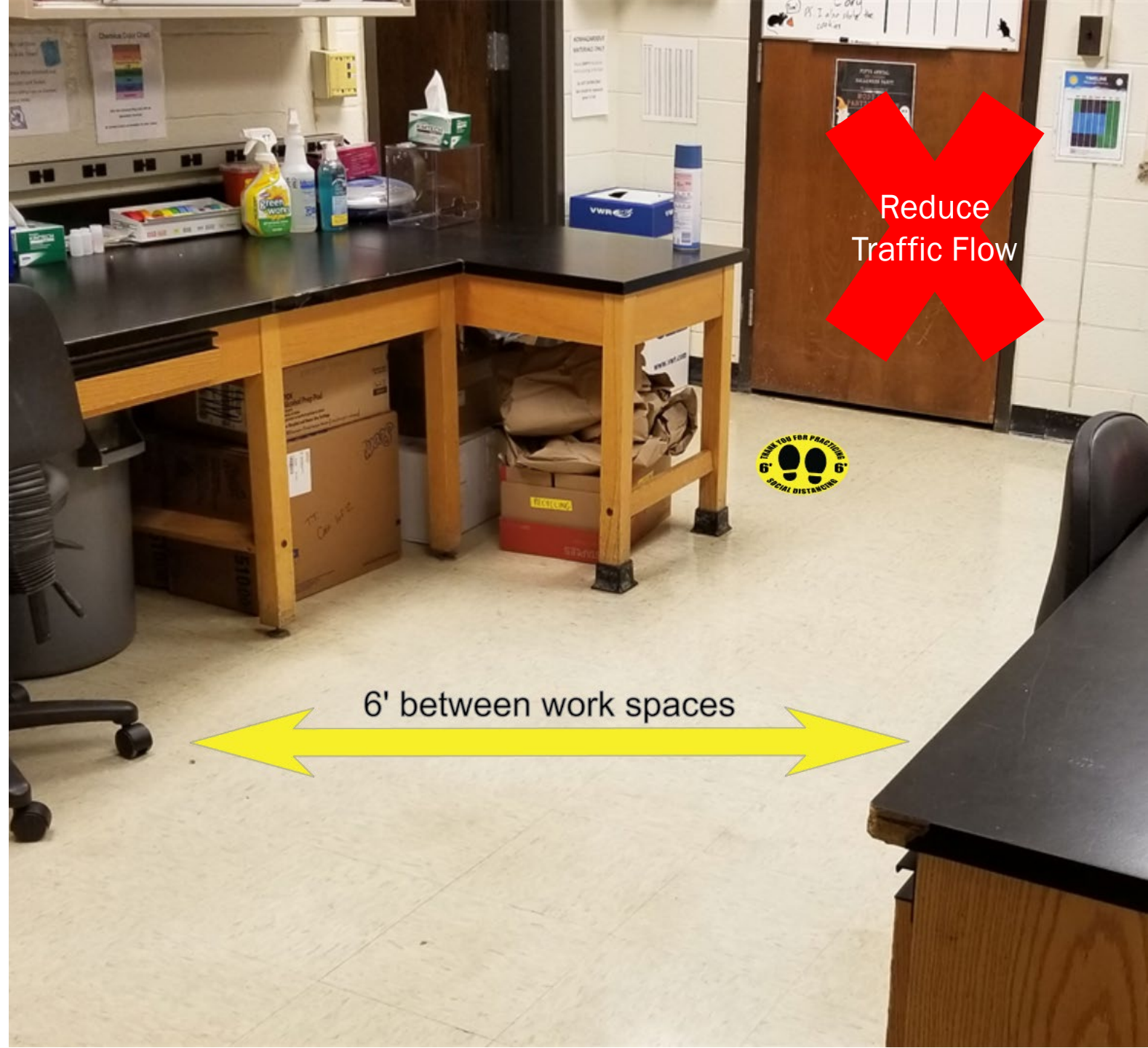
## ABOUT COVID-19

- Per OSHA, “Coronavirus Disease 2019 (COVID-19) is a respiratory disease caused by the SARS-CoV-2 virus.”
- Over 1.5 million people in the United States have been confirmed to have COVID-19, with nearly 5 million cases worldwide, as of mid-May.
- Symptoms include fever, cough and shortness of breath and may appear 2-14 days after exposure. Some individuals are asymptomatic, with no symptoms being displayed at all.
- Routes of exposure include close contact between people, when respiratory droplets are produced from an infected person when they cough or sneeze and inhaled by nearby individuals.
- In order to reduce the virus from spreading, tactics such as social distancing, increasing hand hygiene and education are being encouraged.



# SOCIAL DISTANCING

- Limit individuals within the laboratory space
  - Encourage working remotely when possible
  - Continue virtual meetings for lab meetings and discussions requiring several lab members
  - Individuals should always wear lab appropriate PPE while in the lab
    - Outside of the lab on campus or in general public, a cloth mask or paper mask is suitable.
  - Individuals that are classified as high risk should have appropriate accommodations for their well-being and protection.
- Eliminate multiple entries into a space to control traffic flow through the lab.





## SOCIAL DISTANCING

- Remove excess chairs to encourage social distancing
- If individuals are unable to maintain 6' distance, work should be limited to one person per bench space/room.
- While social distancing and hygiene are important, so is exposure time of individuals working in the same space for extended periods of time.

# SOCIAL DISTANCING

- Use tape or floor decals to provide visual cues to maintain social distancing
  - Identify and tape off high traffic workstations:
    - Fume hoods
    - Chemical cabinets
    - Surgery stations
    - Wet/dry bench lab
    - Cryostats
    - Microscopes
  - Restrict access through multiple doors into the lab space to control traffic flow



# PERSONNEL AND TIME MANAGEMENT

- Implement shifted schedules to limit individuals working in the lab to 50% or less.
  - This can be done in a variety of ways: including set times, team shifts, specific days, etc.
  - Consider using an open access calendar, such as Google Calendar, to track workflow in the lab.
- Avoid working alone during late hours and consider a “virtual buddy system” in case you need assistance.
- Focus on projects that can easily be ramped-down, in case of another outbreak.
- Communicate with DCM staff and fellow lab members on potential overlapping experiments in animal rooms, surgery areas or shared lab spaces.

Who is Working in the Lab?

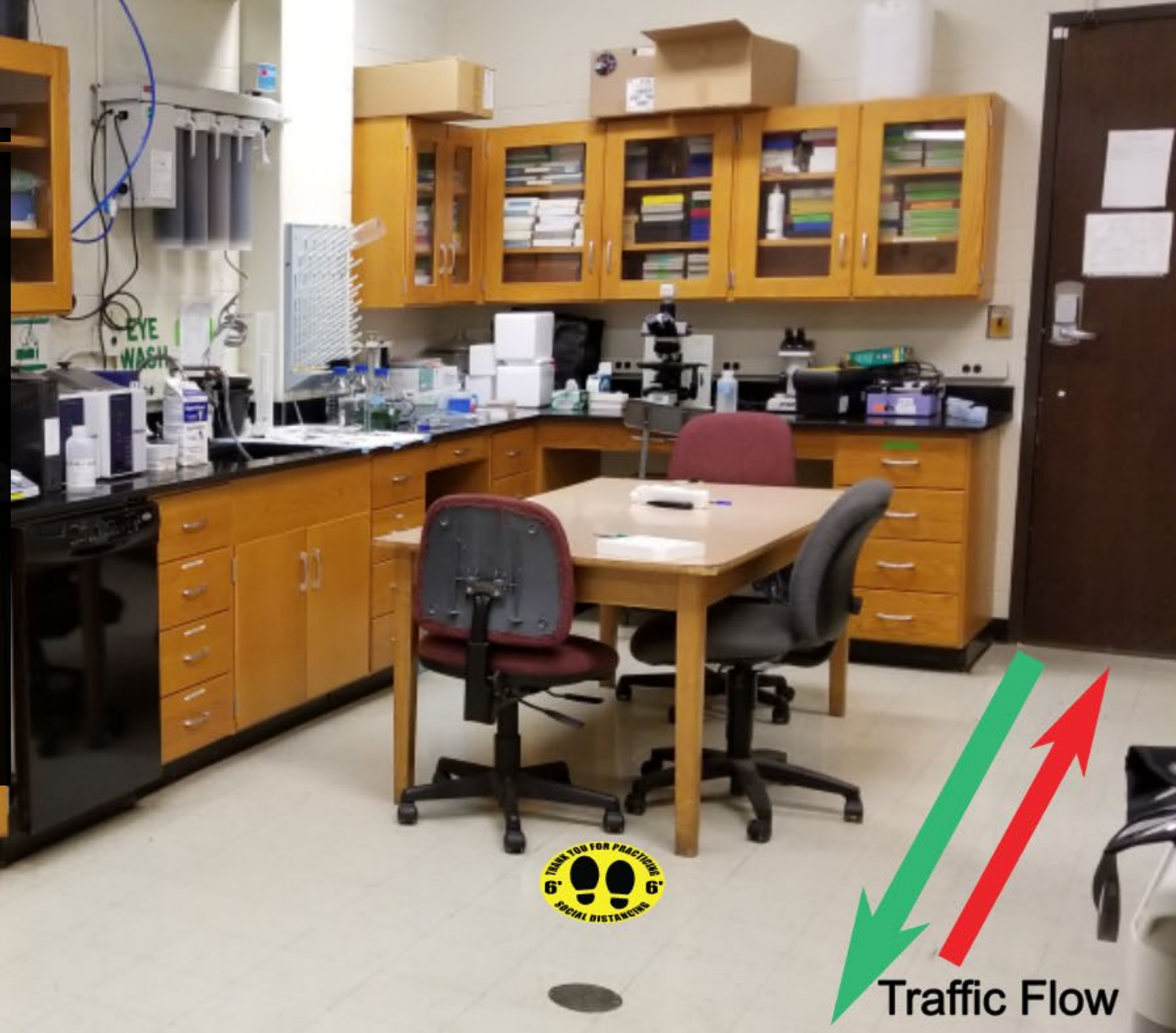
May 2020 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5 8am - Rhiannon -	6 1pm - Rhiannon -	7	8	9
10	11	12	13 10am - Rhiannon - 2pm - Honoreé	14	15	16 6pm - Rhiannon -80



## COMMON PROGRAM SPACES

- Consider requiring gloves in common shared lab spaces.
- When possible, individuals should work in their own labs and avoid shared spaces.
- Maintain proper mask and PPE guidelines when working in common spaces.
- Encourage eating meals/taking breaks away from the lab and discourage using group/open office plans.



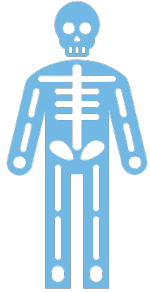




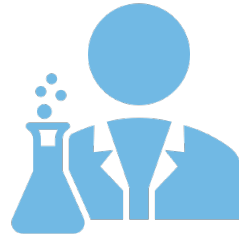
## DISINFECTING COMMON LAB AREAS

- Use 70% alcohol solution on door key codes/alarm pads, to prevent long term deterioration of the soft rubber components.
- Commercial disinfectants approved by the EPA can be found here:  
<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Formula for 70% Ethanol		
Desired Volume	190 Proof EtOH	DDH2O
1 liter	737 ml	263 ml
Desired Volume	200 Proof EtOH	DDH2O
1 liter	700 ml	300 ml



Maintain good inventory management of standard laboratory PPE, such as gloves, masks, goggles, etc. in order to safely work in the lab as well as protect themselves from others.



Required PPE for laboratory work, such as lab coat, gloves and eye protection, should be maintained, in addition to paper/dust masks if social distancing is not possible in a lab setting.



Do not come into work if you are feeling unwell. Monitor your temperature and stay home if you are sick, except to seek medical treatment.

## REDUCING EXPOSURE - PPE

# REDUCING EXPOSURE – MASKS



- Cloth masks are not appropriate for laboratory use and are not PPE.
- It is recommended to wear cloth masks in common/public areas where social distancing is not an option.
- Cloth masks are typically made of multiple layers of fabric and can be washed for reusability.
- Masks should fit flush against the side of face, covering the nose and mouth.
- For more information on the CDC's advice on cloth masks, visit: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



- Dust/Paper Masks should be used in the laboratory, along with other proper PPE for lab work.
- Cloth masks should be removed upon entering the lab and replaced with a dust/paper mask.
- Dust/Paper masks can be reused if not soiled, contaminated or damaged.
- An individual can store a used paper mask inside a clean paper bag with name and stored until next use. Do not seal the bag.
- Replace the dust/paper mask every three days of use. These mask types cannot be washed.



- N95 Masks are designed for front-line employees, health care workers and lab members who have a high risk for exposure to contaminants.
- N95 masks are reusable and designed to block 95% of particles at the .3 micron level.
- Users must complete training with EHS and be fit tested before using them.
- More information on UNC's EHS N95 program can be found here: <https://ehs.unc.edu/workplace-safety/rpp/>

## REDUCING EXPOSURE - MASKS

- Carefully remove the mask, utilizing the elastic.
- Do not touch the front of the mask or your face during or after removal!
- Wash your hands with soap and water for at least 20 seconds after removing and storing your mask.
- CDC guidelines for removing masks safely:  
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>





## Make handwashing a Healthy Habit

### REDUCING EXPOSURE – HYGIENE

- Follow good handwashing procedures – 20 seconds of soap and warm water - upon entering the lab, between glove changes and before leaving the lab.
- Cover any coughs or sneezes with tissue. Immediately wash your hands afterwards.
- Use hand sanitizer with at least 60% alcohol content if soap and water are not available.

# SYMPTOMS OF COVID-19

A wide range of symptoms have been reported, from asymptomatic to severe. The more common symptoms may include:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

\*This is not a list of all possible symptoms. Others, such as gastrointestinal distress, have been reported. Contact your medical provider for more information and treatment options.

**Emergency Warning Signs\* – seek immediate medical treatment**

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

\*This is not a list of all possible symptoms. Contact your medical provider for any symptom that is troubling you or are severe.

Call ahead to your local emergency facility or 911 to inform them that you suspect COVID-19.

Check the CDC website for more information:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#>

# SYMPTOMS OF COVID-19

If you suspect or know that you have been exposed to COVID-19, take the following actions:

- Stay home. Do not leave your home, except to receive medical treatment. Do not go to public places.
  - Self-quarantine for 14 days, after known exposure, travel to an outbreak area, displaying symptoms or positive test for COVID-19.
  - Notify your supervisor immediately.
- Rest and stay hydrated. Take over-the-counter medicine, such as acetaminophen, to help you feel better.
- Stay in touch with your medical provider and call ahead before appointments.
- Monitor your symptoms. If you have trouble breathing or other severe symptoms, seek medical attention.
- Avoid ride-sharing and public transportation.
- Isolate yourself away from others within your home.
- Dispose of tissues and wash hands frequently.
- Clean all commonly used surfaces and avoid sharing items with household members.

Other Resources for students, faculty and staff:

UNC Student Health - <https://campushealth.unc.edu/>

UNC Hospital (with anonymous symptom checker) - <https://www.unchealthcare.org/coronavirus/>

CDC - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>