

# SOCIAL DISTANCING AND SANITIZATION PROCEDURES IN THE LABORATORY

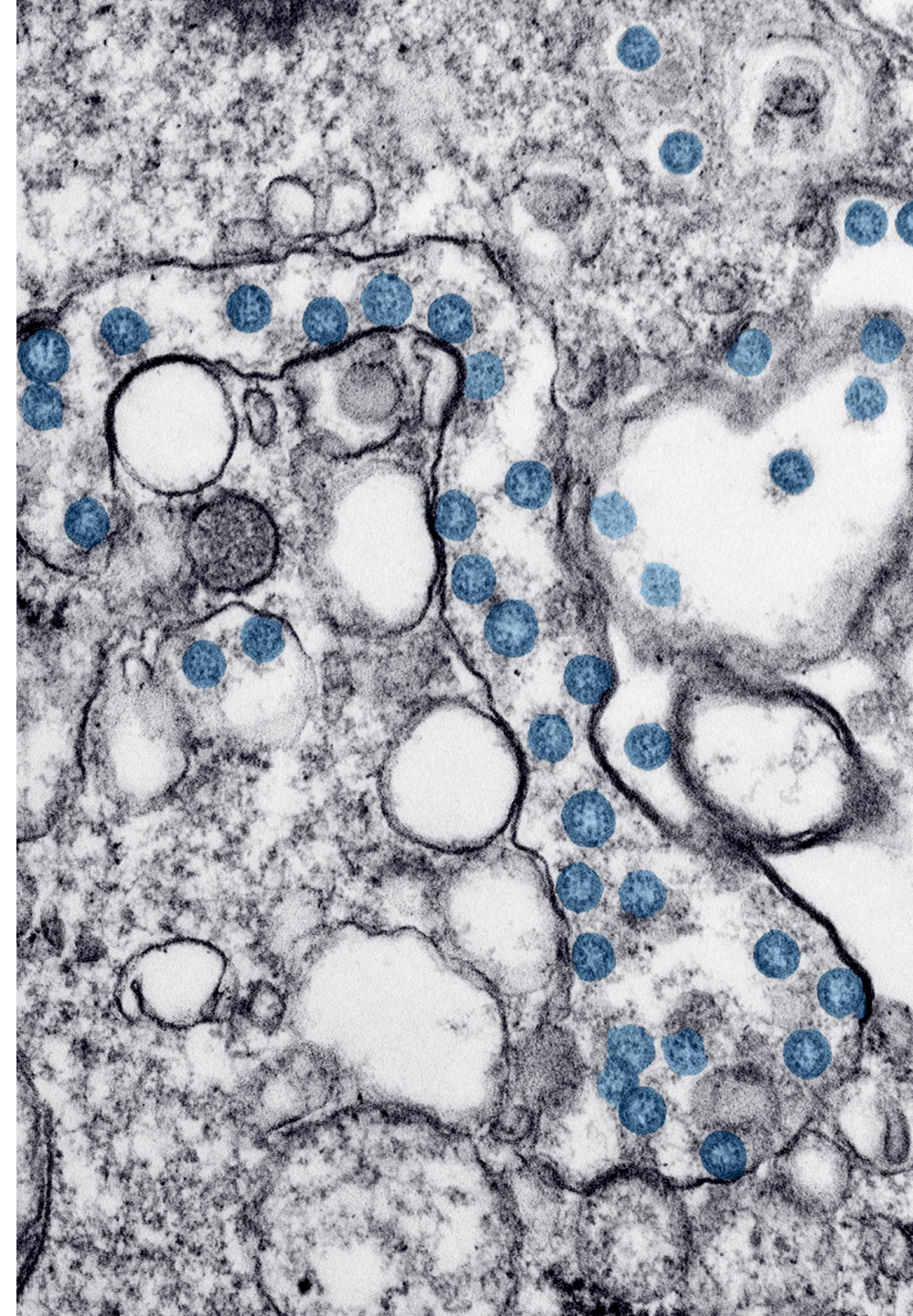
UNC CHAPEL HILL  
QUANTITATIVE PROGRAM

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



## ABOUT COVID-19

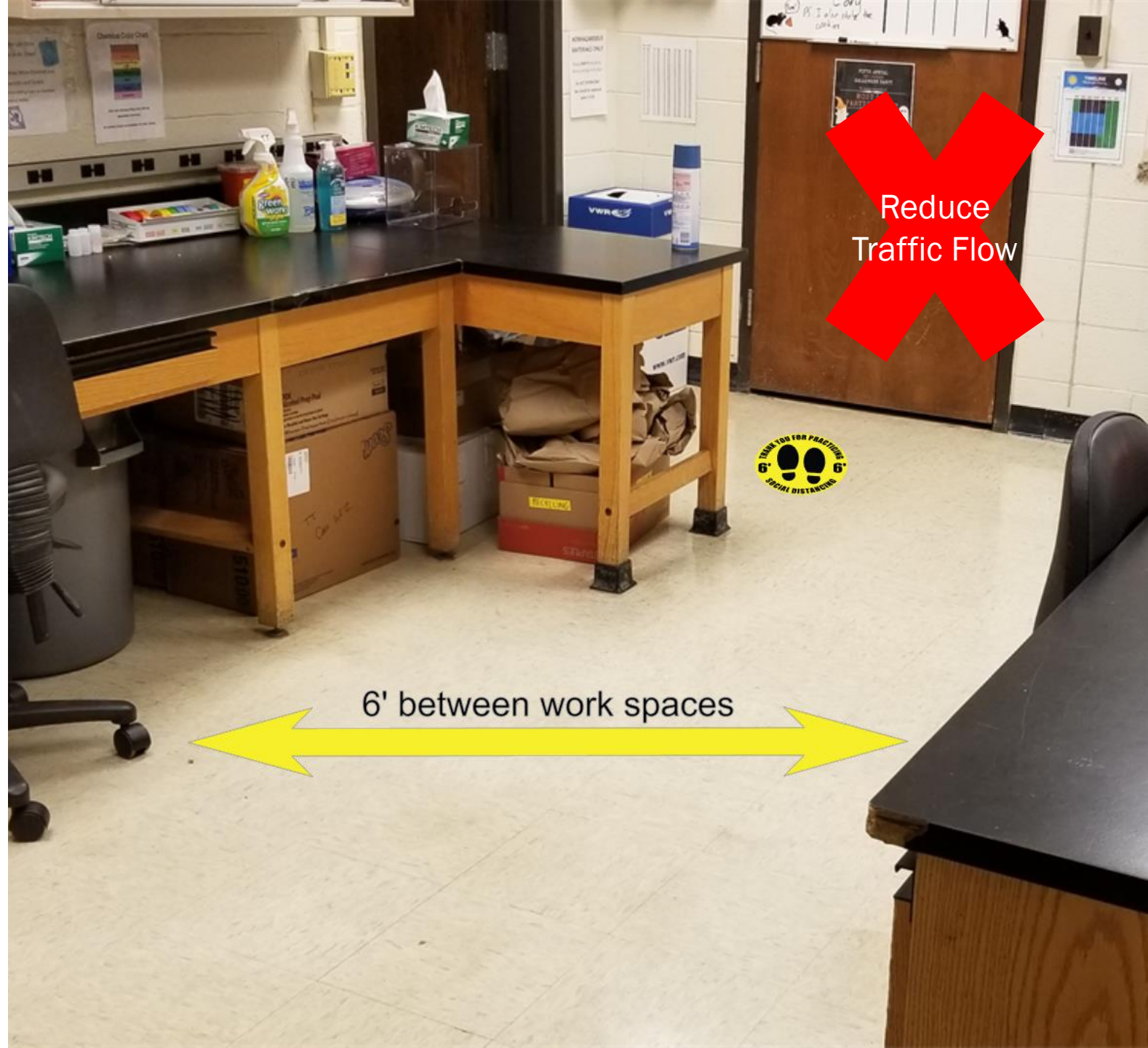
- Per OSHA, “Coronavirus Disease 2019 (COVID-19) is a respiratory disease caused by the SARS-CoV-2 virus.”
- Over 1.5 million people in the United States have been confirmed to have COVID-19, with nearly 5 million cases worldwide, as of mid-May.
- Symptoms include fever, cough and shortness of breath 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

- The Quantitative Program is not currently conducting any research projects that require face-to-face data collection or wet lab facilities
- All on-site research is conducted at computer terminals located in typical individual (faculty) or shared (graduate student) office space
- As such, the Quantitative Program:
  - Encourages students and faculty to work remotely when possible; given the nature of our work, this should be possible for all members of the Quantitative Program
  - Encourages virtual meetings for individual or research group meetings
  - In the case of absolutely necessary in-person contact, encourages individuals to always wear cloth or paper masks and maintain social distancing at all times
  - Individuals that are classified as high risk should have appropriate accommodations for their well-being and protection.





## SOCIAL DISTANCING

- The Quantitative Program conducts all research through standard shared office space; as such, there are no wet lab or bench facilities of concern.
- However, shared office spaces can be reconfigured if needed to enhance social distancing.
- Excess chairs should be removed from all shared office spaces to encourage social distancing
- While social distancing and hygiene are important, so is exposure time of individuals working in the same space for extended periods of time.
- Antiseptic wipes should be used at 2 hour intervals on all shared surfaces (light switches, door knobs).
- No computer facilities should ever be shared (key boards, peripherals)



## COMMON PROGRAM SPACES

- When possible, individuals should work in their own offices and avoid shared spaces.
- Maintain proper mask and social distancing guidelines when in common spaces.
- Encourage eating meals and taking breaks away from common works spaces.
- Do not use the Davie Hall 3rd floor kitchen.

LABORATORY WORK ZONE  
PLEASE MAINTAIN  
6' SOCIAL DISTANCE



# 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>