



COVID-19: Return to Campus Guidelines

School of Biological Sciences

Prepared by the Lab Safety Committee

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Disclaimer: The School of Biological Sciences is continuously evaluating recommendations from public health officials (county, state and federal), and the Centers for Disease Control and Prevention. The guidelines presented here are fluid and likely will continue to evolve.

TABLE OF CONTENTS

Have You Been Exposed?	3
Conduct a Daily Self-Check	4
COVID-19 Symptoms	5
Individual Safety Precautions	6
Cleaning and Disinfection	7
Teaching Laboratory	8
Research Laboratory	9
Large Classrooms	10
Rooms with Shared Equipment	11
Offices	12
Conference Rooms	13
Stairways, Hallways, and Elevator	14
Guidelines for Quarantine and Isolation	15
Discontinuation of Isolation for Persons with COVID-19 Not in Healthcare Settings	17

Have You Been Exposed?

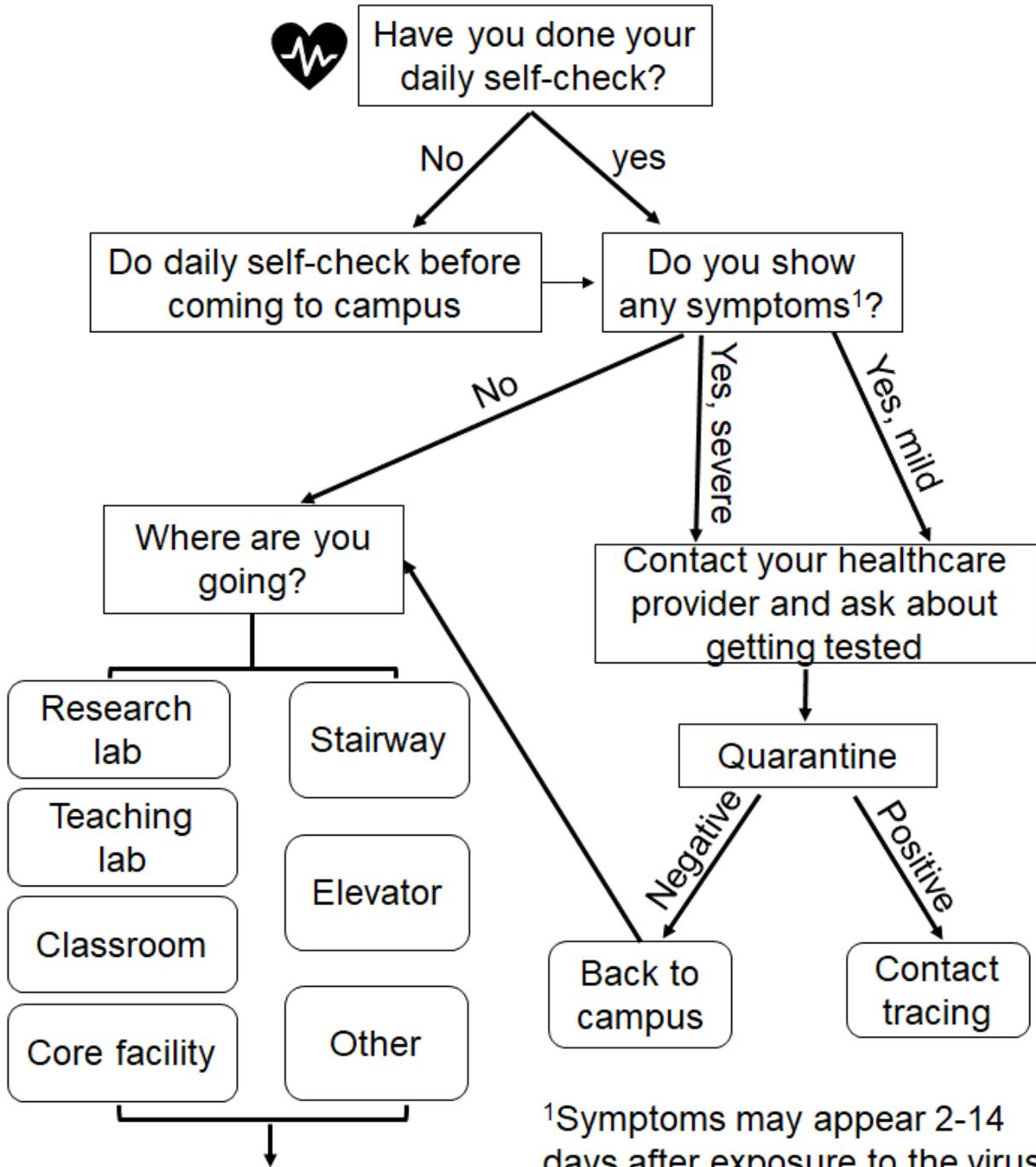
Have you been in contact with...

- Someone who has tested positive for the coronavirus?
- Someone who developed COVID-19 symptoms after your contact?

If so, do these things:

- Self-quarantine and contact your health care provider
- Refer to [COVID-19 Symptoms & Testing](#) to inform the university
- If you test negative, thank you for being safe
- If you test positive for COVID-19, self-quarantine for two weeks
- Remember: the virus can be transmitted to others even if you don't have symptoms

Conduct a Daily Self-Check



Follow the safety guidelines provided below for each space

¹Symptoms may appear 2-14 days after exposure to the virus

COVID-19 Symptoms

Colorado Department of Public Health and Environment (CDPHE)

This list of symptoms is updated periodically by the [CDPHE](#), so please check to confirm the most up to date list of symptoms.

- Fever (100.4 °F or above)
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Sore throat

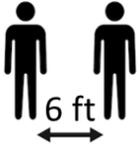
If you are experiencing a new onset, non-chronic, of any one of the symptoms (this should not include symptoms from seasonal allergies), the individuals shall be excluded from work/classes. Refer to the [Return to Workplace Guidelines](#) on UNC's Human Resources.

If in doubt, contact your healthcare provider. Please read the "Guidelines for Quarantine and Isolation" on page 15.

Individual Safety Precautions



Always wear a mask when in a public place to limit aerosol-based contaminants (respiratory droplets).



Maintain physical distance by staying at least 6 ft apart from others.



Clean and disinfect frequently touched surfaces.



Wash your hands frequently, especially after contacting commonly touched surfaces. Use soap and water, and **wash for at least 20 seconds**. If soap and water are not available, use a hand sanitizer with at least 60% ethanol (ethyl alcohol).



Avoid touching your nose, eyes, mouth, and face if you have not washed your hands. Wash hands after touching face.



Stay home if you feel sick and encourage others to do the same. If you have been exposed to the virus and you develop its common symptoms — **dry cough, fever and difficulty breathing** — contact your health care provider.

Stay home to minimize potential exposure. Avoid any contact with sick people.

Cleaning and Disinfection

The [CDC](#) indicates that SARS-CoV-2, the coronavirus that causes COVID-19 can be killed if the appropriate product is used. The Environmental Protection Agency (EPA) has compiled a [list of disinfectant products](#) that have been used successfully against other viruses that can be used against SARS-CoV-2.

Normal routine **cleaning** with soap and water helps to remove germs and dust particles, which decreases the virus concentration on surfaces and objects.

Frequent **disinfection** of surfaces and objects touched by multiple people with the EPA-approved products (e.g. products with sodium hypochlorite, quaternary ammonium, and hydrogen peroxide as active ingredient) will help reduce the risk of infection.

When EPA-approved disinfectants are unavailable, other disinfectants can be used (e.g. 1/3 cup of bleach added to 1 gallon of water, or 70% alcohol solutions). Pay attention not to mix bleach or other cleaning and disinfection products together to avoid breathing toxic fumes. Bleach solutions will be effective for disinfection up to 24 hours.

Read the [EPA's infographic](#) for the appropriate use of disinfecting products.

Also, be aware that protocols for cleaning, disinfecting, and decontaminating campus buildings have been established by [Facilities Management](#) and the [Office of Environmental Health & Safety](#) in consultation with the [Student Health Center](#) and [Housing & Residential Education](#).

Teaching Laboratory

To ensure the lab is safe for everyone, students and staff should exercise extra precautions to minimize the risk of person-to-person infection and surface contamination.

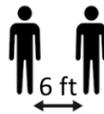
- **Stay home if you feel sick** and encourage others to do the same.



- **Wear a particle mask or face cover** whenever on campus, in Ross Hall and in all labs.
- If you are unable to wear a mask for health reasons, stay home as much as possible to avoid contracting and developing severe COVID-19 illness.



- **Wash your hands frequently** or use **alcohol-based hand sanitizer** (with at least 60% ethanol), especially after contacting commonly touched surfaces (e.g. lab benches, equipment, cabinet handles, door handles, etc.).
- **Clean and disinfect frequently touched surfaces**, such as lab benches, equipment and cabinet handles, door handles, etc. with 70% ethanol spray (meets the [Environmental Protection Agency](#)'s criteria for use against the SARS-CoV-2 virus – 30 seconds contact). Wear personal protective equipment (PPE) while cleaning. Be aware that ethanol will negatively affect many plastics. Wipe down reusable PPE afterward.
- **Wear gloves** to handle shared equipment.
- Shared computer keyboard/mouse should be disinfected before/after each use.
- Instructors are encouraged to bring their own dry erase markers and other equipment to class.
- Dispose of **used gloves** before leaving the lab.



- **Alternate seating to avoid close contact.** There should be no more than **12 students** and **1 instructor** in a lab at any one time.
- **Limit close contact.** Be aware of where others are in the lab and keep as much distance as possible. This guidance from [Rochester University](#) might help.



- Follow the guidelines established by the [Occupational Safety and Health Administration](#) about readying workplaces for the coronavirus.
- **If you or someone working in the lab contracts COVID-19**, the Guidelines for Quarantine and Isolation described on Page 15 will be followed.

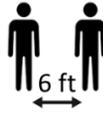
Research Laboratory

To ensure the lab is safe for everyone, students and staff should exercise extra precautions to minimize the risk of person-to-person infection and surface contamination.

- **Stay home if you feel sick** and encourage others to do the same.



- **Wear a particle mask or face cover** whenever in Ross Hall and all labs.
- If you are unable to wear a mask for health reasons, stay home as much as possible to avoid contracting and developing severe COVID-19 illness.



- **Limit close contact.** For typical Ross Hall research labs, no more than **4 people** should be in the lab at any one time. Be aware of where others are in the lab and keep as much distance as possible. Limit movements throughout the lab to essential trips. This guidance from [Rochester University](#) might help.
- Institute remote working policies and **stagger shifts when possible** to minimize the number people in the lab at one time.
- Follow the guidelines established by the [Occupational Safety and Health Administration](#) about readying workplaces for the coronavirus.



- **Wash your hands frequently** or use **alcohol-based hand sanitizer** (with at least 60% ethanol), especially after contacting commonly touched surfaces (e.g. lab benches, equipment, cabinet handles, door handles, etc.).
- **Clean and disinfect frequently touched surfaces**, such as lab benches, equipment and cabinet handles, door handles, etc. with 70% ethanol spray (meets the [Environmental Protection Agency](#)'s criteria for use against the SARS-CoV-2 virus – 30 seconds contact). Wear personal protective equipment (PPE) while cleaning. Be aware that ethanol will negatively affect many plastics. Wipe down reusable PPE afterward.
- **Wear gloves** to handle shared equipment.
- Dispose of **used gloves** before leaving the lab.



- **If you or someone working in the lab contracts COVID-19**, the Guidelines for Quarantine and Isolation described on Page 15 will be followed.

Large Classrooms

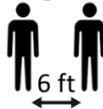
To ensure the classroom is safe for everyone, students and staff should exercise extra precautions to minimize the risk of person-to-person infection and surface contamination.



- Always wear a **face mask** or **face cover** to limit aerosol-based contaminants (respiratory droplets).
- If you are unable to wear a mask for health reasons, stay home as much as possible to avoid contracting and developing severe COVID-19 illness.



- If possible, open doors with your **foot** or **elbow** to reduce the risk of infection through commonly touched surfaces.
- **Avoid touching surfaces as much as possible.** Make sure to sanitize hands after touching public surfaces, door handles, etc.
- Instructors are encouraged to bring their own dry erase markers and other equipment to class.
- Shared computer keyboard/mouse should be disinfected before/after each use.
- **Wash your hands** with soap and water or use **alcohol-based hand sanitizer** (with at least 60% ethanol) every time you touch the **door handle**.
- **Sanitize the desk and seat** before getting seated and leaving the classroom.



- Alternate seating to maintain a **physical distance** of at least 6 ft from others.
- **Wait inside of classroom** rather than gathering in hallways.



- **If you or someone in the class contracts COVID-19**, the Guidelines for Quarantine and Isolation described on Page 15 will be followed.

Don't come if...

- If you are not registered with this class.
- You don't have a mask on or forgot to check your body temperature.
- You are feeling sick or suspect being sick.
- It is not your class cohort's turn.
- The room has reached its COVID-19 modified occupancy.

Rooms with Shared Equipment

To ensure that the use of shared equipment is safe for everyone, students and staff should exercise extra precautions to minimize the risk of person-to-person infection and surface contamination.

- Always **sign in** and **out** for use of equipment in the imaging suite.



- Wear a **face mask** or **face cover** and **wear gloves** to handle shared equipment
- If you are unable to wear a mask for health reasons, stay home as much as possible to avoid contracting and developing severe COVID-19 illness.
- Avoid touching your **nose, eyes, mouth, and face** as much as possible.



- **Sanitize** the area before and after using shared equipment.
- **Avoid touching surfaces as much as possible.** Make sure to sanitize hands after touching public surfaces, door handles, etc.
- Shared computer keyboard/mouse should be disinfected before/after each use.



- Dispose of **used gloves** before leaving the room and **wash your hands** with soap and water or use **alcohol-based hand sanitizer** (with at least 60% ethanol) every time you touch **commonly touched surfaces** (e.g. door handles).

Don't

- Use ungloved hands to touch surfaces and equipment.
- Enter the room if it has reached its COVID modified occupancy.
- Wait in a hallway where it is impossible to maintain a 6 ft distance from others.

Offices

To ensure that shared and individual offices used by students and faculty are safe for everyone, students and staff should exercise extra precautions to minimize the risk of person-to-person infection and surface contamination.

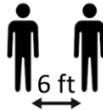
- **Stay home if you feel sick** and encourage others to do the same.



- Always wear a **face mask** or **face cover** to limit aerosol-based contaminants (respiratory droplets) when sharing an office.
- If you are alone in your office and with your door closed, you may remove your face mask if you are comfortable doing so.
- If you are unable to wear a mask for health reasons, stay home as much as possible to avoid contracting and developing severe COVID-19 illness.



- **Promote proper hand hygiene.** Wash hands regularly and ensure that **alcohol-based hand sanitizer** (with at least 60% ethanol) is readily available.
- **Avoid touching surfaces as much as possible.** Make sure to sanitize hands after touching public surfaces, door handles, etc.
- **Wash your hands** with soap and water or use hand sanitizer every time you touch the **door handle**.
- Avoid touching your **nose, eyes, mouth,** and **face** as much as possible.



- Maintain a **physical distance** of at least 6 ft from others.
- Don't enter room if it has reached its COVID-19 modified occupancy.

Conference Rooms

To ensure that spaces are safe for everyone, students and staff should exercise extra precautions to minimize the risk of person-to-person infection and surface contamination.



- Unless you have specific authorization, conference rooms, offices and other small rooms are off limits.
 - NOTE: No more than 10 people can meet in a meeting room at one time.



- Conferences should be held virtually whenever possible.

Stairways, Hallways, and Elevator

To ensure that spaces are safe for everyone, students and staff should exercise extra precautions to minimize the risk of person-to-person infection and surface contamination.

Stairways and hallways:

- Always wear a **mask** or **face cover**
- If you are unable to wear a mask for health reasons, stay home as much as possible to avoid contracting and developing severe COVID-19 illness.
- Stay to the **right** when ascending and descending stairs
- Keep **moving**
- Open doors with your **foot** or **elbow** if possible
- NO lingering or gathering in groups in the stairways
- NO gathering outside labs; instead, arrive on time, or wait in designated areas

Elevator:

- Use the stairs if possible
- Always wear a **mask** or **face cover**
- Wait against the nearest wall until the door opens
- Check the COVID-19 modified occupancy before entering the car
- Exit before others get on
- **Wash hands** with soap and water or use **alcohol-based hand sanitizer** (with at least 60% ethanol) after touching buttons

Guidelines for Quarantine and Isolation

These are some circumstances under which an individual or group of individuals are thought to be exposed to SARS-CoV-2 and will be asked to quarantine.

- Individuals who are known to have been in close contact for 10 minutes or longer with an individual who tests positive for COVID-19.
- Individuals who have attended in-person classes or participated in activities with an individual who tests positive for COVID-19 and who had close contact (within 6 ft for over 10 minutes).
- Individuals who share a bedroom, bathroom, kitchen, and/or common living space with an individual who tests positive for COVID-19.

Individuals who have been exposed to SARS-CoV-2 should self-quarantine per [CDPHE guidelines](#).

More information about how to proceed if a student or employee has symptoms or has been exposed to COVID-19 can be found at UNC's [COVID-19 Symptoms & Testing](#). *The identity of the person who has tested positive will not be disclosed.*

If you have any symptoms, you should **stay home** and **contact your supervisor**.

Managers/Supervisors will submit a [health screening electronic form](#) of an employee that reports having symptoms. If an employee begins having symptoms at work, the employee shall leave work immediately and cannot return until the information above is confirmed.

Managers/Supervisors shall work with the employee to complete the Families First Coronavirus Response Act (FFCRA) Leave Request and submit to Human Resources.

Contact Tracing:

If someone tests positive at the UNC health center: The [UNC health center](#) is working together with the [Weld County Department of Public Health and Environment](#) to perform contact tracing after a person tests positive for COVID-19. This means that after receiving a positive test, a Contact Tracer will interview the positive individual to determine where they have been and who they have come in contact with. Close contact is described as being closer than 6 feet for 10 minutes or more. This will allow the identification and notification of exposed individuals so that they know to quarantine and get tested.

If a student reports a positive case unknown to the UNC health center or reports being exposed to COVID-19 outside of the class: They should be advised to self-quarantine, contact their physician, and ask about getting tested. They should report their illness via the [COVID-19 reporting form](#).

Decontamination: In the event of a positive case of COVID-19 in a classroom setting, the Office of Environmental Health & Safety will oversee the decontamination procedures in the room where the exposure occurred.

Discontinuation of Isolation for Persons with COVID-19 Not in Healthcare Settings

The interim guidelines from the CDPHE are summarized in this table.

Symptoms	Guidance for return to work
<ul style="list-style-type: none"> ▪ Fever (≥ 38 °C = 100.4 °F) or subjective fever ▪ Cough ▪ Sore throat ▪ Shortness of breath or difficulty breathing ▪ Muscle or body aches ▪ Chills ▪ New loss of taste or smell ▪ Non-allergy nasal congestion or runny nose 	<p>1) Symptom-based strategy. <i>Exclude from work until:</i></p> <ul style="list-style-type: none"> • At least 24 hours have passed since last fever without the use of fever-reducing medications; and improvement in symptoms; and, • At least 10 days have passed since symptoms onset. <p>2) Test-based strategy. <i>Exclude from work until:</i> There are test-based strategies that allow employees to possibly return to work earlier if the testing is completed and results are negative.</p> <ul style="list-style-type: none"> • If the employee is tested and received a negative result AND the employee has no symptoms, then the employee can contact Human Resources and their supervisor to return to work (documentation of negative test result must be provided). • If the employee is tested, receives a negative result AND the employee has symptoms, the employee shall continue to stay home and consult with their healthcare provider about the need for additional testing and the appropriate time to return to work (documentation from healthcare provider must be provided).
<ul style="list-style-type: none"> ▪ Asymptomatic but had a positive laboratory test for COVID-19 	<p>1) Time-based strategy. <i>Exclude from work until:</i></p> <ul style="list-style-type: none"> • At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based strategy should be used. <p>2) Test-based strategy. <i>Exclude from work until:</i> Same as for symptomatic individuals.</p>

Note: Refer to UNC’s Human Resources [Return to Workplace Guidelines](#) for additional information.