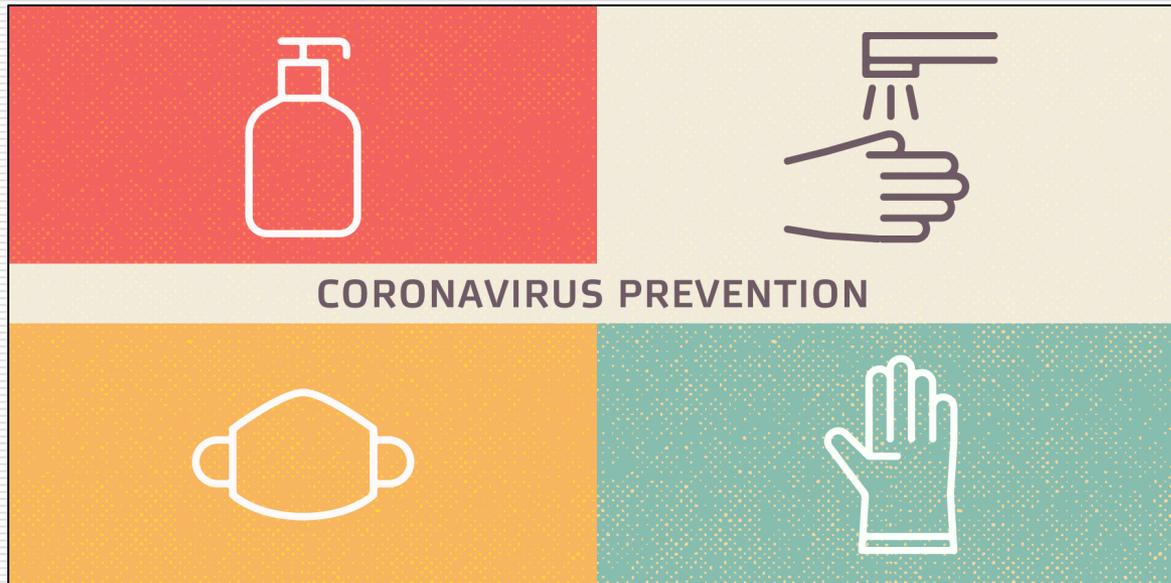


COVID-19 Return to Campus Health and Safety Training





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Introduction



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Safely Returning to Campus Operations



The College leadership, faculty and staff are working hard to ensure a well-planned, phased return to campus in accordance with [New York State](#) and [CUNY guidelines](#). We remain dedicated to the health and safety of the LaGuardia community.

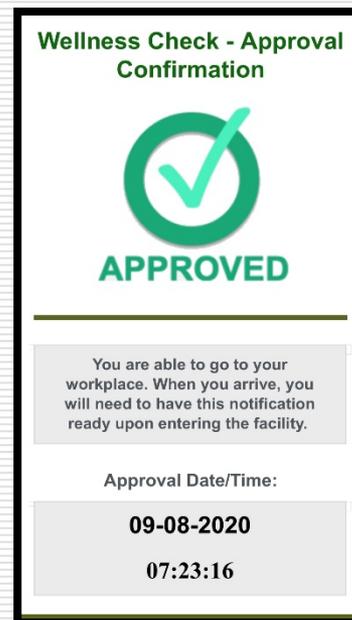
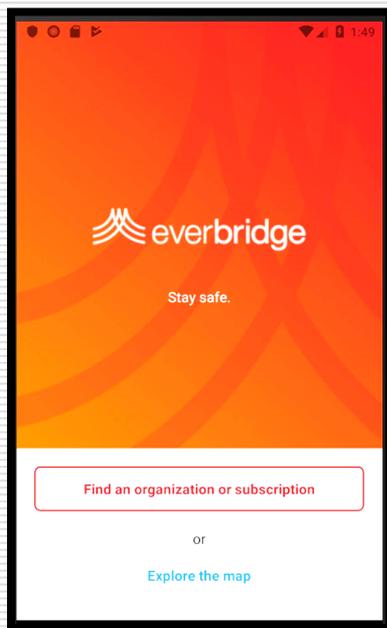
Our paramount concern is, and will remain, the health and safety of all members of our community. As we continue to confront the very real health consequence of our decisions, we must ensure that our students maintain academic momentum and that we apply an equity lens to all of our decisions and actions.

Prior to Arrival on Campus

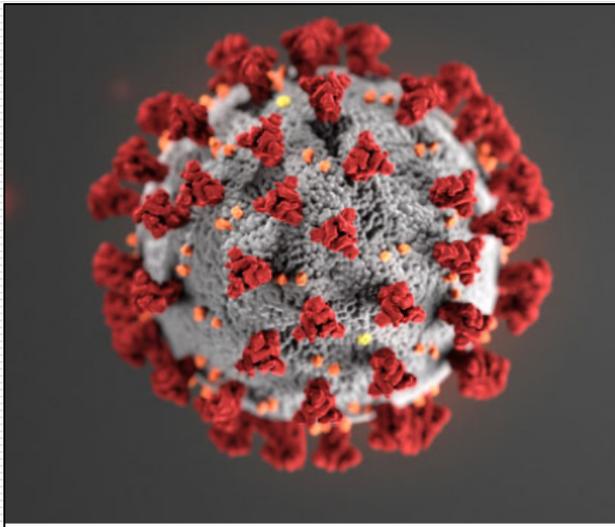
Currently only registered students, approved for on-campus activities, are allowed on campus until further notice. Authorized students must follow the instructions below.

Complete the [health check conducted via Everbridge mobile application](#)

- Use your CUNYfirst credentials to sign in.
- For log in support please contact the [SIC Helpdesk](#).
- Kiosks are available, at the entrances, for persons unable to access the mobile app.



What is SARS-CoV-2?



- SARS-CoV-2 stands for severe acute respiratory syndrome coronavirus 2
 - It is the virus that causes coronavirus disease 2019 (COVID-19)
 - Spreads easily person-to-person
 - Little if any immunity in humans
-



Transmission

COVID-19 is spread from person to person mainly through coughing, sneezing, and possibly talking and breathing.

- **Droplet** - respiratory secretions from coughing or sneezing landing on mucosal surfaces (nose, mouth, and eyes)
 - **Aerosol** - a solid particle or liquid droplet suspended in air
 - **Contact** - Touching something with SARS-2 virus on it and then touching mouth, nose or eyes
-

Symptoms

■ Self-Screen Daily for:

- Chills
- Cough
- Diarrhea
- Fever
- Headache
- Muscle pain
- New loss of taste or smell
- Repeated shaking with chills
- Shortness of breath or difficulty breathing
- Sore throat



Fever



Cough



Difficulty Breathing

Not Feeling Well While on Campus?



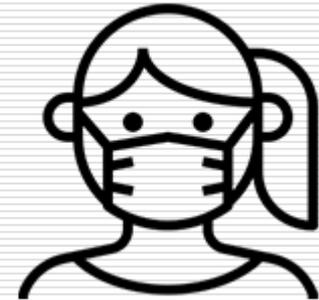
- No one with symptoms, or feeling ill, should come to campus.
 - Immediately inform the Health Center (extension 5280) and your professor if you, or a classmate, develops symptoms while on campus, especially fever, cough, or shortness of breath.
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While on Campus...

[Acceptable Face Covering](#), including but not limited to cloth-based face coverings (e.g., homemade sewn, quick cut, bandana), surgical masks, and face shields that cover both the mouth and nose must be worn

- Only exceptions are,
 - while eating or drinking
 - working alone in an isolated area or private office
 - If mandatory respiratory protection have been assigned for your specific academic tasks by the instructor.

If you are medically unfit to wear a mask/face covering – contact the Department Chairperson or Program Coordinator to arrange for reasonable accommodations.



Putting on Cloth Face Covering



Fit coverings snugly but comfortably against the side of the face



Use the ties or ear loops to take your mask on and off



Face coverings should have multiple layers



Make sure you can breathe while wearing the face covering



Wash and dry cloth coverings daily



Children should only wear them with adult supervision



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How to Put on a Face Mask (Surgical/Face/Procedure Mask)



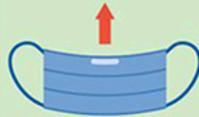
Step 1

Clean your hands with soap and water or hand sanitizer before touching the mask.



Step 2

Check the mask to make sure there are no obvious tears or holes in either side of the mask.



Step 3

Hold the mask with the stiff bendable strip on top, and the coloured side facing outwards.



Step 4

Ensure that the mask covers your nose, mouth and chin.



Step 5

Mould or pinch the nose strip to conform to the shape of your nose.

* Secure ties or elastic bands at middle of head and neck



How to Remove and Dispose your Face Mask (Surgical/Face/Procedure Mask)

Removing a mask



Step 1

Clean your hands with soap and water or hand sanitizer before touching the mask.



Step 2

Avoid touching the front of the mask because it is contaminated. Only touch the ear loops/ties/band.



Step 3

Remove mask according to the type of mask you are using.



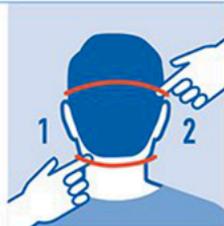
Face Mask with Ear Loops

1. Hold both ear loops.
2. Unhook and gently lift to remove the mask.



Face Mask with Ties

1. Untie the bottom bow first followed by the top bow.
2. Pull the mask away from you as the ties are loosened.



Face Mask with Bands

1. Lift the bottom strap over your head.
2. Pull the top strap over your head.



Step 4

Throw the mask in the trash.



Step 5

Clean your hands with soap and water or hand sanitizer before touching anything else.

Remember...

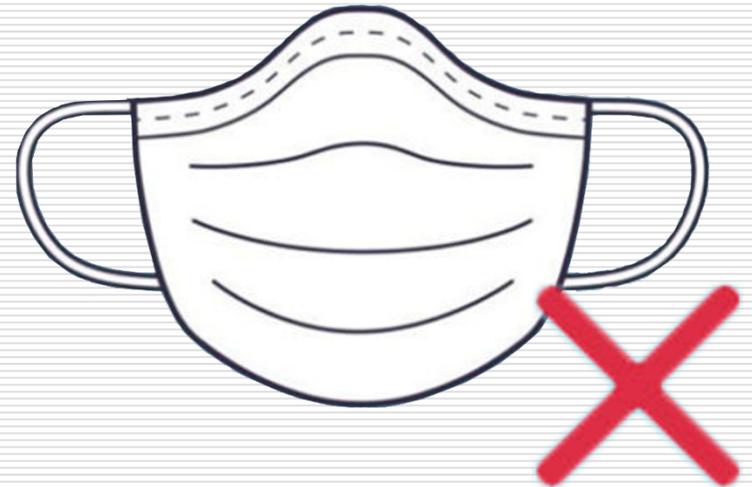
THE RIGHT WAY TO WEAR A SURGICAL MASK

COLORED SIDE OUT, WHITE SIDE IN



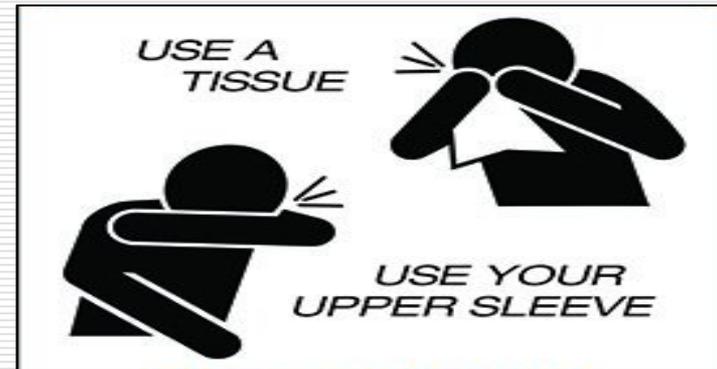
THE WRONG WAY TO WEAR A SURGICAL MASK

WHITE SIDE OUT, COLORED SIDE IN



While on Campus ...

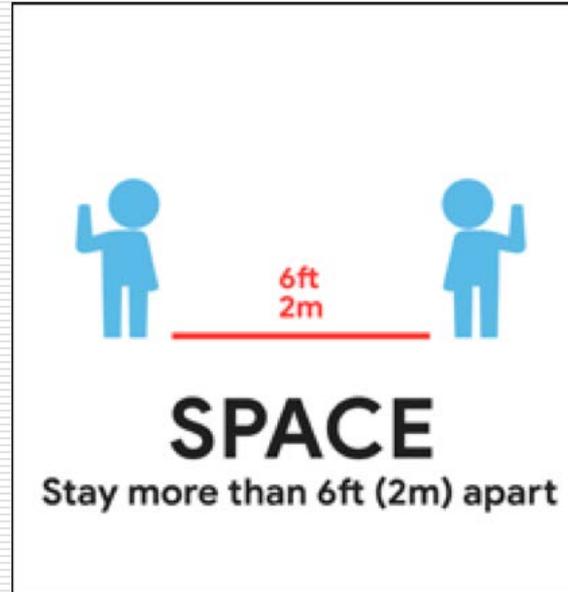
- Follow proper sneezing/coughing etiquette by covering your mouth and nose every time you cough or sneeze.
 - Use a disposable tissue to cover your mouth or nose if possible
 - If a tissue is not available, cough or sneeze into your upper sleeve/ elbow
- Wash hands often with soap and water for at least 20 seconds, especially after blowing nose, coughing, or sneezing, or after touching shared surfaces and equipment.
- Use hand sanitizer that contains at least 60% alcohol, to clean your hands, if soap and water are not available.





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While on Campus ...



- Practice social/physical distancing by keeping at least 6 feet away from others when feasible.
 - Avoid in person gatherings on campus. When in person gatherings are absolutely necessary, keep it to 10 people or less and spread out as much as possible to maintain social/physical distancing of 6 feet or more.
-



While on Campus ...

- Avoid shaking hands with people.
 - Avoid high-touch surfaces in public places when feasible (elevator buttons, door handles, handrails, etc.)
 - Minimize handling cash, credit cards, and shared mobile or electronic devices when possible.
 - Try to follow one pathway between the areas you access throughout the campus.
 - Avoid all non-essential travel.
 - Follow instructions given via signs, and personnel, to ensure safety measures are followed on campus.
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How to Put on Gloves



1 Choose the proper glove size for you



2 Remove your jewelry



3 Wash your hands thoroughly



4 Dry your hand



5 Pick your dominant hand to put glove first



6 Place the glove onto your dominant hand



7 Slip on the second glove



8 Adjust your gloves



9 Check the gloves for rips

If damaged or contaminated, remove gloves, dispose of them, wash hands for at least 20sec or use an alcohol based hand sanitizer and replace gloves

How to Remove Contaminated Gloves Properly



If damaged or contaminated, remove gloves, dispose of them, wash hands for at least 20sec or use an alcohol based hand sanitizer and replace gloves

Universal precautions - Handwashing

Follow these steps every time...

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a paper towel and turn of faucet using the same paper towel



How to Put on and Remove Goggles or Face Shield

- Place over face, eyes and adjust to fit



- Remove goggles or face shield from the back by lifting head band or ear pieces



- If the item is reusable, disinfect it with alcohol wipes or wash it with soap and water and dry with a paper towel before proper storage



Cleaning and Disinfecting on Campus

- Only EPA registered antimicrobial products, under List N: Disinfectants for use against SARS-CoV-2, the cause of COVID-19, are permitted to be used.
 - All common space areas maybe cleaned and disinfected on an increased schedule.
 - In-house cleaning of exposed areas will follow protocols for cleaning and disinfecting of areas occupied by individuals suspected/confirmed to have COVID-19 as indicated in College Plan.
 - If cleaning cannot be conducted with our trained staff, a certified vendor will be contracted to perform the disinfection.
 - More information available at:
<https://www.laguardia.edu/coronavirus/phase-I-plan/>
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Understand the Hazards

- Know and prepare for hazards in advance by reading labels

 - Review the product Safety Data Sheets (SDS). At least sections 2-4-6-8
 - Physical and Health Hazards
 - Exposure signs and symptoms
 - Protective measures
 - Emergency procedures

 - Know and follow safety protocols / procedures

 - Wear proper personal protective equipment (PPE)

 - Remember, some chemicals may have delayed toxic effects on the body
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Key Things to Remember...

- Complete the Daily Health Screening
 - Wear a cloth face covering or facemask while on campus
 - Maintain social/physical distancing of at least 6 feet from others whenever feasible
 - Follow proper sneezing/coughing etiquette
 - Frequently wash hands often with soap and water for at least 20 seconds or use an alcohol based hand sanitizer
 - Follow all safety and hygiene instructions given by your instructors
 - More information at <https://www.laguardia.edu/coronavirus/campus-safety/>
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We Welcome Your Feedback



[To Provide Feedback Click Here](#)