

Stanford University COVID-19 Prevention Best Practices Training Summary

Symptom Self-Check and Reporting Illnesses

- Complete daily the Health Check Tool prior to arriving onsite:
- <https://healthcheck.stanford.edu>
- Stay home if you suspect you may have contracted COVID-19, and contact your regular healthcare provider for guidance
- Report to your HR manager if you are sick and were recently on campus/expected to be on campus, awaiting test results or have tested COVID-positive

Physical Distancing

- Maintain a minimum of six feet distance between co-workers at all times
- Modify work practices and physical work spaces to maintain physical distancing
- Stagger shifts to maintain physical distancing

Personal Hygiene Practices

- Wash your hands often with soap and water for at least 20 seconds
 - Before, during, and after preparing food
 - Before eating food
 - After touching commonly used surfaces (e.g., door handles, elevator buttons)
 - After using the toilet
 - After blowing nose, coughing, or sneezing
 - After touching an animal, animal feed, or animal waste
 - After touching garbage
- Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are unavailable
- Avoid touching your face with unwashed hands
- Cover coughs and sneezes with a tissue or cough/sneeze into your elbow

Face Coverings

Face coverings are not a substitute for social distancing nor hand hygiene

- Have a face covering at all times and wear it when working in buildings and when working outdoors if unable to maintain 6 feet physical distancing
- Face coverings should:
 - Cover the nose and mouth
 - Fit snugly but comfortably against the face
 - Be secured with ties or ear loops
 - Include multiple layers of fabric
 - Allow for breathing without restriction
 - Be laundered and machine dried frequently

When removing cloth face coverings:

- Do not touch eyes, nose, or mouth
- Wash hands with soap and water or apply hand sanitizer after removing face covering

Cleaning and Disinfecting

Clean and disinfect surfaces and objects frequently, at a minimum daily

- Clean to remove visible soil from objects and surfaces
- Dispose of used cleaning materials and immediately wash hands
- Use EPA-registered disinfectants (e.g., Lysol and Clorox wipes) to eliminate pathogenic microorganisms on surfaces
- <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- Use disinfectants according to appropriate contact time for maximum effectiveness against SARS-CoV-2.

Check the [Health Alerts](#) page for the most current guidance, or visit [CardinalRecovery.Stanford.edu](https://cardinalrecovery.stanford.edu)