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 to 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