What is the Coronavirus?

The Novel Coronavirus or Covid-19 is a new infectious disease that was first discovered in Wuhan, Hubei Province, China. Coronaviruses are known to cause respiratory infections in humans, including colds, Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

Symptoms

The most common symptoms of Covid-19 include fever, dry cough, fatigue (tiredness), and shortness of breath. These symptoms may appear 2 – 14 days after exposure, but most commonly 5 days.

Other reported symptoms include:

- Aches and pains
- Nasal congestion
- Runny nose
- Sore throat
- Diarrhea

For severe symptoms, a medical provider should be contacted immediately

Examples include but are not limited to

- Difficulty with Breathing

- Cyanosis (bluish discoloration of the mucus membranes and skin
- Worsening fever
- Confusion or sudden changes of consciousness (drowsy/ agitated)
- Inability to keep food or water down
- Persistent pain or pressure in the chest

Individuals who are at Higher Risk

- Individuals who are 65 and older
- People who live in a nursing home or long-term facility
- People with chronic lung disease such as chronic obstructive pulmonary disease (COPD) and moderate to severe asthma
- Individuals with serious heart conditions
- People with weakened immune systems or are undergoing cancer treatment
- Individuals with underlying medical conditions such as diabetes, renal failure, and liver disease

How is Coronavirus spread?

The disease is mainly spread from person to person contact through droplets from the nose or mouth when a person with COVID-19 coughs, sneezes or exhales. These droplets can also land on surfaces that people touch, which then become contaminated. People can get sick when they touch these objects and then touch their face (mouth, nose, or eyes).

The virus is spreading easily and sustainably in the community, which means when an infected person has had no history of traveling to a location previously listed with risks of potential exposure, the virus was likely contracted from another person in the individual’s same community.

If people are not practicing social distancing (CDC guidance recommends to stay at least 6 feet away from other people), washing their hands, and disinfecting frequently touched surfaces often, they can spread the virus.

Cleaning and Disinfection

Environmental cleaning involves cleaning frequently touched objects, which may spread the virus if contaminated. If an object is dirty, it needs to be cleaned with a detergent or soap and water before a disinfectant is applied.

Frequently touched objects in a school include:

- Counters
- Drinking fountains
- Doorknobs
• Light switches
• Toilet and shower rooms
• Phones
• Computer keyboards and mouse
• Tables and chairs
• Railings
• Remote controls
• Playground equipment
• Tablet computers
• Physical Education equipment
• Special Education equipment
• Any other objects with a high frequency of use

The CDC has recommended the use of bleach solutions, alcohol solutions with at least 70% alcohol content and most common EPA-Registered disinfectants to be effective against the Coronavirus.

These disinfectants generally contain one or more of the following active ingredients:

• Isopropanol
• Ethanol
• Quaternary Ammonium Compounds (Quats)
• Sodium Hypochlorite (bleach)
• Hydrogen Peroxide

An updated list of these disinfectants can be found on the Environmental Protection Agency’s Webpage at:

https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

Before using disinfectants or any hazardous chemicals, proper training is required. Sanitizers and disinfectants have specific directions on their labels; when these products are not used properly, it makes them ineffective and potentially hazardous.

The directions on the product labels need to be read and followed at all times including what type of personal protective equipment (PPE) is required.

Always use caution when working around chemicals and use them properly

• If it is a concentrated solution, what is the proper dilution?
• Are there specific directions for the Application and rinsing procedures?
• Pay attention to the contact or dwell time, it is typically phrased on the product label as, “Allow to remain wet for”
• The disinfectant or sanitizer will not be effective if wiped earlier than the specified time
• If the product dries before the end of the contact time, it must be reapplied

Integrated Germ Management

This course is designed for people who use antimicrobial pesticides, such as sanitizers and disinfectants at schools and childcare centers. This course is intended for childcare providers, teachers, custodians, and food service workers, who clean and disinfect as part of their regular job duties.

• This course is available in English and Spanish.

Best Pest Management Practices Around Children

This is an advanced-level course designed for licensed pest management professionals who provide services at schools and childcare centers. Upon completion, participants receive one hour of continuing education credit for DPR and Structural Pest Control Board (SPCB) licenses.

• This course is available in English.

Personal Protective Equipment for Cleaning Staff

Custodial and other cleaning staff should wear disposable gloves and gowns for all cleaning processes including handling trash.

Additional PPE may be required for handling certain chemical products that creates an exposure from splashing or spraying, in which safety ear wear may be required.

Proper donning and doffing of PPE should be practiced to prevent contaminating the employee and the environment they just cleaned.

• Hands should be washed prior and after wearing disposable gloves

If a person has been known to be ill in a room that was cleaned, the gloves should be removed after cleaning and the hands should be washed.

The CDC recommends closing off areas used by ill persons and waiting as long as practical before beginning cleaning and disinfection to minimize potential for exposure to respiratory droplets.

Outside doors and windows should be opened to increase air circulation in the area.

If possible, 24 hours should pass before beginning cleaning and disinfection.

The Healthy Schools Act (HSA) requires anyone using pesticide products, including antimicrobials, at a school or childcare center to complete training. The Department of Pesticide Regulation (DPR) and HSA Training is available in-person and online by using our JPA Learning Library. In good practice of following the Shelter-in-Place Order and practicing social distancing, online training is a great alternative.

If not using our Learning Library, individual employees may register on the California Department of Pesticide Regulation Course Home Page:

https://online2.cce.csus.edu/dpr/login/index.php

The following courses are available that meet the annual training requirement:

Basic IPM for the Classroom and Office Environment

This course is designed for childcare providers, teachers, and food service workers, who want to understand the basics of integrated pest management, but who do not typically do school site pest management themselves.

• This course is available in English and Spanish.
Cleaning Fabrics and Other Soft Surfaces

- Do not shake textile fabrics or clothing; shaking them can possibly disperse the virus through the air.
- Carpeted floors, rugs, drapes, and upholstered furniture padding can be cleaned using soap and water or with cleaners recommended by the manufacturer.
- If items can be laundered, they should be cleaned using the warmest appropriate water setting and dried completely.
- Soft surfaces may also be disinfected with an EPA-registered household disinfectant.

Cleaning Electronic Devices

- If available, the manufacturer’s guidance should be followed for cleaning and disinfecting electronic devices.
- Alternatively, alcohol-based wipes or sprays containing at least 70% alcohol are recommended.

Prevention

Be proactive to avoid getting sick and exposed to the virus.

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth.
- Practice social distancing and avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, or your elbow, then throw the tissue in the trash and wash your hands or use a sanitizer if a washing facility is not available.
- Facemasks are not recommended for individuals who are not ill, who are not looking after someone who is sick, or for individuals not treating patients.
- Facemasks may be worn if you are sick to prevent the virus from spreading.
- Clean and disinfect frequently touched objects and surfaces.

For additional information, please contact your designated Loss Control Analyst.