

Guidelines for COVID-19 prevention while working in the Berg Labs:

Benson 205, 222 and 227

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If everyone working in the laboratory uses the precautions detailed below, we will minimize the risk of COVID-19 and maximize prevention and safety. Speak up if you observe someone not following such precautions. We are all responsible for stopping the spread of the virus.

A. General guidelines for laboratory personnel safety

1. Never come to campus, the Berg labs, or a shared facility if you are experiencing any of the following symptoms of infection:

- Fever
- Cough
- Shortness of breath
- Difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle Pain
- Headache
- Sore Throat
- New Loss of Smell and Taste
- Respiratory symptoms

2. Complete a daily attestation of wellness in Workday before coming to work.

3. If you experience COVID-19 symptoms, are confirmed to have COVID-19, or have someone at home with COVID-19, stay home, contact your healthcare provider, and immediately notify the EH&S Employee Health Center at emphlth@uw.edu or 206-685-1026.
 - a. The identity of individuals who have or may have COVID-19 is handled as protected information.
 - b. EH&S will provide guidance on communicating to staff (as appropriate).
 - c. EH&S will notify individuals who had close contact with the ill person up to 48 hours prior to the development of symptoms.
 - d. EH&S will provide close contacts with public health recommendations that may include staying home and monitoring their health for 14 days.
 - e. EH&S will evaluate the locations where the person spent time on campus for enhanced cleaning and disinfection.

4. If you **start showing symptoms of illness while at work**, immediately leave the lab, notify EH&S as above, and notify John Berg (spc@uw.edu) and Debbie Carnes

5. **Develop a personal transportation plan** that minimizes proximity to other people. Consider cycling, walking or driving instead of public transportation.

6. Be present in the lab **only as long as necessary** for conducting experimental work. Plan in advance to minimize time around lab members and the general population on campus.

7. Assume that everyone (including yourself) might be an asymptomatic carrier. Use appropriate precautions as **transmission may still occur with people displaying no symptoms**.

8. Take the required COVID-19 Safety Training available at:
<https://www.ehs.washington.edu/training/covid-19-safety-training-back-workplace>

B. Guidelines for working in the Berg Labs (BNS 205, 222 and BNS 227)

1. *Before traveling to the lab*
 - a. Attest in **Workday every day**.
 - b. **Sign up for a shift every day** using the BNS 129 [Lab Occupancy](#) Google Calendar.
2. *After arriving to the lab*
 - a. **Do not enter unless you are logged in the Lab Occupancy calendar**.
 - b. **Wash your hands** with soap and water upon entering and leaving the lab

- c. Increase the frequency of cleaning and disinfecting of **high-touch surfaces**, such as buttons, handrails, tables, faucets, doorknobs, shared equipment, and shared keyboards.

3. *While working in the lab*

- a. Lab use is restricted to one person per lab at any given time.
- b. Minimize the use of shared items (pens, notebooks, frequently used reagent bottles, etc.). As much as possible, each person should have their own.
- c. **Do not wear gloves** and wash your hands after using shared devices like keyboards and lab phones.

4. *When using shared equipment*

- a. Allow 10 minutes between usage by different users.
- b. Follow existing protocols for safe maintenance and operation.
- c. After use, wipe down instruments and marked bench space with paper towels moistened with 70% ethanol (keypads and electronics) or a spray bottle (bench top).
- d. Pat dry using paper towels or allow to air dry.

5. *When leaving the lab*

- a. Wipe down your personal work area with 70% ethanol
- b. Remove gloves and wash hands with soap and water upon leaving the lab
- c. The last person to leave the lab should verify that all equipment is powered down, all water baths filled, and that all fridge and freezers are operational

If a COVID-19 case is confirmed in the UW community, University units are required to follow the guidance *Enhanced Cleaning and Disinfection after Notification of a Confirmed Case of COVID-19* outlined in [this document](#).

General guidance for cleaning and disinfection

1. Increase the frequency of cleaning and disinfecting, **focusing on high-touch surfaces**, such as buttons, handrails, tables, faucets, doorknobs, shared equipment, and shared keyboards. Increased frequency of cleaning and disinfecting with attention to these areas helps remove bacteria and viruses, including the novel coronavirus.
2. Practice good hand hygiene after cleaning (and Always!):
 - Wash hands often with soap and warm water for at least 20 seconds.
 - If soap and warm water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Safety guidelines during cleaning and disinfection

1. Wear disposable gloves when cleaning and disinfecting. Clean hands immediately after gloves are removed.
2. Wear eye protection when there is a potential for splash or splatter to the face.
3. Lab coats are recommended to protect personal clothing.
4. Store chemicals in labeled, closed containers. Store them in a manner that prevents tipping or spilling.

Disinfectant Solutions

| | | | |
|-----------------------|----------------|--------------|---|
| 10 % Bleach Solution | 100 ml Bleach | 900 ml Water | Allow 2 minutes of contact time and pat dry with towels/ kimwipes |
| 70 % Ethanol Solution | 700 ml Ethanol | 300 ml water | Allow 2 minutes of contact time and pat dry with towels/ kimwipes |

Hand hygiene

(https://www.who.int/gpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf)

HOW TO HANDRUB?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

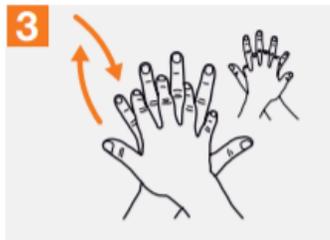
 Duration of the entire procedure: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



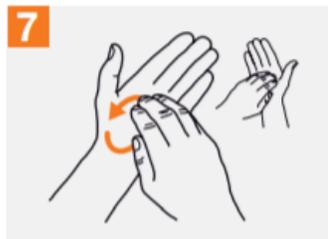
Palm to palm with fingers interlaced;



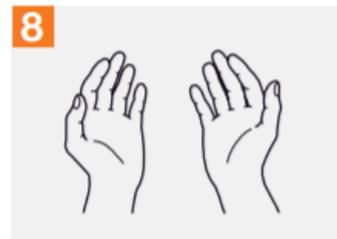
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.