

# COVID-19 prevention TRAINING

UNIVERSITY OF CALIFORNIA

On 12/15/22 the State of California Occupational Safety & Health Standards board approved a non-emergency regulation known as COVID-19 prevention (8 CCR 3205), This training meets requirements of 8 CCR 3205 and University of California policy. For more information visit <https://training.ucr.edu/coronavirus>.

## About COVID-19

### What is COVID-19?

Coronavirus Disease 2019 (COVID-19) is disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

## Signs & Symptoms

### Symptoms

Recognize the symptoms of COVID-19. Symptoms can vary from person to person; it can range from mild to severe illness. Symptoms include, amongst others:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestions or runny nose
- Diarrhea

Learn more about the symptoms of COVID-19 by visiting the Centers for Disease Control and Prevention [website](https://www.cdc.gov/covid19/).

## Prevent

### Injury & Illness Prevention Program (IIPP)

Review the Injury & Illness Prevention Plan (IIPP) for specific information on the safety programs in place to prevent illness. This document covers topics in management, communications, hazards assessment & control, accident investigation, plans and procedures, and training.

## Vaccination

The vaccine is effective at preventing COVID-19, and protecting against both transmission and serious illness or death. Information on how to access COVID-19 vaccination is available on the University vaccine website. Once there, complete education on our vaccine policy, read the manufacturer's fact sheets, and get answers to your frequently asked questions (FAQs).

## Face covering

### When to wear

You can wear a face covering, based on recommendations from the California Department of Public

Health (CDPH), "[Guidance for the use of face masks](#)." Recommendations are based on Community Level (which can be Low, Medium, or High), and vary for those people considered vulnerable.



## Respiratory protection

### Policies

You can access the University's policies for providing respirators can be found on the [Environmental Health & Safety \(EH&S\) website](#).

### Rights

You have the right to request a respirator for voluntary use, and at no cost to you.

### How to use

Learn how to properly wear a respirator and how to perform a seal check by completing [Respiratory Protection training](#).



## Ventilation

Improving ventilation (which includes moving air into, out of, or within a room) and filtration can help prevent virus particles from accumulating in indoor air. This can help protect you from getting infected with and spreading the virus that causes COVID-19. Viral particles spread between people more readily indoors than outdoors.

## Avoid contact

Avoiding contact with people who have COVID-19, whether or not they feel sick, can reduce your risk of catching the virus from them. If possible, avoid being around a person who has COVID-19 until they can safely end home isolation. In those situations, use as many prevention strategies as you can, such as practicing hand hygiene, consistently and correctly wearing a high-quality mask, improving ventilation, and keeping your distance, when possible, from the person who is sick or who tested positive.

## Testing

Get tested for COVID-19 if you have symptoms. You can find a testing location at [covid19.ca.gov](https://covid19.ca.gov) or by visiting the University's website.

## Acknowledgment

I acknowledge that I have received and understand the information presented in the COVID-19 prevention training, based on 8 CCR 3205 and the CDPH industry guidance for higher education. I will consult with my supervisor and/or EH&S for clarification or additional information.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Identification: \_\_\_\_\_  
(Student or Employee ID)

Date: \_\_\_\_\_

Campus: \_\_\_\_\_  
(Campus, Medical Center, or location)

## Stay home

### When do you stay home?

You are encouraged to report COVID-19 symptoms and stay home when ill. Obtain a COVID-19 test if you have symptoms, and seek further guidance and treatment from your primary health care provider.

### When do you return?

Follow CDPH and University guidance on when to return after you have symptoms or tested positive.

## Test

Instructions: Complete this test and submit to Environmental Health & Safety or [training@ucr.edu](mailto:training@ucr.edu).

1. The University's COVID-19 policies and procedures include the \_\_\_\_\_ which contains key components designed to help you identify hazards and implement controls to reduce risk of transmission. (circle one)

- a. Field Safety Plan
- b. Higher Education guidance
- c. Injury & Illness Prevention Program (IIPP)
- d. Physical distancing policy 3205

2. Get a COVID-19 test if you have symptoms, seek medical treatment, and follow \_\_\_\_\_ guidance on when to return.

- a. Social media news
- b. Respiratory protection
- c. CDPH
- d. Vaccination

2. Do not come to work if you have these COVID-19 symptoms: (select all that apply)

- ☐ Breathing difficulty
- ☐ Chills
- ☐ Cough
- ☐ Fever
- ☐ Headache
- ☐ Loss of taste or smell
- ☐ Fatigue
- ☐ Sore throat

# N-95 Respirator

## Voluntary Use Training

**N-95 Filtering facepiece respirators** are air-purifying respirators certified by NIOSH to have filter efficiency levels of 95% or greater. N-95 respirators filter out airborne contaminants including dusts, fumes, mists, and microbial agents such as tuberculosis bacteria & flu virus.

### How-to Put-on N-95 Respirators



#### 1. Read instructions.

Wash your hands. Hold the respirator in one hand, with nosepiece at your fingertips. Let the straps hang loosely.



2. Place respirator under your chin, with the nosepiece up. Hold the respirator with one hand and **pull the top strap over your head**. Rest it on top of head.



3. Pull the bottom strap over your head and place it around your neck, below your ears.



4. Use both hands to **mold the nosepiece** to the shape of your nose by pushing inward with your fingertips. Check for secure fit.



5. **Seal check.** Cover respirator completely with hands and exhale sharply. If air blows on your face, readjust respirator (steps 3 & 4).

*Note: The proper way to put on a respirator depends on the type and model of the respirator. Refer to the manufacturer's instructions.*

### Proper Use & Maintenance

- Choose N-95 respirators **certified for use** to protect against the contaminant of concern.
- Read & follow instructions** from the manufacturer.
- Check for a **tight seal** around the face every time you put the respirator on. The more air leaks under the seal, the less protection you receive.
- Keep track** of your respirator as to not mistakenly use someone else's.
- Inspect** the respirator prior to use; **check for damage** and contamination.
- Replace** your respirator if it becomes damaged, deformed, dirty, or difficult to breathe through.
- Inform** your supervisor and **work with EH&S** if you have medical concerns that may result in difficulties when using a respirator. You may also **consult with your doctor** before using a respirator if you have any medical concerns such as lung or heart problems.
- Go to an area with cleaner air, take off the respirator, and **seek medical help**, if you experience symptoms (i.e. difficulty breathing, dizziness, or nausea).
- Dispose of the respirator** in the normal trash, unless it was used in a medical facility or research area with specific disposal procedures, or if there is evidence it may be contaminated.



- Store** your respirator properly to protect it from damage, contamination, extreme temperatures, damaging chemicals, and crushing or deforming the facepiece.
- DO NOT** use surgical masks or other items over your nose and mouth (i.e. scarves, T-shirts, bandannas).
- DO NOT** wear your respirator into atmospheres containing contaminants for which it is not designed to protect against. For example, a respirator designed to filter dust particles will not protect you against gases, vapors, or highly toxic materials.
- DO NOT** attempt to reuse, clean, or disinfect disposable filtering facepiece respirators.
- DO NOT** allow facial hair, hair, jewelry, glasses, clothing, or anything else to prevent proper placement or come between your face and the respirator.



### Required Use

N-95 respirators may be **required** as personal protective equipment, depending on your job responsibilities. If your use of an N-95 respirator is not considered voluntary and you are required to wear an N-95 respirator as part of your job, work with your supervisor and EH&S to ensure you have received proper **training, fit testing** and **medical clearance**.

### Limitations

**Review and follow instructions** from the manufacturer on the respirator's use, maintenance, cleaning, care, and limitations. Also **follow instructions** from the manufacturer and University regarding medical evaluations, fit testing, and shaving. N-95 respirators only filter out particulate contaminants. They **do not protect** you from chemical vapors/gases, oxygen deficient atmospheres, high risk exposures such as those created by aerosol-generating procedures (i.e. bronchoscopy, autopsy) and asbestos handling. Facial hair reduces the effectiveness of N-95 respiratory protection, but shaving is not required for voluntary use. If you have facial hair, you may wear a loose-fitting powered air purifying respirator.



### Voluntary Use

Although Cal-OSHA does not require fit testing or medical certification for voluntary use of an N-95 respirator, users must be provided and review Appendix D of the OSHA Respiratory Protection Standard (1910.134 App D). To access that information, visit the OSHA [website](#), or see page 2 of this handout. For questions related to your voluntary use of an N-95 respirator, please consult with your supervisor and/or EH&S.

## Mandatory Information for Employees Using Respirators when not Required Under the Standard

### Appendix D to Sec. 1910.34

Respirators are an effective method of protection against designated hazards when properly selected and worn. Respirator use is encouraged, even when exposures are below the exposure limit, to provide an additional level of comfort and protection for workers. However, if a respirator is used improperly or not kept clean, the respirator itself can become a hazard to the worker. Sometimes, workers may wear respirators to avoid exposures to hazards, even if the amount of hazardous substance does not exceed the limits set by OSHA standards. If your employer provides respirators for your voluntary use, or if you provide your own respirator, you need to take certain precautions to be sure that the respirator itself does not present a hazard.

As a reminder, you should do the following:

1. **Read and heed** all instructions provided by the manufacturer on use, maintenance, cleaning and care, and warnings regarding the respirator's limitations.
2. **Choose** respirators certified for use to protect against the contaminant of concern. NIOSH, the National Institute for Occupational Safety and Health of the U.S. Department of Health and Human Services, certifies respirators. A label or statement of certification should appear on the respirator or respirator packaging. It will tell you what the respirator is designed for and how much it will protect you.
3. **Do not** wear your respirator into atmospheres containing contaminants for which your respirator is not designed to protect against. For example, a respirator designed to filter dust particles will not protect you against gases, vapors, or very small solid particles of fumes or smoke.
4. **Keep track** of your respirator so that you do not mistakenly use someone else's respirator.

For more information regarding [limitations](#) and [how to properly put on, use, and maintain](#) N-95 facepiece respirators and other masks made of filter material, visit [bit.ly/ucN95](https://bit.ly/ucN95) or scan the QR code below.

