

# **EHS 207 UC Berkeley Guidelines on Protecting Workers from COVID-19**

**(Revised 7/7/2021)**

## **Accessible Training Transcript**

### **1. Introduction**

UC Berkeley Guidelines on Protecting Workers from COVID-19 (Original 6/1/20, Revised 2/3/21 and 7/7/21).

Welcome to this short training on how to work safely when returning to campus during the COVID-19 pandemic.

This revised course meets the training requirements of the COVID-19 prevention emergency regulation (8 CCR 3205), which was readopted with changes on 06/17/21.

The training also reflects updated University of California policies and is required for all UC Berkeley employees prior to returning to work on campus.

All employees are expected to follow the campus policies, protocols, and guidelines outlined in this presentation.

### **2. Learning Objectives**

After this training, you will be able to:

Minimize the risk of spreading COVID-19 in the workplace and use various resources for the most recent information.

### **3. Coronavirus General Information**

Coronaviruses are a large family of viruses that typically cause respiratory infections and can result in more severe disease.

The SARS-CoV-2 virus was first identified in humans in December 2019.

Throughout this presentation we refer to the virus as SARS CoV-2 and the disease as “COVID-19” (Coronavirus Disease 2019).

### **4. Routes of transmission #1**

Person-to-person spread is a primary source of transmission.

People transmit the virus in respiratory droplets by coughing, sneezing, exhaling, and talking.

Infected individuals may show no symptoms and can transmit SARS-CoV-2 even if they are asymptomatic.

## **5. Routes of transmission #2**

It is also possible to contract COVID-19 by touching one's own mouth, nose, and eyes after contact with a contaminated surface or object.

## **6. Spread**

Particles containing the virus can travel more than six feet, especially indoors. Combine physical distancing with other controls to be effective.

## **7. Symptoms**

People with COVID-19 have reported a wide range of symptoms that include:

Fever (>100F)

Chills

Persistent cough

Difficulty breathing

Chest pressure or pain

Muscle aches

Sore throat

Loss of taste and smell

Persistent headache

Fatigue

Nausea

Diarrhea

Symptoms may appear 2-14 days after exposure to the virus.

It is important that you do not come to work if you experience symptoms. Contact your supervisor to arrange work from home, as applicable, and seek further guidance and treatment from your primary health care provider. Review the CDC website for more information about symptoms.

## **8. When to Get Tested**

Get tested for COVID-19 if you have symptoms.

For fully vaccinated faculty, staff, and students, weekly testing is not required for 180 days from the date you are fully vaccinated. You're considered fully vaccinated 14 days after your final vaccine dose.

For faculty, staff, and students who are unvaccinated or not yet fully vaccinated, weekly testing is required to access campus.

This information is current as of July 2, 2021. Refer to the UHS Community Screening Web Page for the most recent testing requirements.

## **9. Badge System**

You must have a green public health badge to enter any campus building.

In order to have a green badge, stay current with your testing regimen and be in compliance with campus requirements.

If you have been vaccinated outside of UHS, upload a record of your vaccination to eTang, and complete at least one surveillance test at UHS to receive a green badge status for 180 days from the date you are fully vaccinated.

If you tested positive for COVID-19 and have been cleared from isolation, your badge will stay green for 90 days after the date of your positive test.

Access your badge at the eTang website or the Berkeley mobile app.

Refer to the Campus Surveillance Testing - Badge System Web Page for the most recent requirements.

## **10. Testing Access**

If you are required to get tested, work with your supervisor to allow time for testing within your regular work schedule. Please check the UHS website for the most up-to-date testing sites and hours.

## **11. Vaccine Requirement**

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.

The University of California will finalize and issue a vaccine mandate by July 15, 2021.

The effective date for policy compliance will be Wednesday, Aug. 4, 2021, two weeks before the UC Berkeley fall term begins.

The policy will allow for narrow medical exemptions consistent with CDC guidance and manufacturer labeling on contraindications and precautions.

As with other policies and, in accordance with relevant federal and California law, faculty, staff, and students will also be eligible to request disability accommodations and exceptions based on religious belief.

Additional information and how to file for these exemptions will be made available by July 15, 2021.

Those with approved exemptions or accommodations may return to campus and access classes and services with the requirement that they remain masked in all public settings and comply with weekly COVID testing.

Employees who choose not to be vaccinated, and have no approved exemption, cannot work on campus.

More information can be found on the UC COVID-19 Vaccine Requirements webpage.

## **12. People Cards**

Managers and Supervisors, please note that People Cards provide a quick overview of the employees you supervise and indicate whether they are cleared to work on-site. Managers and principal investigators should get into the habit of checking People Cards daily to ensure that those working on-site have completed the Daily Symptom Screener and completed the required public health training (referred to as EHS 207) and surveillance testing (not applicable if the employee has uploaded their vaccination card to UHS).

In addition, starting July 12, People Cards will indicate whether an employee working on-site is required to wear a face covering while working on-site. Once the UC COVID-19 vaccine policy is implemented by the University, People Cards will also show whether an employee has complied with the policy. For more information, please visit the People Cards website.

## **13. Stay Home**

It is important that you do not come to work if you experience symptoms, Contact your supervisor to arrange work from home or use of accrued leave time, as applicable, and seek further guidance and treatment from your primary health care provider.

## **14. Returning to Work**

You may return to work after a positive COVID-19 diagnosis if:  
at least 10 days have passed since symptoms first appeared, your symptoms have improved, and your temperature is below 100.4o for 24 hours.  
If you had a positive COVID-19 diagnosis but did not experience symptoms you may return after 10 days have passed since the date that you took your first positive test.  
Visit the UC Berkeley Coronavirus Website for details.

## **15. COVID Benefits and Leave**

There are University and government leave benefits you may be entitled to, which may make it financially easier to stay at home if your job duties cannot be performed remotely. Learn more about these programs at the Berkeley People & Culture COVID-19 Resources website.

## **16. Face Coverings – When to Wear**

When to wear

You can wear a face covering at work, regardless of vaccination status, without fear of retaliation. In the event of an outbreak, or in employer-provided housing, or in employer-provided transportation (to and from work) you are required to wear a face covering, both inside and outside of buildings; with some exceptions. You may request a face covering from EH&S at no cost to you.

Conditions

Face coverings must be worn by employees who are not fully vaccinated when indoors (or in vehicles).

They are recommended for non-vaccinated people in outdoor settings when six feet distance between people can't be maintained.

In addition, CDPH requires that the following groups must wear face coverings regardless of vaccination status:

- Public transit (e.g., Fleet, carpools)
- Minors/Youth settings indoors (K-12, childcare, or youth)
- Healthcare (e.g., Student Health / Counseling and Psychological Services (CAPS), UC Health, etc.)
- Correctional facilities (e.g., UCPD)
- Shelters.

Exceptions

Under certain conditions, face coverings must be worn everywhere on-site, except when alone in a room, when wearing respirators, or due to a medical / mental condition or disability, or in cases of hearing impaired communication. If you are eating/drinking you may remove your face covering as long as you are at least six feet apart from others, and there is sufficient outside air coming into the area.

Refer to the UC Berkeley Face Coverings webpage for the most recent requirements.

## **17. Respiratory Protection**

If you are not fully vaccinated you have the right to request a respirator for voluntary use without fear of retaliation, and at no cost to you.

You can access the University's policies for providing respirators on the EH&S website.

Learn how to properly wear a respirator and how to perform a seal check by completing Respiratory Protection training.

One limitation is that facial hair interferes with the seal.

## **18. Hand Hygiene**

Frequently wash hands with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer when you do not have immediate access to a sink or hand washing facility.

It's important to note that hand sanitizer does not work if the hands are soiled.

For more information, visit the CDC Handwashing website.

## **19. COVID-19 Prevention Program**

Learn more about the University's COVID-19 policies and procedures designed to protect you from the hazards of the Coronavirus.

In particular, review the COVID-19 prevention plan available online. It contains key components designed to help you identify hazards and implement controls to reduce risk of transmission.

## **20. Notification of Workplace Exposure to COVID-19**

UC Berkeley will notify you via email if there is a potential COVID-19 exposure on campus property.

The notification directs you to check the COVID-19 Workplace Exposure Dashboard for information on the specific worksite location of the potential exposure.

## **21. Communicate with your Supervisor**

Check with your supervisor about the work schedule, facility, and cleaning changes that apply to you.

This may include staggered shifts, job rotations, and meetings.

Communicate frequently with your supervisor and colleagues.

Click the button for more information about returning to campus.

## **22. Together we can stay healthy!**

If we each implement the measures included in this training, the combined effect will reduce the risk of spreading COVID-19 at work.

Together we can stay healthy!

## **23. Resources and References**

Thank you to University of California Risk & Safety Training Center of Excellence for sharing resources for this presentation.

Please see the resources below for links to COVID-19 resources.

- Berkeley Mobile App
  - <https://technology.berkeley.edu/mobile-app>

- Berkeley People & Culture COVID-19 Resources Website
  - <https://hr.berkeley.edu/covid-19-resources>
- Campus Surveillance Testing Badge System Web Page
  - <https://uhs.berkeley.edu/coronavirus/testing-covid-19/surveillance-testing/surveillance-testing-badge-system>
- CDC Handwashing Website
  - <https://www.cdc.gov/handwashing/index.html>
- CDC Website Symptoms
  - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- CDPH Face Coverings Guidelines
  - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx>
- COVID-19 Prevention Program
  - <https://ehs.berkeley.edu/sites/default/files/UC-Berkeley-COVID19-Prevention-Program.pdf>
- EH&S Face Covering Distribution Schedule
  - <https://ehs.berkeley.edu/face-mask-distribution>
- EH&S Respiratory Protection Website
  - <https://ehs.berkeley.edu/workplace-safety/respiratory-protection>
- Instructions for Updating Vaccine Record in eTang
  - [https://uhs.berkeley.edu/sites/default/files/covid-etang-vaccine\\_records.pdf](https://uhs.berkeley.edu/sites/default/files/covid-etang-vaccine_records.pdf)
- Respiratory Protection Training
  - <https://training.ucr.edu/courses/resources/N95>
- Symptom Screener
  - [https://calberkeley.ca1.qualtrics.com/jfe/form/SV\\_3xTgcs162K19qRv](https://calberkeley.ca1.qualtrics.com/jfe/form/SV_3xTgcs162K19qRv)
- UC Berkeley Coronavirus Website
  - <https://coronavirus.berkeley.edu/return-to-campus/working-on-campus/>
- UC Berkeley Face Coverings Webpage
  - <https://coronavirus.berkeley.edu/return-to-campus/face-coverings/>
- UC Berkeley People Cards Website
  - <https://portal.berkeley.edu/people>
- UC Berkeley Return to Campus Website
  - <https://coronavirus.berkeley.edu/return-to-campus/>
- UC COVID-19 Vaccine Requirements Webpage
  - <https://uhs.berkeley.edu/requirements/covid19>

- UHS Community Screening Web Page
  - <https://uhs.berkeley.edu/coronavirus/testing-covid-19/campus-surveillance-testing>
- University Health Services Masks Information Website
  - <https://uhs.berkeley.edu/coronavirus/health-information/masks-information>
- University Health Services Vaccine Website
  - <https://uhs.berkeley.edu/coronavirus/vaccines-covid-19>