



EHS 207 Training Script

1 Introduction

1.1 Introduction

Welcome 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 04/22/22.

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, and at coronavirus.berkeley.edu.

After this presentation, you will be able to:

Minimize the risk of spreading COVID-19 in the workplace and

Use various resources for the most recent information.

Click the button to start the course or tab to the button and press the Shift + N keys.

1.2 How to Use This Course

You can read the information presented (without having to listen to the narrator) at any time by clicking on the “Script” tab. To disable the audio, click on the sound icon at the bottom.

If you cannot access content or use features in this training due to an accessibility-related issue, please note that an accessible PDF version of the training content is available in the

"Resources" tab of this course. The "Resources" tab is located in the top right-hand side of your training player.

If you experience slow course playback at any time, please clear your web browser cache to continue the training. For additional help accessing the training, please contact the EH&S Training Team.

1.3 Your Information

Please enter your information in the text fields below.

Your information will be used to generate a certificate of completion.

2 Info and Routes of Transmission

2.1 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).

2.2 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.

2.3 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.

2.4 Spread

Particles containing the virus can travel more than six feet, especially indoors.

Choose to combine physical distancing with other controls to be effective.

2.5 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.

3 Symptoms and Self Monitoring

3.1 Self Monitoring

Monitor for symptoms daily before arriving on campus.

3.2 When to Get Tested

Get tested for COVID-19 if you have symptoms. Additional information on COVID-19 testing through University Health Services is available at the University Health Services website. Testing can be completed on campus or through self-testing. For self-tests and tests completed outside of campus, upload a copy of your test results to eTang.

3.3 Vaccination of UHS

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.

Click on the icons to learn more.

3.4 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.

3.5 Vaccine Requirement

The COVID-19 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 requires that all staff, students, and faculty be vaccinated against COVID-19 before they will be allowed on campus or in a facility or office.

Those with approved exemptions or accommodations may return to campus and access classes and services with the requirement that they 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.

3.6 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 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, the 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.

3.7 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.

4 Returning to Work

4.1 Returning to Work

You may return to work five days after a positive COVID-19 diagnosis if you do not have symptoms and test negative. However, you must wear a face covering around others for an additional 5 days.

If you cannot test or decline to test, you can return to work 10 days after a positive COVID-19 diagnosis.

If you develop symptoms after returning to work, testing is required.

Visit the UC Berkeley Coronavirus Website or the following Cal/OSHA resource for details:
https://www.dir.ca.gov/dosh/dosh_publications/Isolation-and-Quarantine-fs.pdf

4.2 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.

<https://hr.berkeley.edu/covid-19-resources>

5 Face Coverings

5.1 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

The Cal OSHA guidelines, published on April 22, 2022, state that face coverings are NOT required, regardless of vaccination status. However, you may wear one if you so choose. EH&S distributes N95 respirators for voluntary use. Visit this link for information about acquiring an N95 from EH&S:
<https://ehs.berkeley.edu/news/face-coverings-distribution-schedule>.

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

5.2 Face Coverings - How to Wear

To wear a face covering, make sure that your mouth and nose are fully covered. It should fit snugly on the sides of your face.

It's important to note that face coverings are not a tested and certified piece of personal protective equipment (PPE). If needed for your job function, your supervisor will provide you with the appropriate PPE.

Click on the buttons for more information about obtaining and using face coverings.

5.3 Face Protection

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.

6 Personal & Hand Hygiene

6.1 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.

7 Communication

7.1 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.

7.2 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.

7.3 If Outbreaks Occur

If you have been exposed to someone who has recently tested positive for COVID, you are not required to stay off campus. The University does not provide "Exclusion Pay."

To find out more, access the UC Berkeley COVID-19 Prevention program and People and Culture's COVID Leave information:

<https://ehs.berkeley.edu/publications/uc-berkeley-covid-19-prevention-program-cpp>

<https://hr.berkeley.edu/return-campus/covid-19-resources>

In a minor outbreak, employees who had close contacts must have a negative test taken within 3-5 days after the close contact or shall be excluded from work.

In a major outbreak, employees in the Exposed Group shall be tested or excluded from work.

7.4 Communicate With Your Supervisor

Check with your supervisor about the work schedule, facility, and other 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.

7.5 Together We Can

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!

8 Resources & Completion

8.1 Resources & Completion

Please see the resources tab of this course for links to COVID-19 resources.

IMPORTANT: Click the button to complete the course and receive credit.

8.2 Summary

In summary, the most recent Cal/OSHA guidelines have led to the following changes:

You are no longer required to wear a face covering when present on campus—indoors or outdoors.

Face coverings are no longer required on public transportation

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Social distancing is no longer required.

COVID testing can be self-administered, so long as a photo is uploaded onto eTang.

You do not need to stay off campus following close contact with a COVID-positive individual.

The University does not provide “Exclusion Pay” due to COVID-19.

You must stay home if you test positive.

The Green Badge System is no longer in use.

We recognize that these updates might feel unsettling. Please note that you are still encouraged to follow safety practices that are within your comfort level—without threat of reproach or reprisal.

If you have any concerns about any of these changes, you may contact your supervisor or University Health Services Care Services for additional support.

8.3 Completion Slide