

This plan to be distributed to each student, posted on entrance and exit doors of room 4432:

**In Person Lab Requirements**  
**Physics 114L, 221L, and Geology 101L - Fall Quarter 2020**  
**For Weekly Labs When Done in Person**

Please refer questions to your instructor, John Hillier, or Lucas Rucks at [lucas.rucks@ghc.edu](mailto:lucas.rucks@ghc.edu)

To keep our students, staff, and faculty safe while on campus in labs when social distancing is required, we must continue to be diligent with best practices advised by the WA DOH, CDC, and OSHA.

1. Daily pre-arrival-to-class self-screening:

**Before Entering the Building:**

1. Do you have a fever (100.4F or higher), a sense of having a fever, or chills?
2. Do you have a new cough that you cannot attribute to another health condition?
3. Do you have new shortness of breath or difficulty breathing that you cannot attribute to another health condition?
4. Do you have fatigue that you cannot attribute to another health condition?
5. Do you have new muscle aches (myalgia) that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)?
6. Do you have a headache that you cannot attribute to another health condition?
7. Do you have new loss of taste/smell that you cannot attribute to another health condition?
8. Do you have a new sore throat that you cannot attribute to another health condition?
9. Do you have congestion that you cannot attribute to another health condition?
10. Do you have nausea or vomiting that you cannot attribute to another health condition?
11. Do you have diarrhea that you cannot attribute to another health condition?

If the answer is “yes” to any of the above, do not come in. To participate in this course, you are **required** to attest to these things every day. If you have any of these symptoms, you should not return to class until you have been evaluated and cleared by medical personnel.

If any of these symptoms develop while in class, you are to report it to your instructor immediately and then go home.

These practices are required for all employees and students as long as the “Stay Home, Stay Healthy” Gubernatorial Proclamation 20-25 is in effect or if adopted as rules by a federal, state, or local regulatory agency.

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2. If you answer “no” to all of the above questions you will need to sign a form attesting to this fact upon entering lab. These forms will be maintained for at least 30 days and will be useful for contact tracing if someone in lab tests positive for Covid-19.
3. Someone in your household has flu symptoms or has been confirmed COVID 19 positive - DO NOT COME IN. Report any instances of confirmed COVID 19 positive cases in your household.
4. Wearing a mask is required at all times while in lab.
5. Stay at least 6’ away from other people at all times when possible. If you must come within 6’ in order to perform the experiment you should minimize the time of close contact as much as possible.
6. Use hand sanitizer (at least 60% alcohol) if touching frequently touched things and hand washing is not feasible.
7. Cover any cough or sneeze, and if it is repeating, GO HOME.
8. Known or suspected COVID exposures will be reported immediate to The Office of Instruction and Campus Operations.

We are committed to adhering to all state requirements.

**Dr. Lucas Rucks, Dean for Workforce Education**

**Dr. John Hillier, Instructor**

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## **References/Additional Information**

**1** Recommended Guidance for Daily COVID-19 Screening of Employees and Visitors <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/Employervisitorscreeningguidance.pdf>

### **2 How to Discontinue Home Isolation**

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

### **3 Face Cloth Coverings**

The DOH recommends cloth face coverings when in public settings where maintaining 6 feet of distance from others is not possible.

Guidance on Cloth Face Coverings from the Washington State Department of Health

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/ClothFacemasks.pdf>

### **4 Temperature 100.4 or higher**

Recommendations and Guidance to Protect Critical Infrastructure Workers during COVID-19 Pandemic

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/GuidanceEssentialBusinessesProtectEmp.pdf>

### **5 Hand washing**

Fight Germs. Wash Your Hands Demonstration <https://www.cdc.gov/handwashing/videos.html> Covid-19 Handwashing PSA (CDC) <https://www.youtube.com/watch?v=7n4NBkxg2RQ>

### **6 Medium Exposure Risk**

The DOH recommends OSHA 3990-03-2020 Guidance on Preparing Workplaces for COVID-19 for information on the type of PPE that should be provided.

There are 4 classifications: Very high exposure risk, high exposure risk, medium exposure risk and lower exposure risk.

Very high exposure risk: healthcare workers performing aerosol-generating procedures, those collecting or handling specimens from known or suspected COVID-19 patients, morgue workers performing autopsies on bodies of people who are known to have or suspected of having COVID-19 at time of death.

High exposure risk: Healthcare delivery and support staff exposed to known or expected COVID-19 patients, medical transport workers, mortuary workers involved in preparing the bodies of suspected or known COVID-19 patients at the time of death.

**Medium exposure risk:** Require frequent and/or close contact with (i.e. within 6 feet of) people who may be infected with SARS-CoV-2, but who are not known or suspected COVID-19. In areas where there is ongoing community transmission, workers in this category may have contact with the general public (e.g., schools, high-population-density work environments, some high-volume retail settings).

PPE recommendation for Medium exposure risk: may need to wear some combination of gloves, a gown, a face mask, and/or a face shield or goggles. This will vary by work task. In a rare situation that would require use of respirators (N95).

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**Low exposure risk:** do not require contact with people know to be, or suspected of being, infected with SARS-CoV-2 nor frequent close contact with (i.e. within 6 feet) of the general public. Workers in this category have minimal occupational contact with the public and other coworkers. Note: we are in an area with ongoing community transmission and are to assume those we come into contact may have COVID-19 so this exposure risk was not designated.

PPE recommendations: PPE is not recommended for workers in the lower exposure risk group. They should continue to use PPE, if any, that they would normally. \*exception is the cloth masks now being recommended for in public, especially if less than 6 feet cannot be maintained

2020 Guidance on Preparing Workplaces for COVID-19 <https://www.osha.gov/Publications/OSHA3990.pdf>

#### **7 Industrial Tape**

Blue painters' tape could be used for temporary identification of individual student lab areas, issues with this will be the need for continuous check for trip hazards and difficulty cleaning. The use of industrial floor marking tape provides a safe area that can be cleaned appropriately. Other ways to separate areas should also be considered.

#### **8 Fans**

Recommendations and Guidance to Protect Critical Infrastructure Workers during COVID-19 Pandemic <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/GuidanceEssentialBusinessesProtectEmp.pdf>

#### **9 Cleaning**

Cleaning and Disinfecting Your Facility

<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

Developed: April 29, 2020 – Lucas Rucks

Updated:

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