COVID-19 Facilities Management Cleaning Protocols

Facilities Management provides custodial services to all Colorado State University facilities including breakrooms, conference rooms, elevators, entries and lobbies, lounges, mail and copy rooms, offices, restrooms, stairwells, landings, labs (limited services), and classrooms. Services include trash and recycle removal, vacuuming, mopping, restroom cleaning and disinfection, cleaning of horizontal and vertical surfaces and disinfecting frequently touched areas.

Below are the current protocols for custodial staff during COVID-19:

Cleaning Protocols

• All custodial cleaning protocols follow Centers for Disease Control and Prevention guidelines and protocols, including using EPA-approved disinfectants against COVID-19 and personal protective equipment.

• All custodial staff have been trained in CDC approved protocols and provided appropriate equipment.

• Custodial staff will practice physical distancing, wear facial coverings, and follow proper prevention hygiene, such as washing hands frequently and using alcohol-based (at least 60% alcohol) hand sanitizer when soap and water are not available.

• Staff are cleaning and disinfecting all frequently touched surfaces in public areas daily including, tables, chairs, doors, handrails, light switches, countertops, toilets, sinks, etc. Facilities Management will not clean keyboards, touchscreens or any electronic equipment. Users and instructors will be responsible for cleaning those surfaces before and after use.

• Custodial staff are cleaning all horizontal and vertical surfaces daily in elevators, classrooms, conference rooms, entrances and lobbies, restrooms and lounges. Facilities Management staff will only clean exterior surfaces of appliances, including microwaves, refrigerators, toaster ovens, etc. Departments are responsible for interior appliance cleaning. • Per CDC guidelines, staff will not spray disinfectant on sidewalks or other outdoor areas because this not been proven to reduce the risk of COVID-19 to the public. This is not an efficient use of resources.

• If a room has been determined to have been exposed to someone with COVID-19, the room will not be accessed by custodial staff for 24 hours. After that period of time, the room will be thoroughly cleaned and disinfected per CDC and public health guidelines.
Accessing Disinfecting Supplies
• Approved disinfectant and wipes will be available for use by students and employees in all offices and classrooms. HOW TO REPLACE OR RESUPPLY? LORI

Addressing Illness and Exposure
Information about the university’s plans for addressing illness and exposure is at https://covidrecovery.colostate.edu/addressing-ventilation-in-university-buildings/. Check back often; this information is frequently updated.

Custodial Services

Changes to Custodial Priorities
• Cleaning and disinfection of all frequently touched surfaces in public areas including tables, chairs, doors, handrails, etc. has increased from as needed or monthly to daily.
• Sweeping and mopping of stairwells has decreased from weekly to monthly.
• Private office occupants are now required to remove their own desk-side trash and recycle and dispose of it in a centrally located collection bin per floor. • Vacuuming in classrooms has decreased from daily to weekly.
• Vacuuming in private offices has decreased from weekly to monthly.

For more up-to-date information CSU’s COVID-19 recovery, please visit: https://covidrecovery.colostate.edu/
Keeping Our Community Healthy – A Perspective from the CSU Health Network

By Wendy McGahey
Quality Assurance and Compliance Coordinator
Colorado State University Health Network

What’s Been Happening at the CSU Health Network?

As the Health Network’s Quality Assurance and Compliance Coordinator, and a member of the CSUHN Infection Control and Safety Committees, one of my jobs is to help keep us current on regulatory requirements that might apply to the Health Network. --- Operating under public health requirements from both the county and the state for each area of the facility ---presents a unique challenge, as our spaces include healthcare, limited healthcare settings (like physical therapy), mental health care, office spaces, and even retail (our pharmacy, which is open to the public).

The CSU Health Network has remained open for essential patient services throughout the pandemic. We have worked to expand access and services while simultaneously protecting the health of our staff and students. The Health Network is still offering teleservices first and providing many services entirely remotely. However, we are seeing some students with acute injuries and other complex needs in person.

So, where does the CSU Health Network find information about current safety guidelines and requirements?

The Larimer County’s “Safer at Home Operating Guidance for Businesses, Workplaces, and Facilities” is a great resource for locating local Public Health orders, especially if you have a multitude of operations in your facility. There are several orders active at the State level, and they can be found on the Public Health & Executive Orders page. The Centers for Disease Control also provides general guidelines and recommendations for different working areas. I highly recommend visiting the Businesses and Workplaces page to see what tips are available for your staff and students.

Situational awareness is a huge part of what all of us are doing to keep the CSU community safe. The CSU Pandemic Planning Team has been actively working to keep the campus’ operations aligned with current guidelines. Much information about the University’s efforts can be found on the CSU COVID Recovery Page. In addition to the case counts available on the Recovery page, Larimer County has a Dashboard detailing COVID-19 activity in the county. The data on this dashboard is being watched closely at the county and state level, as these numbers can affect Larimer County’s variance - that is, our ability to be more “open” than other counties in the state.

Thank you all for your efforts to keep our staff and students safe. Please feel free to reach out to us here at the CSU Health Network if you need help guiding our students.

Thanks for sharing your expertise and resources Wendy!
First Aid for Severe Trauma (FAST)

**Be The Difference**
Do you know how to respond to a severe trauma, such as life-threatening bleeding?
First Aid for Severe Trauma, an American Red Cross education program on severe injuries, provides training in how to:

- Recognize and stop a life-threatening bleeding emergency
- Communicate effectively during an emergency
- Safeguard rescuers and the trauma victim
- Safely position the trauma victim
- Apply direct pressure and tourniquets

**The Experts Behind This Course**
The FAST education program was developed by the American Red Cross in collaboration with the National Center for Disaster Medicine and Public Health with grant support from the Department of Homeland Security Science and Technology Directorate. The FAST course will be offered at no charge to students attending high school, thanks to the grant.

For more information or to sign up: [https://www.redcross.org/take-a-class/first-aid/first-aid-training/first-aid-classes/fast-training](https://www.redcross.org/take-a-class/first-aid/first-aid-training/first-aid-classes/fast-training)

*THESE EXCERPTS TAKEN FROM AN AMERICAN RED CROSS EMAIL*
Halloween Safety
As we move into fall and with all the changes in our current behaviors and norms, it is safe to assume that at least some young people will be out “Trick or Treating”. Here are some tips from the American Safety Council, Safe Kids, and

10 Easy Things You Can Do to Keep Kids Safe on Halloween

Children are twice as likely to be hit by a car and killed on Halloween than on any other day.

Washington, D.C. – Halloween can be one of the most fun nights of the year for children across America, but for parents, it can be the most nerve-wracking as well. On average, twice as many kids are killed while walking on Halloween than on any other day of the year. By taking just a few simple precautions, kids, parents and drivers can make the night fun and safe.

Tips for a Happy (and Safe) Halloween

Safe costumes:
- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colored clothing.
- Masks can obstruct a child’s vision, so choose non-toxic face paint and make-up whenever possible.
- Have children carry glow sticks or flashlights so they can see better, as well as be seen by drivers.

Safe walking:
- Stay alert – Watch out for cars that are turning or backing up and don’t dart out into the street or cross in between parked cars.
- Walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Put electronic devices down and keep heads up and walk, don’t run, across the street.
- It’s best to cross the street safely at corners. And always look left, right and left again when crossing and keep looking as you cross.
Safe driving:

- **Slow... down** in residential neighborhoods. Remember that popular trick-or-treating hours are 5:30 to 9:30 p.m.
- Be especially alert and take extra time to look for kids at intersections, on medians and on curbs. Children are excited on Halloween and may move in unpredictable ways.
- Reduce any distractions inside your car, such as talking on the phone or eating, so you can concentrate on the road and your surroundings.

Some of this year’s universal Halloween masks 😊
Can We Save Halloween?

By Mary Kilpatrick, Cleveland.com

Here’s a look at how experts believe our holiday season may look this year.

Big parties are likely out this Halloween, which falls on a Saturday. And regular trick-or-treating this year would be a nightmare for spreading disease, said MetroHealth Dr. Nicholas Dreher, who specializes in internal medicine and pediatrics. While children don’t generally become as ill with COVID-19, and don’t spread it as easily, they can get sick, and they can spread the virus. On Halloween, they’d likely be mixing with vulnerable population.
“Who is giving out candy, but the really nice people -- that happen to a lot of times be older,” Dreher said. “For that group of people to be talking and touching the same things that literally 100 kids that might come to their door that night is just scary as heck.”

Trick or treating would be safer if cases stop dropped significantly to low levels, but everyone would still need to wear a mask, whether they were costumed or not, Dr. Joseph Khabbaza from Cleveland Clinic critical care said.

It could be safer if people asked kids to a pump of hand sanitizer before grabbing candy from a bowl that’s been distanced from the home. But doctors are skeptical. How many kids are going to follow that rule, at every house, every time? It’s impractical, Khabbaza said.

It will be up to cities to decide whether to schedule an annual door-to-door trick-or-treat nights.

“For Halloween, maybe homeowners could leave a bowl of candy at the end of their driveway, along with a bottle of hand sanitizer, and wave at kids in cute costumes from their front stoop.”

Zebras Don’t Get Ulcers

During a time of stress and isolation, I often recall a book I very much enjoyed titled, WHY ZEBRAS DON’T GET ULCERS by Robert Sapolsky, a professor of biological sciences and of neurology and neurological sciences. His humorous approach to our modern lifestyle and responses to stress gave me some solid insights to enjoy life more. I hope some of these quotes from his book are encouraging to you also.
“It takes surprisingly little in terms of uncontrollable unpleasantness to make humans give up and become helpless in a generalized way.”

“This is the critical point of this book: if you are that zebra running for your life, or that lion sprinting for your meal, your body’s physiological response mechanisms are superbly adapted for dealing with such short-term physical emergencies. For the vast majority of beasts on this planet, stress is about a short-term crisis, after which it’s either over with or you’re over with. When we sit around and worry about stressful things, we turn on the same physiological responses—but they are potentially a disaster when provoked chronically.

“Everything in physiology follows the rule that too much can be as bad as too little. There are optimal points of allostatic balance. For example, while a moderate amount of exercise generally increases bone mass, thirty-year-old athletes who run 40 to 50 miles a week can wind up with decalcified bones, decreased bone mass, increased risk of stress fractures and scoliosis (sideways curvature of the spine)—their skeletons look like those of seventy-year-olds. To put exercise in perspective, imagine this: sit with a group of hunter-gatherers from the African grasslands and explain to them that in our world we have so much food and so much free time that some of us run 26 miles in a day, simply for the sheer pleasure of it. They are likely to say, “Are you crazy? That’s stressful.” Throughout hominid history, if you’re running 26 miles in a day, you’re either very intent on eating someone or someone’s very intent on eating you.”

“This is the critical point of this book: if you are that zebra running for your life, or that lion sprinting for your meal, your body’s physiological response mechanisms are superbly adapted for dealing with such short-term physical emergencies. For the vast majority of beasts on this planet, stress is about a short-term crisis, after which it’s either over with or you’re over with. When we sit around and worry about stressful things, we turn on the same physiological responses—but they are potentially a disaster when provoked chronically. A large body of evidence suggests that stress-related disease emerges, predominantly, out of the fact that we so often activate a physiological system that has evolved for responding to acute physical emergencies, but we turn it on for months on end, worrying about mortgages, relationships, and promotions.”

Toolkit for Guiding Your Team’s Return to Campus

Reopening campus may have you pondering a variety of team dynamics. Talent Development has developed a toolkit to help your team navigate the next normal. What have we learned during this time and how do we evolve toward something greater as a team?

The toolkit provides facilitator, participant, or discussion guides to inspire rich conversations around managing transitions, exploring new beginnings for individuals and the collective team, and creating an inspired future.

Find more details on Talent Development’s website: https://training.colostate.edu/toolkit-for-guiding-your-teams-return-to-campus/
Special thanks to Kris Wittmann (CSU alum) from Wittmann Studios for creating the toolkit illustration - wittmannstudios.com

Getting Started

Three Options to Engage

Additional Considerations for Supervisors

Share Your Journey

CSU Talent Development Facebook Group

NEW! We invite you to join the CSU TD Facebook group, another avenue for virtual connection and micro-learning for our staff and faculty. We will post research-based content that correlates to our curricula. Weigh in on periodic questions that will provide reflection, engagement, or respite, and generate uplifting conversations. Hope to see you there!

Join the group here!

Trending Resources and Trending Resources Page

Please visit our Trending Resources page frequently, as trending topics and suggested articles, videos, and book resources will change and rotate. Here you will also be able to access TD’s new Toolkit for Guiding Your Team’s Return to Campus.

Trending Resources Page

Addressing the current climate of acts of racism and oppression, we feel a strong urgency to share resources that embrace the key concepts of diversity, equity and inclusion. Talent Development believes in the power of educating oneself to make positive and lasting changes. We encourage you to explore the resources and commit to listen, to learn and engage in ways you may have not done before.
We share the words of the Office of the Vice President for Diversity in Black Rams Matter: A Note of Solidarity. To our Black and African American faculty, staff, students, friends and family, we see you, we are here for you, and we stand with you.

Anti Racism Resources Provided by VPD
COVID-19: Talent Development Updates
Employee Assistance Program Resources
TD Training Schedule News
Customized Workshops & Transfer Request Forms

Many thanks to the team at Talent Development for putting together a very helpful welcome back package! Bob

For more resources visit the Talent Development Website and click on Emergency Readiness Training

training.colostate.edu/emergency-readiness-trainings

or

https://safety.colostate.edu/
Ready Colorado State Newsletter is published six times each year – January, March, May, July, September, and November and distributed to your Building Proctors and subscribers. It includes information from Building Proctors, university staff and faculty, from businesses and professional groups and publications, government sources, and from other campuses throughout Colorado and Wyoming. These articles are put together by your Ready CSU Training Team, a university wide coalition of peers concerned about preparedness, safety, and YOU.

Check with your proctor to see what’s up in readiness here at CSU! Better yet, tell coworkers they can also subscribe to the newsletter at:

https://lists.colostate.edu/cgi-bin/mailman/listinfo/ready_csu_newsletter

This publication is intended to serve YOU, the folks who serve our students: if you have information that may be included here for the benefit of your colleagues, please send it to Bob Chaffee at Talent Development at this email address:

bob.chaffee@colostate.edu