

## Introduction

Welcome to the course material for COVID-19: Methods of Protection During a Pandemic (OHS102). UAB Policy requires all Faculty, Staff, and Students to follow CDC Recommendations for COVID-19 Guidelines while on campus.



If you observe that health and safety rules are not being enforced, discuss your concerns with your Supervisor. If non-compliance persists, contact Human Resources or report it anonymously through the UAB Ethics Hotline. Persistent failure or willful disregard for health and safety guidelines by any employee or student can result in disciplinary action.

## Methods of Protection

How to protect yourself and everyone around you from COVID-19:

1. Stay at home as much as possible.
2. Practice social distancing by staying 6 feet away from others.
3. Clean your hands often.

## Face Coverings

The Centers for Disease Control and Prevention (CDC) recommends that in addition to social distancing and hygiene practices, everyone should wear a cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19.

### *How to safely wear cloth face covering?*

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.
- Do not place a mask on a child younger than 2

## *How to safely take off a cloth face covering?*

Once you are back at home:

- Untie the strings behind your head or stretch the ear loops.
- Handle only by the ear loops or ties
- Fold outside corners together.
- Place covering in the washing machine
- Wash your hands with soap and water

## Conclusion

This section concludes the course material for COVID-19: Methods of Protection During a Pandemic (OHS102). What are the next steps?

1. Read the CDC Handouts.
2. Watch the video, The Right Way to Wear, and Clean Your Cloth Face Mask.
3. Complete the Course Attestation.

## Other Available Training

### *EH&S Decision Tree*

UAB's Department of Environmental Health and Safety (EH&S) has developed many training courses available to all active UAB Employees and Students. These course topics include radiation safety, biosafety, chemical safety, building life safety, waste (hazardous, medical, or universal), PPE, and hazard communication. EHS has a [decision tree](#) to help you choose the right course to match the knowledge or skills you may need at work every day. If you have any questions or comments, contact EH&S at (205) 934-2487.

## COVID-19: Methods of Protection During a Pandemic Course Material (OHS102)

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### *COVID-19: Basic Safety & Awareness Course*

Before returning to campus, all Faculty, Staff, and Students are **required** to complete the web-based training course COVID-19: Basic Safety and Awareness Course in the [Campus Learning System](#). This course covers COVID-19 awareness and health and safety requirements, along with how to report your health via [UAB Healthcheck](#).

### *COVID-19: Back to Campus*

Members of the [AAMC Group on Research Advancement and Development](#) have collaborated on content for a course through the CITI Program to prepares researchers and staff. COVID-19: Back to Campus walks participants through recommendations from various federal agencies, including the CDC and NIH, and the practical implications for research institutions. This course is **not required** and intended for a supplemental training course. [Click here](#) to learn how to register for this course.