

Institute for Nuclear Theory (INT) COVID-19 Prevention Plan

Department COVID-19 Supervisor: Kimberlee Choe
Sanjay Reddy - Backup

INT Office Hours

Monday-Friday: 8:00 am - 5:00 pm (Closed 12:00 - 1:00pm for lunch.)
Weekends and US Holidays: Closed

Vaccination

All UW employees and students must comply with the [UW COVID-19 Vaccination Policy](#) requirement.

Vaccines that are authorized by the U.S. Food and Drug Administration (FDA) or World Health Organization meet the University's vaccination requirement. Acceptable proof of vaccination:

- a. CDC COVID-19 Vaccination Record Card or photo of the card;
- b. Documentation of vaccination from a health care provider or electronic health record;
- c. State immunization information system record; or
- d. For an individual who was vaccinated outside of the United States, a reasonable equivalent of any of the above.

INT visitors are no longer required to provide proof of vaccination. However, we do require visitors to have no new COVID-like symptoms or be awaiting results from a COVID test taken as a result of symptoms or a known exposure. Please contact Kimberlee for more information.

INT Common Area Restrictions

Please note the following INT restrictions:

- INT Kitchenette (C440): Must be kept locked before/after INT hours, restricted to INT personnel and visitors. Sanitize appliances and surfaces after use.
- INT Interaction Space (C423): Must be kept locked; use requires **prior approval** of INT Director and scheduling with INT administrative staff.
- INT Supply Room (C425): Must be kept locked, restricted to INT personnel.
- INT Mail/Copy Room (C427): Must be kept locked before/after INT hours.
- Conference Rooms (C421, C520): Must be kept locked after use.

Most common areas no longer have COVID-related occupancy limits. However, room capacity limits must be followed. Masking and physical distancing are recommended.

What to do if you feel sick

For INT personnel and visitors

Current UW Mask Policy: As of April 27, 2022, the University of Washington has discontinued its indoor mask mandate. However, the university continues to strongly recommend wearing a well-fitted, high-quality mask, such as KN95, N95, KF94 and surgical masks.

Please follow these steps if you feel sick during your visit:

1. If you feel sick, ***please do not come to the INT.***
2. Notify the INT COVID-19 Supervisors immediately: Kimberlee Choe and/or Sanjay Reddy.
3. If you have symptoms of COVID-19, please get tested immediately at a UW Medicine COVID-19 testing site: <https://www.uwmedicine.org/coronavirus/testing>.
 - The closest site to the INT office is the University District site, located at 4113 Franklin PI NE, E04 Parking Lot, Seattle, WA 98105. This site is about 1 mile from the INT; see map on next page. **Please book a testing appointment [online](#) in advance.**

After getting tested for COVID-19:

- Please quarantine until you receive your results.
 - o Note: You may participate virtually in the program via Zoom while waiting for results.
- If the results are negative, you may resume in-person activities at the INT.
- If the results are positive, contact the INT immediately to receive further instruction. INT staff may need to contact the UW COVID-19 Response and Prevention Team, and you will need to self-isolate for at least 5 days after your symptoms first appeared. Note: Contact your doctor if symptoms worsen.

Important Contacts:

INT Main Office:

Email: intmail@uw.edu, Phone: 206-685-3360

INT COVID-19 Supervisors:

INT Administrator, Kimberlee Choe, Email: jy24@uw.edu, Phone: 206-685-3509

INT Director, Sanjay Reddy, Email: sareddy@uw.edu, Phone: 206-685-2397

Program Coordinators:

Megan Baungard, Email: mjb47@uw.edu, Phone: 206-685-4286

Paris Nguyen, Email: paris90@uw.edu, Phone: 206-221-8914

UW Environmental Health and Safety Team: [COVID-19 Health and Safety Resources Webpage](#).

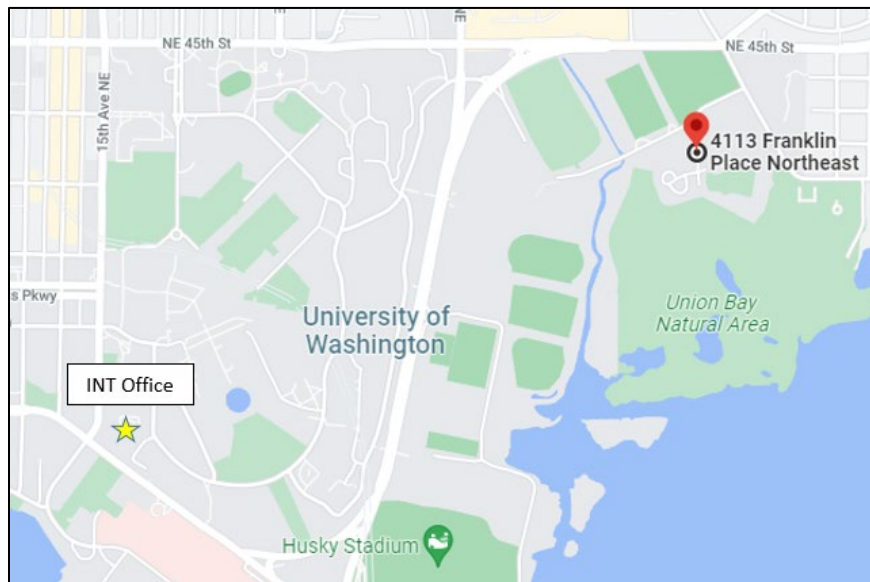
Email: ehsdept@uw.edu; Phone: 206-543-7262

UW COVID-19 Response and Prevention Team: covidehc@uw.edu; Phone: 206-616-3344

In the case of an emergency, call 911.

Map of University District COVID-19 testing site (UW parking lot E04)

Address: 4113 Franklin Pl NE, E04 Parking Lot, Seattle, WA 98105



COVID-19 Treatment Resources

Treatment for COVID-19 must be started within days of when you first develop symptoms to be effective. Read more [here](#). [CDC 12/05/2022]

Treatment is available for those who are more likely to get very sick including:

- Age 50 and over (with risk increasing with age)
- Unvaccinated individuals
- People with certain medical conditions such as chronic lung disease, heart disease, or a weakened immune system.

People who test positive for COVID-19 are encouraged to discuss treatment options with their primary health care provider. In situations where this might not be possible, free telehealth consultations can make it easier to access treatments. People who test positive for COVID-19, including with a self-test, can consult with a health care provider using a smartphone or computer with a high-speed internet connection. If treatment is appropriate, they can receive a free prescription for oral antivirals for pick-up from over 1,000 pharmacies throughout the state that has the medication available. They can also choose to have the medication delivered.

Visit [DOH's new telehealth webpage](#) to set up a telehealth appointment or call the [DOH COVID-19 call center](#) at 1-800-525-0127 if you have any questions. If the information provided indicates treatment may be appropriate, the patient will be connected virtually with a health care provider for a consultation. Telehealth appointments are currently available every day from 8:00 a.m. to 8:00 p.m. PST in 240 languages via DOH's collaboration partner [Color Health](#)

UNIVERSITY of WASHINGTON

Procedures for Sick and Symptomatic Personnel

Symptom monitoring

Personnel who experience *any* symptoms of [COVID-19 infection](#), including fever (100.4 degrees or higher), cough, shortness of breath or difficulty breathing, fatigue, loss of taste and/or smell, chills, sore throat, congestion or runny nose, headache, muscle or body aches, and gastrointestinal symptoms, such as nausea, vomiting or diarrhea, are required to follow these instructions:

- 1. Stay home: If you are sick, you *must* stay home (or go home) and away from other people**, even if you have mild symptoms, *regardless of your vaccination status*. Please follow the steps in the [COVID-19 Public Health Requirements and Guidance Flowchart](#).
- 2. Get [tested](#) for COVID-19.**
 - **If you are enrolled in the [Husky Coronavirus Testing](#) program**, a voluntary research study, report your symptoms in your daily symptom survey; you will receive testing instructions. You do *not* need to notify the COVID-19 Response and Prevention Team if your test result is positive, as test results are communicated directly to the response team.
 - **If you are *not* enrolled in the [Husky Coronavirus Testing](#) program**, see the FAQ "[I want to get tested for COVID-19. Where can I go?](#)" on the UW [COVID-19 frequently asked questions](#) webpage for a list of testing options.
 - Positive test results from samples that were *not* collected via the Husky Coronavirus Testing voluntary research study must be reported as soon as possible to the [COVID-19 Response and Prevention Team](#).
 - UW Medicine medical facility personnel should contact their respective [employee health services](#).
 - **Do not** go to work or class until you receive a negative test result, *even if you feel better*.

To learn more about different COVID-19 tests, see the [EH&S test type guidance](#).
- 3. Follow the steps in the [COVID-19 Public Health Requirements and Guidance Flowchart](#) to help you recover from COVID-19 infection and protect others from getting sick.** These actions include staying home and physically away from people and pets, wearing a face covering, and being stringent about hygiene.
 - Refer to the University's [Quarantine and Isolation Guidance](#) for detailed information on additional precautions, testing and when it is safe to return to work and/or class.
 - Learn more from [Public Health — Seattle & King County](#) and the [Washington State Department of Health](#).
- 4. Follow the [COVID-19 Public Health Requirements and Guidance Flowchart](#) after a close contact exposure.**

Close contact means being within 6 feet of a person with COVID-19 for a cumulative total of at least 15 minutes during a 24-hour period (even if both individuals were wearing face coverings), living with or caring for a person who has COVID-19, or having direct contact with infectious secretions (e.g., being coughed on, kissing, sharing utensils).

An individual who had [close contact](#) and is experiencing [symptoms of COVID-19](#), or is *not* up-to-date on their [COVID-19 vaccination and boosters](#) (and/or have *not* tested positive for COVID-19 in the past 90 days) should **stay home**, get tested, and follow [public health requirements and guidance](#).

[Washington Exposure Notifications –WA Notify](#) mobile app is a tool to alert users if they may have been exposed to an individual who tested positive for COVID-19. University personnel and students are encouraged to download or activate the app on their mobile devices. Follow the [public health requirements and guidance](#) if you receive a notification that you may have had a close contact exposure. Individuals should also issue an anonymous notification via this app if they test positive.

University response-Contact tracing

When the University is notified of a person with suspected or confirmed COVID-19, the [COVID-19 Response and Prevention Team](#) takes the steps listed below to maintain the health and safety of the campus community. The University works in coordination with local health departments on COVID-19 response efforts and complies with applicable privacy requirements.

The University's [case response](#) activities include:

- Obtain information about the person's symptoms, locations on campus and close contacts.
- Providing instructions and guidance for self-isolation
- Notifying the academic and/or work unit
- Notifying UW-affiliated individuals or groups who were in close contact with the COVID-19 positive person within 48 hours prior to the development of symptoms (or, if asymptomatic, 48 hours before their COVID-19 test).
- Provide return-to-work information to: individuals who have COVID-19; close contacts of individuals who have COVID-19 who may need to quarantine; University/unit representatives; and UW Human Resources.
- The identity of individuals with COVID-19 and their close contacts is not publicly disclosed. It remains private among University representatives involved in the public health response, including EH&S representatives, unit representatives (as needed), and UW Human Resources/Office of Academic Personnel.
- University locations follow the [cleaning and disinfection](#) protocol in accordance with guidance from the Centers for Disease Control and Prevention (CDC) and L&I.

For information about the University's response to a COVID-19 case on campus, visit the [COVID-19 Case Response](#) page on the EH&S website.

Human Resources assistance

UW Human Resources (UWHR) and the Office of Academic Personnel provide resources for [staff](#) and [academic personnel](#) regarding **time away from work**; talk with your human resources consultant or business partner about issues pertaining to your work area.

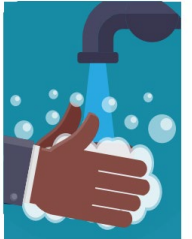
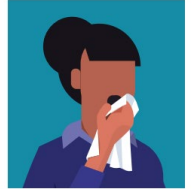
Guidance and protections for those at [higher risk for developing more serious COVID-19 illness](#) are available on the UWHR website.

Good Hygiene



Supervisors are required to remind personnel they can reduce the risk of spreading COVID-19 by doing the following:

- Wash hands often with soap and water for at least 20 seconds. If water is not available, use hand sanitizer with at least 60% alcohol content.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home when sick and avoid close contact with others, even if you are vaccinated against COVID-19.
- Cover your mouth and nose with your elbow or a tissue when coughing or sneezing, and immediately dispose of the used tissue.



Personnel must have access to soap and running water to wash their hands after touching any surface or tool suspected of being contaminated, before and before/after eating, after using the restroom, and before touching their face. Secondary handwashing or sanitizing stations may be set up with either [hand sanitizer](#) or wipes/towelettes.

Place [Stay Healthy, Huskies posters](#) in visible locations to remind personnel of [key times](#) to wash hands and of [respiratory etiquette](#).

Clean Surfaces

University units are required to clean (and disinfect as needed) their worksite surfaces regularly in accordance with the [University's COVID-19 Cleaning and Disinfection Protocol](#).

University custodial units clean high touch surfaces in common areas of buildings, such as restrooms, stairwells, and elevators. The University maintains a [central procurement site](#) for COVID-19 cleaning supplies and PPE. (Visit the UW Procurement [How to Buy](#) page for details.)

Frequency: Clean work areas regularly.

- For surfaces and equipment touched by multiple workers (e.g., doorknobs, tables, computer keyboards, handrails, exercise rooms), clean and disinfect daily, between uses, or when visibly unclean.
- For surfaces and equipment touched by one individual, clean and disinfect periodically, when unclean, as a minimum.



Safe use of products: Follow the manufacturer's instructions for use of all cleaning and disinfecting products, and use personal protective equipment as required.

Use one of the following to disinfect hard, non-porous surfaces:



- [EPA-registered disinfectant for use against SARS-CoV-2](#) or
- Alcohol solution with at least 70% alcohol or
- Freshly prepared [bleach/water solution](#)

Avoid putting disinfectant gels or liquids on electronics, including elevator buttons, unless they have been indicated as safe for those devices.

[Resources](#) are available on the EH&S website to assist units to safely use disinfectants to prevent the spread of COVID-19.

- [COVID-19 Chemical Disinfectant Safety Information](#)
- [Safer Cleaning, Sanitizing and Disinfecting Strategies to Reduce and Prevent COVID-19 Transmission](#)

Face Coverings, Personal Protective Equipment (PPE), Physical Distancing and Alternative Strategies

All individuals at a University location, including faculty, staff, students, contractors, vendors and visitors must follow the [UW COVID-19 Face Covering Policy](#) to ensure the health and safety of the University campus community and the public.

As of March 28, 2022, face coverings are required to be worn indoors at the University of Washington, regardless of vaccination status, in **healthcare settings**, when conducting **patient care activities**, and on **UW Shuttles**. Personnel and students who have **tested positive** for COVID-19 or have been in **close contact** with someone who tested positive are required to wear a well-fitted face covering for the time period noted in the [COVID-19 Public Health Requirements and Guidance Flowchart](#).

Face coverings are recommended indoors, particularly for the following:

- University personnel and students with approved COVID-19 vaccine exemptions; [weekly testing](#) continues to be required for these individuals.
- Immunocompromised individuals or those at [high risk](#) for severe illness (particularly when [COVID-19 community levels](#) are medium and high)
- Childcare settings
- Activities that may generate more respiratory aerosols and involve frequent close contact (being within 6 feet of others), such as indoor performing arts
- Crowded settings especially when there is a decreased ability to distance from others or when in spaces that may not be well ventilated
- When an EH&S risk assessment of activities determines there is a higher risk of exposure to SARS-CoV-2 (e.g., working with unvaccinated populations)

When you wear a mask, choose a well-fitted, high-quality mask — [such as a KN95, KF94, N95 or surgical mask](#) — which when worn helps protect you and those around you. UW employees voluntarily wearing a respirator in the workplace must be provided with specific [advisory information](#).

Members of the public, customers, visitors, vendors and contractors at a University location are required to follow the University's [COVID-19 Face Covering Policy](#) at all times when on campus, including posted requirements in specific buildings or spaces.

In certain work settings, PPE may be required according to potential risk of exposure to COVID-19. Refer to the [Workplace COVID-19 Risk Level and Selection of Personal Protective Equipment \(PPE\)](#) guide and the [Guidelines for Personal Protective Equipment](#) for additional guidance on the [selection](#) and use of PPE.

Eating spaces best practices

- If sharing food with others: Ensure the area remains clean and that surfaces are cleaned regularly.
- Protect unpackaged food by using barriers to reduce potential for contamination (e.g., serving utensils so people do not use bare hands, deli paper, sneeze guards); and clean/replace shared serving utensils frequently.
- Consider selecting larger spaces that are well ventilated and have space for people to distance. Be mindful of bottlenecks so organize the food areas to support foot traffic flow (e.g., multiple food distribution and/or dish drop-off locations at gatherings where food is served).

Communication and Training

The University's [COVID-19 Safety Training](#) is required for all University personnel prior to or upon starting or returning to on-site work.

Communicate safe practices

The University's [Novel coronavirus & COVID-19: facts and resources](#) webpage provides information about COVID-19 for the campus community and is updated regularly.

Please read guidance from the [COVID-19 frequently asked questions webpage](#).

COVID-19 information and workplace safety requirements are available in 36 languages from the [Washington State L&I COVID-19 Resources](#) webpage.

Hazard communication for personnel working with disinfectants

It is important to communicate the potential hazards and safety measures to personnel working with chemical disinfectants. Chemical disinfectant exposure may cause health issues if used improperly, so it is important that health and safety considerations are accounted for prior to use.

Information about working safely with disinfectants is available on the EH&S website:

- [COVID-19 Chemical Disinfectant Safety Information](#)
- [Workplace COVID-19 Risk Level and Selection of Personal Protective Equipment \(PPE\)](#) guide
- [Guidelines for Personal Protective Equipment](#)

Visit the [Chemical Hazard Communication](#) webpage on the EH&S website for additional information about communicating chemical safety.



Novel Coronavirus (COVID-19) Resources



[CDC Coronavirus \(COVID-19\)](#)



[EPA Disinfectants for Use Against SARS-CoV-2](#)



[OSHA COVID-19](#)



[UW DEOHS: Safer Cleaning, Sanitizing and Disinfecting Strategies to Reduce and Prevent COVID-19 Transmission](#)

[UW EH&S COVID-19 Health & Safety](#)

[UW Novel coronavirus & COVID-19: facts and resources](#)

[UW Stay Healthy, Huskies - Toolkit Downloads \(Posters, Media\)](#)

[UW Clean and Safe Storefront](#)



[WA DOH – COVID-19](#)

[Washington Ready Reopening Guidance](#)

[Washington Ready Proclamation](#)

[Washington State COVID-19 Vaccination Requirement Proclamation](#)

[Washington State Higher Education Proclamation](#)

[Washington State Coronavirus Response](#)



[WA L&I DOSH DIRECTIVE 1.70 General Coronavirus Prevention Under Stay Home-Stay Healthy Order](#)

[WA L&I Coronavirus \(COVID-19\) Safety Topic](#)



[WA L&I Coronavirus \(COVID-19\) Prevention: General Requirements and Prevention Ideas for Workplaces](#)

[WA L&I Directive 11.80 Temporary Enforcement Guidance Annual Fit-Testing for N95 Filtering Facepieces and Respirator/Face Covering Selection During the COVID-19 Outbreak](#)

Please contact EH&S at ehsdept@uw.edu or call 206.543.7262 with questions or for assistance.

Concerns about COVID-19 safety can be reported anonymously on the [EH&S website](#).

This plan will be updated as regulations and public health guidance change.