

# COVID-19 PREVENTION TRAINING



On 11/19/20 the State of California Occupational Safety & Health Standards board issued an emergency regulation known as COVID-19 prevention (8 CCR 3205), which was readopted with changes and new sections added on 06/17/21. This training meets requirements of 8 CCR 3205 and University of California policy. For more information visit <https://cosmeticaacademy.com/coronavirus/>

## About COVID-19

### What is COVID-19?

Coronavirus Disease 2019 (COVID-19) is an airborne disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). SARS-CoV-2 is part of a large family of viruses that typically cause respiratory infections and can result in more severe illness.

### Transmission

It is infectious and can be spread through the air when an infected person talks or vocalizes, sneezes, coughs, or exhales. Although less common, it can be transmitted when a person touches a contaminated object and then touches their eyes, nose, or mouth. An infected person may show no symptoms.

### Spread

Particles containing the virus can travel more than six feet, especially indoors. So make sure you combine multiple controls to be effective. This includes physical distancing, face coverings, increased ventilation indoors, and respiratory protection, which decrease the spread of COVID-19, but are most effective when used in combination. N95s and more protective respirators protect you from airborne disease, while face coverings primarily protect people around the user.

## Policies & Procedures

COVID-19 prevention plan Learn more about the Cosmetica Beauty & Barbering Academy'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.

## Notification

You will be notified via email or other means if there is a potential COVID-19 exposure in your workplace. You can view the dashboard that provides information on where and when a COVID-19 exposure may have occurred on campus in the past two weeks. In addition, if you have been in close

contact with a COVID positive person whom the Cosmetica Beauty & Barbering Academy has been made aware of, and deemed potentially exposed.

## Signs & Symptoms

### Symptoms

Recognize the symptoms of COVID-19. Symptoms can vary from person to person; it can range from no symptoms at all, to mild ones, to severe illness. Symptoms include, amongst others:

- Fever
- Chills or shaking
- Cough
- Shortness of breath or difficulty breathing
- Loss of taste or smell
- Sore throat
- Runny nose/sinus congestion
- Diarrhea
- Muscle pains or body aches
- Headache
- Unusual fatigue
- Eye redness with or without discharge
- Nausea or vomiting

Learn more about the symptoms of COVID-19 by visiting the Centers for Disease Control and Prevention website.

## Symptoms report

Before coming to our facility each day, you will be asked to report your symptoms using a survey.

## Testing

### When to get tested

### Symptomatic Testing

Get tested for COVID-19 if you have symptoms.

### 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 [Cosmetica Beauty and Barbering Academy](https://cosmeticaacademy.com) website for the most up-to-date testing sites and hours.

### Return

If you had symptoms you may return after a positive COVID-19 diagnosis only if: 1) 10 days have passed since symptoms first appeared, 2) your symptoms have improved, AND 3) you have no fever for 24 hours. If you had a positive COVID-19 diagnosis but did not experience symptoms you may return after 10 days have passed since the date that you took your first positive test.

Under no circumstances can a negative COVID-19 test be required for return to work.

### Do not come to work

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.



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## Face covering

### 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, in employer-provided housing, or in employer-provided transportation (to and from work), you are required to wear a face covering, ; with some exceptions. You may request a face covering from Environment, Health & Safety.

**Conditions.** Face coverings must be worn by employees who are not fully vaccinated when indoors (or in vehicles). They are recommended for non-vaccinated people in outdoor settings when six feet distance between people can't be maintained.

**Exceptions.** Face coverings must be worn everywhere on-site, except when alone in a room or vehicle, when wearing respirators, or due to a medical condition, mental condition or disability, or in cases of hearing impaired communication. If you are eating/drinking you may remove your face covering as long as you are at least six feet apart from others and there is sufficient outside air coming into the area.

## How to use



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.

## Respiratory protection

### Policies

You can access Cosmetica Beauty & Barbering Academy's policies for providing respirators on the Environment Health & Safety (EH&S) website.

### Rights

If you are not fully vaccinated you have the right to request a respirator for voluntary use without fear of retaliation, and at no cost to you.

## How to use

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.



## Vaccination

The 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 Cosmetica Beauty & Barbering Academy's website.

## Handwashing

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.

## Acknowledgment

I acknowledge that I have received and understand the information presented in the COVID-19 prevention training, based on 8 CCR 3205 and the CDPH industry guidance for higher education. I will consult with my supervisor for clarification or additional information.

Name \_\_\_\_\_

Date: \_\_\_\_\_

Email \_\_\_\_\_

Identification \_\_\_\_\_

(Student or Employee ID)

