

University of Washington School of Dentistry
Department of Restorative Dentistry
B4T Room HSB-B162 (Sadr's lab)

Guidelines for COVID-19 prevention while working in the laboratory

Below are safety guidelines that will allow the PI and others to maximize the safety of researchers who come to work and continue to reduce spread of illness throughout our community.

No research members of the lab may be required or pressured to come to campus, to their usual work location, or into the field.

All conduct of allowable research must minimize the number of researchers in the laboratory or other facilities at any one time. Scheduling is critical to allow a maximum of 2 people in the B162 room at a time. Note that this is a guideline only. We cannot envision every circumstance. Always exhibit your best judgement, and if you have any doubts please consult with Dr. Sadr, who is the COVID-19 Supervisor (read below).

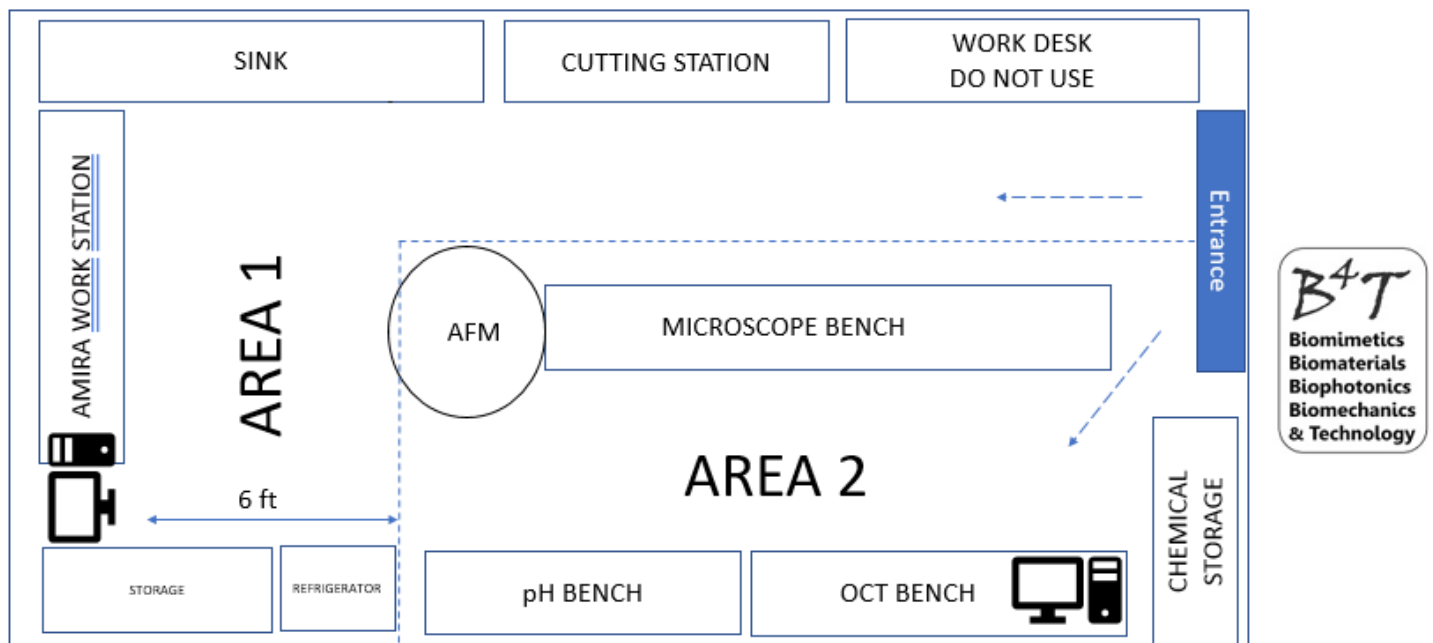
Guidelines for B4T laboratory personnel safety

1. **Stop, think, attest** – perform daily attestations of wellness (follow the link below).
2. **Plan ahead and reserve space** – Registered lab members can use their NetID to login to B4T portal and complete reservation of space <http://depts.washington.edu/b4t/reservations/>
3. **Never come to work at a laboratory or research facility if you are experiencing any symptoms of infection.** In particular, no one should come to work if they are beginning to experience any of the following [symptoms](#):
 - a. Fever
 - b. Cough
 - c. Shortness of breath or difficulty breathing
 - d. Respiratory symptoms
4. **If you come to work and start showing any possible symptoms of illness, you must leave the lab and inform your PI or supervisor and healthcare provider. If your health care provider suspects or confirms you have COVID-19, contact the EH&S Employee Health Center at 206-685-1026 or emphlth@uw.edu.**
5. **If you have had close contact with anyone who is COVID-19 positive (e.g., household member), stay home for 14 days to monitor symptoms per public health guidance.**
6. Develop a personal transportation plan that minimizes proximity to other people. Consider cycling, walking, or driving instead of public transit.
7. Consider footwear as a possible transmission medium. You should have a pair of shoes that you use for external use including working in a laboratory/facility that you do not wear into your place of residence. Clothing worn in the workplace should be immediately removed upon return to your residence.
8. Be present in the lab only as long as necessary for your experiment. Minimize time around other people.
9. **Assume everyone you see is infected**, including yourself, and use appropriate precautions, including use of a **face mask and gloves** (available in B4T) at all times not touching your face and washing your hands often. Some transmission occurs from people with no symptoms.

Guidelines for operating a safe laboratory

1. Adhere to the lab schedule online. This schedule minimizes the number of people in the laboratory area at any one time to **two** persons (the lab supervisor and a research member) **seating 6 ft apart**.
 - Do not enter the lab without checking the schedule and making sure that there is availability.
 - Do not overlap your reservation with another member. **There is a reserved space at all time for the COVID-19 supervisor. Double reservation is not allowed at any time.**
 - Use of the sign-in online calendar signifies who is present in lab space at any given time or other mechanism of controlling the number of people in the lab at the same time.
 - Disinfect shared materials as described below:
 - Be sure to disinfect surfaces such as tables and chairs before and after using such facilities. See [EH&S guidelines](#).
 - Eating and drinking are not allowed in laboratory area by default.
 - Wash your hands before and after using a break room.
2. Create safe spaces to maintain at least 6 feet between researchers at all times
 - Refer to the lab map with maximum occupancy to maintain social distancing inside lab entryway.
 - B4T is a rather small, narrow laboratory/facilities on the order of 100-150 sf and can likely only accommodate two persons, one research member and a supervisor at a time.
 - Use common sense, if you cannot maintain at least 6 feet of social distance, please avoid using the space.

Sadr Lab Social Distancing Map



HSB-B162 Max Occupancy: 2

Example:



3. Safe practices in the lab.

- Keeping a distance (at least 6 feet) from other people is our best protection against COVID-19; however, wearing a [mask](#) adds another layer of protection. Masks can help protect others by containing respiratory droplets when the mask wearer coughs, sneezes or speaks. **MASKS ARE MANDATORY AT ALL TIMES IN B-162.** Surgical masks are available for use in B162. Face coverings must not interfere with PPE, e.g. eye shields, required for safety and must be compatible with all safety requirements.
- Hand hygiene before and after using ANY face covering is critical.
- Researchers will wash their hands with soap upon entering and before leaving the lab. Hand sanitizers are available in B-162.
- Each researcher will have their own set of any tools that are used very frequently, including laboratory notebooks, and pens.
- **Gloves MUST** be used when handling common reagent bottles, laboratory equipment, and cabinet handles.
- Door handles will be wiped with disinfectant after use by each users. See [EH&S guidelines](#).

4. All shared equipment must be disinfected *before* and after each use.

- Wear disposable gloves, while cleaning and disinfecting. Discard gloves after each lab session. Clean hands immediately after gloves are removed.
- Wear eye protection when there is a potential for splash or splatter to the face.
- Gowns or aprons are recommended to protect personal clothing.
- Follow [EH&S guidelines](#) (and see below) for hard, non-porous surfaces and porous surfaces, as

appropriate.

- Special care should be taken to disinfect equipment that makes direct physical contact with skin, including eyepieces for microscopes, touch pads, etc.
- Use disposable tissues, Kimwipe, etc. to touch surfaces that cannot be disinfected and when gloves are not available. Immediately report lack of PPE to your supervisor.

5. Interactions with others outside the lab

- Contact with other labs should be made via phone or electronic means except in cases of extreme emergency.
- Transfer of items should be arranged by leaving them in the hallway or other designated area rather than handing them over in person.
- Use of shared facilities and other labs' equipment should be pre-arranged in the online system to assess occupancy and in order to avoid accidental contact. Be sure that all users know lab sign-in procedures.
- Use precautions when entering a restroom or other shared use facility. Check out the onl. Use a disposable towel or Kimwipe to touch door handles and faucets and wash your hands upon entering and leaving.

6. Possible or confirmed case of COVID19 among personnel in a lab.

- Notify EH&S Employee Health Center immediately at emphlth@uw.edu or 206-685-1026. EH&S will evaluate the specific locations where the person spent time on campus for [enhanced cleaning and disinfection](#).

If everyone working in a laboratory or research facility uses such precautions, we will minimize risk of COVID-19 and maximize prevention and safety. Speak up to your supervisor or Department chair if you observe someone not following such precautions; we are all responsible for stopping the spread of the virus.

In case you have any questions or uncertainties, please contact Dr. Sadr, who acts as the COVID-19 supervisor responsibilities are to ensure compliance with COVID-19 related requirements as stated in their approved Return to In-Person Research plan and to be available to receive concerns and answer questions. The COVID-19 Supervisor will check in with the research group regularly regarding compliance, and reserves the right to visit the lab at any time as the 2nd person. The COVID-19 Supervisor is not required to come to the research facility themselves on a daily basis, but is available by phone or email:

E-mail: arsadr@uw.edu

Phone: 206-422-4165

The guidelines from the University of Washington and Department of Restorative Dentistry must be followed where this document does not specify. Prior to start using the system, please schedule a Zoom meeting via email to discuss the COVID-19 precautions with Dr. Sadr.

ENHANCED CLEANING FOR PREVENTION General guidance:

1. Increase the frequency of cleaning and disinfecting, **focusing on high-touch surfaces**, such as residence hall communal rooms, public restrooms, exercise rooms, library tables, buttons, handrails, tables, faucets, doorknobs, shared toys, and shared keyboards. Increased frequency of cleaning and disinfecting with attention to these areas helps remove bacteria and viruses, including the novel coronavirus.
2. Practice good hand hygiene after cleaning (and always!):
 - i. Wash hands often with soap and warm water for at least 20 seconds.
 - ii. If soap and warm water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Safety guidelines during cleaning and disinfection:

1. Wear disposable gloves, when available, while cleaning and disinfecting. Gloves should be discarded and disinfected after each use. Clean hands immediately after gloves are removed.
2. Wear eye protection when there is a potential for splash or splatter to the face.
3. Gowns or aprons are recommended to protect personal clothing.
4. Store chemicals in labeled, closed containers. Store them in a manner that prevents tipping or spilling.

Cleaning and disinfection of surfaces:

1. Clean surfaces and objects that are visibly soiled first. If surfaces are dirty to sight or touch, they should be cleaned using a detergent or soap and water prior to disinfection.
2. Clean and disinfect affected surfaces as soon as possible after a known exposure to a person with respiratory symptoms (such as coughing/sneezing).
3. Use an [EPA-registered disinfectant](#) for use against COVID-19. Refer to the list of products pre-approved for use against emerging enveloped viral pathogens, or the list of disinfectants for use against SARS-CoV-2. Readily available products include 70% ethanol, 10% bleach, and [NPD](#). Allow at least 2 minutes of contact time before wiping.
4. Follow the manufacturer's instructions for safe and effective use of all cleaning and disinfection products (e.g., dilution concentration, application method and contact time, required ventilation, and use of personal protective equipment). Review the COVID-19 Chemical Disinfectant Safety Information guide to potential health hazards and the recommended protective measures for common active disinfectant agents used at the UW.
5. Consult manufacturer recommendations on cleaning products appropriate for electronics. If no guidance is available, consider the use of alcohol-based wipes or spray containing at least 70% alcohol. Use of alcohol-based products may reduce risk of damage to sensitive machine components. Whenever possible, consider using wipeable covers for electronics.

If a COVID-19 case is confirmed in the UW community, University units are required to follow the guidance [Enhanced Cleaning and Disinfection after Notification of a Confirmed Case of COVID-19](#) outlined in this document and on the [UW COVID-19 website](#).