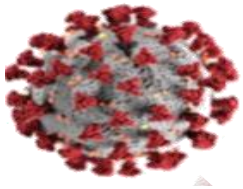


Corona Routine:

Safety Instructions for Going About in Public Areas During Work and Research

In accordance with the current Israeli Health Ministry instructions regarding the Corona routine one must maintain social distancing, wear face masks in public areas at all times and practice a strict hand hygiene.

Abiding by these restrictions significantly decreases the risk for getting sick.

1. Practicing Social Distancing

1.1 Maintain a two (2)-meter distance between people from all directions.

1.2 The current instructions of the Israeli Health Ministry restrict social gatherings follows:

1.2.1 Up to 10 people in a closed space.

1.2.2 Up to 20 people in an open space.

1.3 Gatherings of any sort are strictly forbidden around campus for all purposes, including research, work, instruction and so forth.

2. Face Masks

2.1 Face masks are designed to protect others around you. To this end even a simple mask is efficient in protecting against droplet exposure.

2.1.1 Even though N95 are very efficient in protecting respiratory airways against the Corona virus, these masks are not very convenient to wear during an eight (8)-hour work day compared to cloth face masks or surgical face masks; therefore the Safety and Radiation Unit recommends wearing cloth or surgical face masks for work.

2.1.1.1 In case of cloth masks – they should include several cloth layers.

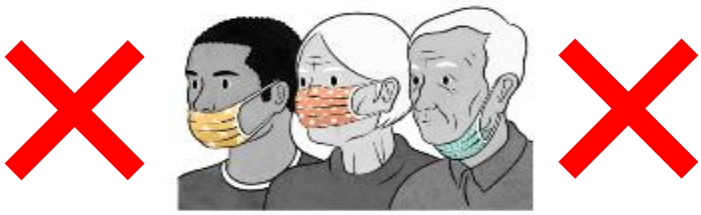
2.1.2 People wearing prescription glasses find it hard to conduct an eight (8)-hour workday wearing a face mask due to fumes, which are produced between the prescription glasses and the face mask. Hence, and in order to still decrease the risk for infection while enabling convenient and productive work, the Safety and Radiation Unit recommends alternate use of a complete face shield, which is donned onto one's forehead and is completely transparent (see section 2.10).

2.2 Make sure every work area is ventilated.

2.3 Every face mask must fit conveniently and tightly.

2.3.1 The coverage area of the face mask should cover the entire area from near the bridge of the nose down under the chin and stretch about halfway or more toward one's ears. Pull the ties and loops so that it fits as snugly as possible against your face.

2.3.2 Wearing a face mask the wrong way, i.e.: a mask pulled down and resting on one's neck, taking one ear loop off to talk on the phone or tug the mask down so that the nostrils are uncovered, in not efficient and could easily contaminate the mask from its outside filter.



2.4 Practice thorough hand washing prior to donning the face mask and immediately following doffing it.

2.5 The face mask should be fitted using only its ear loops.

2.5.1 Never touch the filter part of the face mask while donning it.

2.6 **Always wear a face mask in public spaces, that is whenever exiting one's private office.**

2.6.1 Practice strict face protection while entering joint infrastructure facilities, while entering other labs and/or other offices and while roaming between buildings.

2.7 **Continue strict social distancing keeping a distance of two-(2) meters from other people** coupled to wearing a face mask.

2.8 Never touch your face while wearing a face mask.

2.8.1 Never touch your eyes, nose or mouth while doffing the face mask.

2.9 In case of cloth face masks – always wash your face mask following each use, therefore it is recommended to store at least two (2) face masks upon reach during a workday.

2.9.1 Never keep face masks inside your pocket.

2.9.2 Never don a moist face mask.

2.9.3 A cloth face mask can be machine washed and tumble dried.

2.9.3.1 First make sure your cloth face mask can be machine washed and tumble dried without losing its shape.

2.9.3.2 In case of hand washing the cloth face mask – rub the mask for at least 20 seconds.

2.9.3.3 Ironing is another precaution preparing the cloth face mask for reuse.

2.9.3.4 A cloth face mask should never be recycled by boiling in water, heating inside a microwave or inside a baking oven.

2.10 In case of a complete face shield –

2.10.1 Always clean the face shield prior to every use.

2.10.2 Always consider the face shield as being contaminated while cleaning it, therefore use gloves while cleaning.

2.10.3 In case the face shield has been directly contaminated by a cough or a sneeze aerosol – first wash the shield with running water for at least five (5) minutes.

2.10.4 The face shield can be regularly decontaminated using the following chemicals:

2.10.4.1 Spraying on 75% or 96%-99% isopropanol (IPA).

2.10.4.2 Spraying on 0.01% bleach.

2.10.4.3 Spraying on 70%-80% ethanol.

2.10.4.4 Spraying on soapy water.

2.10.5 Autoclaving or decontamination of the face shield using 81%-100% is forbidden.

2.11 Wearing a face mask to protect against the Corona virus does not replace the necessity of wearing respirators compatible with the hazardous material's safety data sheet (SDS), including personal protective equipment while working with liquid nitrogen.

2.12 While working near a flame – the face should always be distanced, therefore a face mask could be worn even while performing procedures entailing the use of flames, such as microbial work.

3. Hand Washing

3.1 The use of soap and water is much more efficient than the use of commercial hand sanitizers.

3.2 Practice thorough hand washing with soap for at least 20 seconds –

3.2.1 Prior to donning a face mask.

3.2.2 Immediately after doffing a face mask.

3.2.3 Before eating, including eating within one's private office space or in a student's room, even while being alone.

3.2.4 Before smoking.

3.2.5 Before using the cellular, tablet or laptop.

3.2.6 One should wash one's hands or alternatively use "Septol" bottles located inside faculties and buildings around the campus before and after using a staircase,

which often necessitates contact with handrails, and before and after pushing elevator buttons.

3.2.7 Immediately following doffing gloves at the end of a lab procedure.

3.2.8 At the end of a workday.

3.2.9 Immediately upon arriving home, specifically before touching family members.

3.2.10 Wash hands in case you have sneezed or coughed while touching your face or immediately after blowing your nose.

4. Corona Guideline for Dormitories' Residents

4.1 Gatherings of any sort are strictly forbidden in all enclosed spaces as well as in public areas.

4.2 Each apartment residing a few students is considered 'a capsule' and its residents should therefore conduct as 'a family' corona-wise.

4.3 It is strictly forbidden to host or be hosted.

4.4 Eating can only take place within one's own apartment. Communal eating is strictly forbidden.

4.5 Refrain of all unnecessary outings from the campus.

4.6 Whenever necessary try to shuttle using a fixed-personnel carpool.

4.7 Dormitories' students required for isolation will be asked to perform isolation outside the Technion campus.

For any other queries please contact the safety unit: tsafety@technion.ac.il.