

Housing & Residential Life Practices, Procedures and Guidelines

Residential Best Practices

OUR PURPOSE: To maximize the health and safety of residents and staff by communicating best practices for personal and environmental health in our buildings. These have been modified for the needs during the COVID-19 pandemic.

PROCEDURES:

1. General health best practices
 - a. Wash hands often, for at least 20 seconds, especially after being in public, blowing your nose, coughing, or sneezing.
 - b. Avoid close contact with people who are sick.
 - c. Stay at least 6 feet from other people.
 - d. Wear a mask/face covering in public; follow campus and departmental policies regarding masks/face coverings.
 - e. Cover coughs and sneezes with a tissue or the inside of your elbow
 - f. Avoid touching your eyes, nose, and mouth.
 - g. Clean and disinfect frequently touched surfaces daily.
 - h. Monitor your health for symptoms of COVID-19. Get tested if you feel ill. Follow campus and departmental policies regarding symptoms and testing for COVID-19.
2. Best practices for food storage
 - a. The virus that causes COVID-19 cannot grow on food. Although bacteria can grow on food, a virus requires a living host like a person or an animal to multiply.
 - b. Currently, there is no evidence that the virus that causes COVID-19 spreads to people through food. However, it is important to safely handle and continue to cook foods to their recommended cooking temperatures to prevent foodborne illness.
 - c. The virus that causes COVID-19 has not been found in drinking water.
 - d. Do NOT wash produce with soap, bleach, sanitizer, alcohol, disinfectant or any other chemical.
 - i. Gently rinse fresh fruits and vegetables under cold, running tap water.
 - ii. Scrub uncut firm produce (e.g., potatoes, cucumbers, melons) with a clean brush, even if you don't plan to eat the peel.
 - iii. Salt, pepper, vinegar, lemon juice, and lime juice have not been shown to be effective at removing germs on produce.
 - e. The virus is unlikely to be transmitted through food packaging. You can give items a quick wipe, but it is unnecessary to thoroughly wash all food packaging before storing food.
 - f. Dispose of food that is perishable and dispose of food waste trash frequently. Do not leave food waste or used, disposable food containers in your residence hall room overnight, as this can lead to health-related concerns.
3. Best practices for changing bedding
 - a. Regular changing and washing of bedding is recommended.
 - b. Because of COVID-19, bedding should be washed and changed more frequently. Experts recommend every week or two.
 - c. It is recommended to wash sheets in hot water. On campus that's the "whites" setting.

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4. Best practices for washing/drying clothing and clothing storage
 - a. Do not shake dirty laundry for any reason as this can transfer the virus.
 - b. Wash hands before and after each trip to the laundry room.
 - c. Wait to fold laundry until back in your own room.
 - d. Use the warmest appropriate water setting for your clothing (“whites” setting is hottest) and dry completely.
 - e. Always wear gloves if handling a sick person’s laundry.
 - f. Regularly clean and disinfect laundry hampers or bags.
 - g. Do not leave wet clothing articles, towels, etc. unattended and piled together in the room, as this may lead to additional health related concerns, including but not limited to mildew and/or mold growth. Dry these items in the dryer or leave them hanging up to dry
5. Best practices for sweeping/vacuuming
 - a. Because carpets can trap germs which can be transmitted from simply walking in your space after being outdoors, it is recommended you sweep or vacuum your space two or three times a week.
 - b. It is recommended you keep a rug at the door to wipe your shoes and trap germs you might bring in from the outside. Rugs are more likely to contain germs until vacuuming than hard surfaces that can be more easily disturbed.
6. Best practices for waste disposal/recycling
 - a. Keep plastic bags, wipes, masks, and gloves out of the recycling bin.
 - b. To minimize risk, secure all trash inside a plastic bag. Recycling should be kept loose since plastic bags are not recyclable at a regular recycling plant.
 - c. Rinse all recycling to reduce likelihood of virus spread during the sorting process.
 - d. If you become ill, double bag any trash and be sure it is closed securely.
 - e. If you become ill, bag trash and keep in room for 72 hours before removing. This will allow any remnants of the virus on bags to die before it is handled by others.
7. Best practices for shower caddies and toiletry kits
 - a. Do not place toothbrush or other toiletries directly on counter or sink surface, rather keep in tote when not in use.
 - b. Regularly disinfect frequently touched surfaces like tote/caddy handles.
8. Best practices for ventilation and fresh air
 - a. Increase circulation of outdoor air in your room as much as possible, by opening windows and doors. This replaces any virus-contaminated air with clean air.
 - i. Do this several times daily for at least 15 minutes.
 - ii. Do not open windows or doors if doing so poses a health and safety risk (e.g. triggering asthma symptoms).
 - b. By opening your window and door at the same time, you encourage cross ventilation and decrease virus particles in the air.
 - c. If you are feeling ill, keep your door closed but continue to open your window regularly to maximize air flow and resident safety.
9. Best practices for disinfecting room surfaces

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- a. If possible, wear reusable or disposable gloves for routine cleaning and disinfection.
 - b. Clean surfaces using soap and water, then use disinfectant.
 - i. Cleaning with soap and water reduces number of germs, dirt and impurities on the surface. Disinfecting kills germs on surfaces
 - c. Follow instructions found on the disinfectant label (often must be left on surface for 5 minutes before wiping to kill the germs).
 - d. Practice daily routine cleaning of frequently touched surfaces.
 - i. High touch surfaces include tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
10. Best practices for sharing items
- a. Avoid sharing electronic devices, books, pens, and other learning aids.
 - b. Do not share dishes, drinking glasses, cups, or eating utensils.
 - c. Avoid sharing towels.
11. Best practices for letting sunlight in room
- a. Be encouraged to open blinds and drapes to let natural sunlight in, which creates an inhospitable environment for the virus.
 - b. Sunlight can help kill coronaviruses on surfaces, so let light in when possible.

EMPLOYEE RESPONSIBILITIES OR EXPECTATIONS:

- Abide by all CDC, state and local guidelines
- Report any concerns to your supervisor

SUPERVISOR RESPONSIBILITIES OR EXPECTATIONS:

- Ensure staff understand and adhere to Room Entry and PPE requirements

DEPARTMENTAL REVIEW PROCESS:

- Residential Facilities Staff reviews protocol annually
- Reviews more frequently to adhere to CDC, state and local guidelines related to COVID-19

RESOURCES:

1. Center for Disease Control and Prevention Corona Virus Home
 - a. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
2. Environmental Protection Agency List: Disinfectants for Use Against COVID-19
 - a. <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>
3. US Department of Higher Education Corona Virus Information
 - a. <https://www.ed.gov/coronavirus?src=feature>
4. AZ Department of Health Services Corona Virus Home
 - a. https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php?utm_source=google_grant&utm_medium=cpc&utm_campaign=covid19&utm_term=covid#novel-coronavirus-home
5. Pima County Corona Virus Home

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- a. <https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=527452>
6. City of Tucson Corona Virus Home
 - a. <https://www.tucsonaz.gov/covid-19/covid-19-updates>
7. University of Arizona Corona Virus Home
 - a. <https://www.arizona.edu/coronavirus-covid-19-information>

Housing & Residential Life (Housing) Mission: *Housing helps fulfill the missions of the University of Arizona and Student Affairs by bringing students together into a caring community that supports learning and academic success.*

Helping Students Build a Foundation for Success

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