Conduct Health Screening Prior to Coming to Work

Prior to arriving on any University property or participating in any University-related activity, members of the University community must conduct a personal health screening and self-monitor for COVID-19 related symptoms:

- Fever (100.4 degrees Fahrenheit) or chills
- Cough
- Shortness of breath
- Muscle or Body Aches
- Fatigue
- Congestion or runny nose
- Sore Throat
- Headache
- Nausea or vomiting
- Diarrhea
- New loss of taste or smell

Stay Home if Experiencing Symptoms of COVID-19

All members of the University community must comply with any directive from a University or health care provider requiring them to isolate (if they are experiencing symptoms or test positive) and/or quarantine (if they are exposed to someone who has tested positive or is suspected to be infected).

Social Distancing/Barrier Requirements

Physical distancing or barrier requirements regardless of vaccination status are no longer mandated but for very limited circumstances such as during an outbreak.

Maintain Good Hygiene

Wash your hands for at least 20 seconds with soap and water before, during, and after your shift. Use hand sanitizer if soap and water are not available.

Avoid touching your face (eyes, nose, and mouth) with unwashed hands after touching contaminated surfaces or objects.

Use a tissue or your arm to cough or sneeze into.
Face Coverings

All members of the University community must comply with the California department of Public Health’s “Guidance for the Use of Face Coverings” and Presidential Directive 22. That guidance requires that unvaccinated individuals wear face coverings indoors. Unvaccinated individuals do not have to wear face coverings indoors when (a) alone in a room or vehicle, (b) eating and drinking, (c) an accommodation is required and/or (d) job duties make a face covering infeasible or create a hazard. Face coverings are recommended for unvaccinated individuals outdoors where six feet of physical distancing cannot be maintained.

How to Put On a Disposable Face Covering

1. Wash your hands or use hand sanitizer before touching the face covering.
2. Remove the face covering from packaging and make sure there are no obvious tears or holes in either side of the face covering.
3. Orient the mask. The side that has a stiff bendable edge is the top and is meant to mold to the shape of your nose. The colored side of the face covering is usually the front and should face away from you, while the white side touches your face.
4. Hold the face covering by the ear loops. Place a loop around each ear.
5. Mold or pinch the stiff edge to the shape of your nose.
6. Pull the bottom of the face covering over your mouth and chin.

How to Take Off a Disposable Face Covering

1. Wash your hands or use hand sanitizer before touching the face covering. Avoid touching the front of the face covering; only touch the ear loops.
2. Hold both of the ear loops and gently lift and remove the face covering.
3. Throw the face covering in the trash. Wash your hands or use hand sanitizer.

Questions? Contact Environmental Health and Safety at (657) 278-7233 or safety@fullerton.edu.