CDC & ADPH Recommendations

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Click on the link below to access the recorded webinar:
https://alsde.webex.com/alsde/lsr.php?RCID=57141406b2af45798c13500dcdf5c4e4
All information included in this presentation is as of the dates indicated in their sections. Please be mindful that CDC and ADPH guidelines are constantly changing!
Define & discuss social distancing.

Highlight importance of cloth face coverings & discuss proper maintenance & wear of the coverings.

Review maintaining proper hand hygiene.

Define cleaning, disinfection, & sanitizing, and determine when each is appropriate.

Review common food service concerns.
Social Distancing

RECOMMENDATIONS AS OF 7/06/2020
Social or physical distancing - keeping safe space between yourself & other people who are not from your household.
Social Distancing

❖ COVID spreads among those who are in close contact for a prolonged period of time.
❖ Stay at least 6 feet apart (about 2 arms’ length) from others in both indoor & outdoor spaces.
❖ Use along with other preventative measures.
Physical Barriers & Guides

❖ Install physical barriers in areas where it is difficult to maintain physical distance.
❖ Ex: sneeze guards & partitions.
❖ Provide physical guides to ensure that staff & children remain at least 6 feet apart in lines & at other times.
❖ Ex: tape on floors.
Work Duties & Practicality

❖ Maintain social distancing when appropriate in the job needed.
❖ When not feasible (ex: lifting a heavy item), cloth face coverings are recommended.
Cloth Face Coverings

Recommendations as of 6/28/2020
N-95 or medical masks should only be used by healthcare professionals!
Importance

❖ Help prevent spread of COVID-19 from spreading.
❖ Can be spread by asymptomatic individuals who don’t necessarily know that they are infected.
❖ Important to wear masks in public settings!

Image courtesy of CDC.gov
Proper Cloth Face Covering Care

❖ Wash hands or use alcohol-based hand sanitizer before putting on clean mask.
❖ If you touch mask while in use, immediately clean hands.
❖ All masks should cover BOTH your face & nose.
❖ NOT to be worn by children under age 2, anyone who has trouble breathing, is unconscious, incapacitated, or unable to remove mask without assistance.
Note on Governor Ivey’s Safer at Home Order

Under current health order, only food service workers who interact with the customers **MUST** wear a cloth face covering. This order expires on July 31, 2020.

Please be aware that this order could be extended.

Amended 6/30/2020
Feasibility & Adaptations

❖ Wearing cloth face coverings may not be possible in every situation.
❖ Ex: younger children may have trouble wearing mask for an extended period.
❖ Solution = prioritizing times when maintaining distance of 6 feet is difficult (i.e. during carpool drop off or pick up).
❖ Solution = frequent reminders & importance of proper mask wear.
Washing Cloth Face Coverings

- Replace single-use masks if they become dirty, damp, wet, or hard to breathe through.
- Do not reuse!
- Cloth face coverings should be washed after each use.

As of 5/22/2020
Cleaning Cloth Face Coverings

Washing Machine:

- Include face covering with your regular laundry.
- Use regular laundry detergent & the warmest appropriate water setting for the cloth material.
Cleaning-continued.

Washing by Hand:

❖ Prepare a bleach solution by mixing:
  ❖ 5 Tablespoons (1/3 cup) household bleach per gallon of room temperature OR
  ❖ 4 teaspoons household bleach per quart of room temperature water.
Check label to see if bleach is intended for disinfection.
Ensure bleach product is not past expiration date.
NEVER mix household bleach with ammonia or any other cleanser.
Washing by Hand-continued.

❖ Soak face covering in the bleach solution for 5 minutes.
❖ Rinse thoroughly with cool or room temperature water.
Drying Cloth Face Coverings

**Dryer**
- Use the highest heat setting & leave in the dryer until completely dry.

**Air Dry**
- Lay flat & allow to completely dry. If possible, place the cloth face covering in direct sunlight.
Hand Hygiene

BEST PRACTICES AS OF 4/02/2020
Handwashing Procedure

**Wet**

*Wet* hands with clean, running water (warm or cold), turn off the tap, & apply soap.

**Lather**

*Lather* hands by rubbing them together with soap. Lather backs of hands, between fingers, & under your nails.

**Scrub**

*Scrub* hands for at least 20 seconds. Hum the “Happy Birthday” song from beginning to end twice.
Handwashing Procedure

Rinse

**Rinse** your hands well under clean, running water.

Dry

**Dry** your hands using a clean towel or air dry them.

*Provide training to employees on proper handwashing!!*
Key Times to Wash Hands

❖ Before, during, & after preparing food.
❖ Before eating food.
❖ In between different tasks.
❖ After using the restroom.
❖ Before touching your eyes, nose, or mouth.
  ❖ After blowing your nose, coughing, or sneezing.
  ❖ After putting on, touching, or removing cloth face coverings.
Additional Times to Clean Hands

- Before & after work shifts & periodically throughout shift.
- Before putting on or after taking off disposable gloves when performing food prep.
- Before & after work breaks.
- After touching objects/surfaces that multiple customers touch.
Hand Sanitizer

❖ When soap & water are not readily available, use an alcohol-based hand sanitizer.
❖ At least 60% alcohol.
Supplies

Access to proper materials:

❖ Soap.
❖ Clean running water.
❖ Paper towels/hand dryers.
❖ Alcohol-based hand sanitizers.
Single-Use Gloves/Sanitized Utensils

❖ NOT a substitute for proper hand hygiene!

❖ Working with ready-to-eat food or with raw meat.
   ❖ Use for no other purpose & discard when damaged/soiled, or when interruptions occur in operation.

❖ Use in product handling and in cooling products.
Single-Use Gloves

❖ Cover lesions with a finger cot/stall, and cover with a glove.

❖ Utilize proper glove removal.

Cleaning & Disinfecting Nonfood-Contact Surfaces

BEST PRACTICES AS OF 5/07/2020
Cleaning - the removal of foreign material from objects; normally accomplished using water with detergents or enzymatic products.
Disinfection - a process that eliminates many or all pathogenic microorganisms, except bacterial spores, on inanimate objects.
Cleaning & Disinfecting Nonfood-Contact Surfaces

1. Clean the surface or object with soap & water.

2. Disinfect using an EPA-approved disinfectant & follow the label directions for safe & effective use.

3. If appropriate disinfectant unavailable, use 1/3 cup of bleach added to 1 gallon of water, or 70% alcohol solutions.
Routine Cleaning Only

OUTDOOR AREA

AREA UNOCCUPIED FOR THE LAST 7 DAYS

SOFT & POROUS MATERIALS
# Types of Surfaces

<table>
<thead>
<tr>
<th>HARD &amp; NON-POROUS</th>
<th>SOFT &amp; POROUS</th>
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</thead>
<tbody>
<tr>
<td>Ex: glass, metal, or plastic.</td>
<td>Ex: Carpet, rugs, or material in seating areas.</td>
</tr>
<tr>
<td>Clean AND disinfect frequently touched materials (i.e. door handles, POS).</td>
<td>Difficult to disinfect.</td>
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<tr>
<td></td>
<td>Thoroughly clean these materials (less often).</td>
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Additional Considerations

❖ Items that could be moved to reduce frequent handling or contact from multiple people.
❖ Remove soft & porous materials.
❖ Visibly dirty surfaces should be cleaned prior to disinfection.

Additional Considerations

❖ Ensure that cleaning or disinfecting product residues are not left on table surfaces.
  ❖ Could cause allergic reactions or cause someone to ingest chemicals.

❖ Develop a schedule for increased, routine cleaning & disinfection.
Proper Procedures

Train staff on proper cleaning timing & procedures to ensure safe & correct application of disinfectants.
Storing Cleaning Supplies

❖ Ensure safe & correct use & storage of disinfectants to avoid food contamination & harm to employees & other individuals.
Storing Cleaning Supplies

Breakfast / Lunch in the Classroom

Securely store products away from children!

MUST be stored below food, equipment, utensils, & linens.

By spacing chemicals apart from other items.

By partitioning off chemicals from other items stored in the same area.
Food-Contact Surfaces

- **Wash** food-contact surface.
- **Rinse** food-contact surface.
- **Sanitize** with an EPA-approved food-contact surface sanitizer.
If a food-contact surface must be disinfected for a specific reason, such as a bodily fluid cleanup or deep clean, in the event of likely contamination with SARS-CoV-2, use the following procedure →
**Specific Cleanup/Deep Clean**

<table>
<thead>
<tr>
<th>Step</th>
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<tbody>
<tr>
<td>Wash.</td>
</tr>
<tr>
<td>Rinse.</td>
</tr>
<tr>
<td>Disinfect (following the disinfectant’s label directions.)</td>
</tr>
<tr>
<td>Rinse.</td>
</tr>
<tr>
<td>Sanitize with a food-contact surface sanitizer.</td>
</tr>
</tbody>
</table>
Additional Food Service Recommendations

AS OF 5/19/2020
Check with your local health inspector & abide by any local guidance (i.e. school board, superintendent.)
Food Service

❖ Serve individually plated food items while ensuring the safety of children with food allergies.

❖ Use disposable food service items (i.e. utensils, dishes).
   ❖ If not feasible, ensure that all non-disposable food service items are handled with gloves & washed with dish soap and hot water or in a dishwasher.
Communal Spaces

❖ Close shared spaces (i.e. break rooms) if possible.
❖ Otherwise, stagger use and clean & disinfect between use.
Food Service FAQs

Q: Due to having to provide water under NSLP, can water fountains for bottle fillers be utilized?

A: CDC’s current guidance for schools doesn’t prohibit drinking fountains but advises to clean frequently (at least daily or as much as possible between uses) or for students to bring their own water.
Q: Does potable water have to be provided in the “Breakfast in the Classroom” model?

A: No, it does not. However, if breakfast is served in the cafeteria, water must be provided according to the SBP regulations at 7 CFR 220.8(a)(1).
Q: What about individually wrapped items?

A: If food is offered at any event, have pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing food & utensils and consider the needs of children with food allergies.
Post signs in highly visible locations that promote everyday protective measures.

Utilize PA systems to broadcast messages on reducing the spread of COVID-19.

Find free CDC print & digital resources on CDC’s resources page.
Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:

- Cough
- Fever
- Chills
- Muscle pain
- Shortness of breath or difficulty breathing
- Sore throat
- New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

*Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

cdc.gov/coronavirus

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

1. Stay at least 6 feet (about 2 arms’ length) from other people.
2. Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
3. When in public, wear a cloth face covering over your nose and mouth.
4. Do not touch your eyes, nose, and mouth.
5. Clean and disinfect frequently touched objects and surfaces.
6. Stay home when you are sick, except to get medical care.
7. Wash your hands often with soap and water for at least 20 seconds.

CDC.gov/coronavirus

How to Safely Wear and Take Off a Cloth Face Covering


WEAR YOUR FACE COVERING CORRECTLY
- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2

USE THE FACE COVERING TO HELP PROTECT OTHERS
- Wear a face covering to help protect others in case you’re infected but don’t have symptoms
- Keep the covering on your face the entire time you’re in public
- Don’t put the covering around your neck or up on your forehead
- Don’t touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS
- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU’RE HOME
- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for healthcare workers and other medical first responders.

For instructions on making a cloth face covering, see: cdc.gov/coronavirus

Help Protect Yourself and Others from COVID-19

Practice Social Distancing
Stay 6 feet (2 arm’s lengths) from other people.

And Wear a Cloth Face Covering
Be sure it covers your nose and mouth to help protect others. You could be infected and not have symptoms.

cdc.gov/coronavirus

Resources

❖ Review CDC and ADPH guidelines for school & restaurant requirements and/or recommendations.
❖ Link to ADPH: https://www.alabamapublichealth.gov/covid19/index.html
Additional Resources

School Food Handler Resource:
https://schoolfoodhandler.com/covid-19-resources/

Institute of Child Nutrition:
References Used


ServSafe Manager. Chicago, IL: National Restaurant Association Solutions, LLC; 2017.
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