

The background of the slide features a network diagram with blue nodes and connecting lines, set against a light blue gradient. The nodes are represented by small spheres, and the lines are thin and light blue, creating a web-like structure that spans the entire background.

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!**

Agenda

- ❖ 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

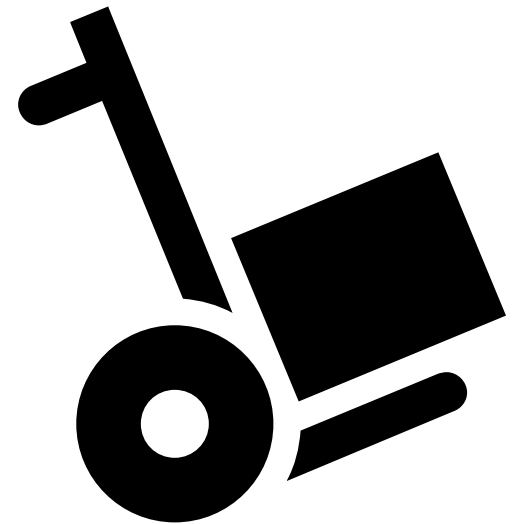
- ❖ Install physical barriers in areas where it is difficult to maintain physical distance.
 - ❖ Ex: sneeze guards & partitions.
- ❖ Provide physical guides to ensure that staff & children remain at least 6 feet apart in lines & at other times.
 - ❖ Ex: tape on floors.



One way.

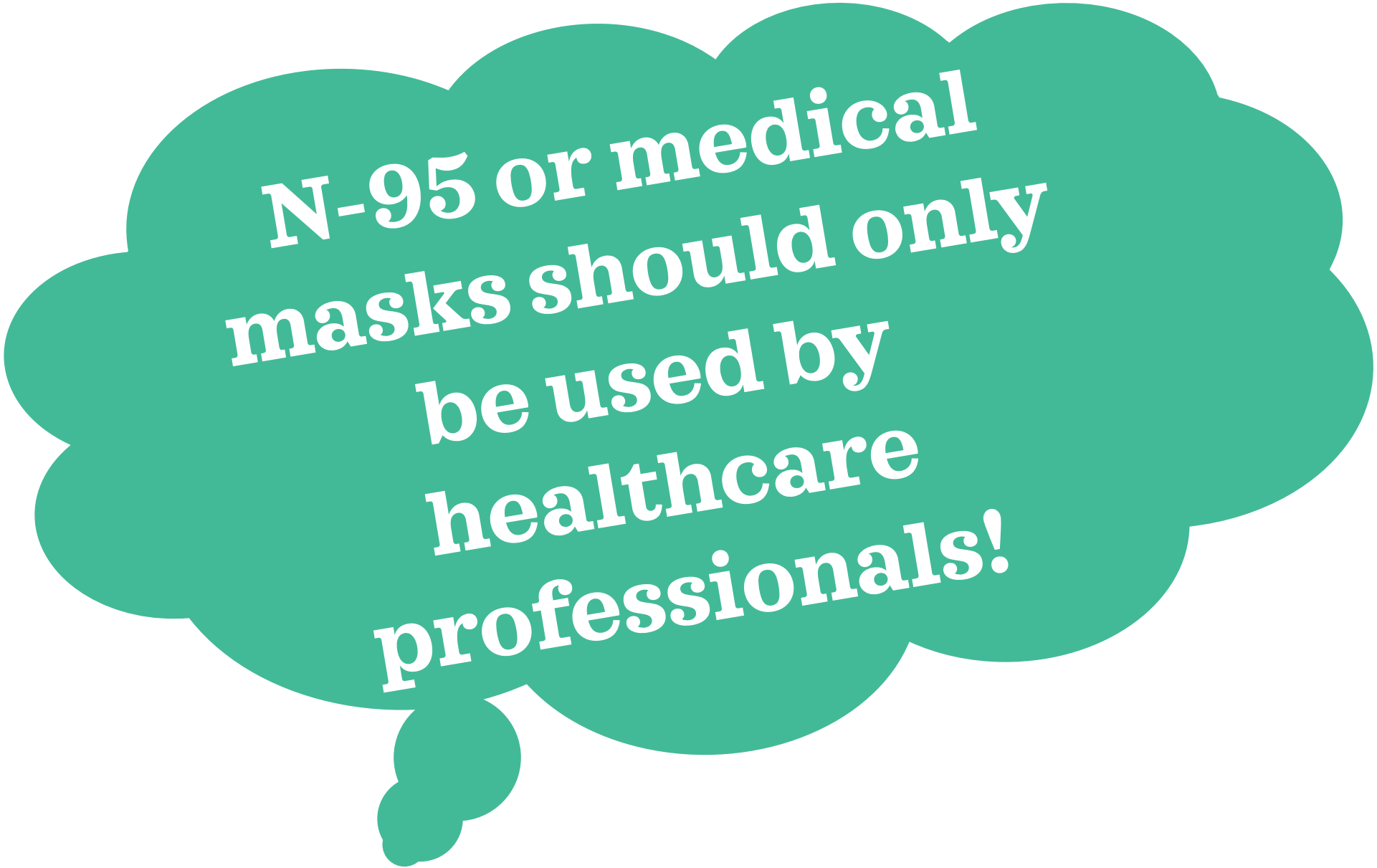
Work Duties & Practicality

- ❖ 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

A green thought bubble with a white outline and a small tail pointing downwards and to the left. Inside the bubble, the text is written in a white, bold, sans-serif font, slanted upwards from left to right.

**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!

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

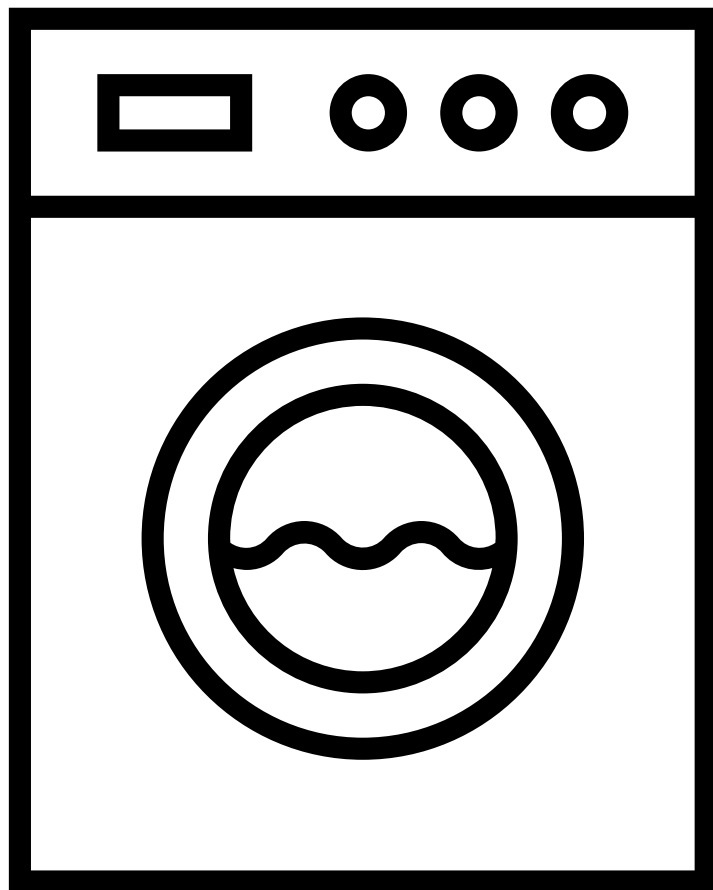
Under current health order, only food service workers who interact with the customers **MUST** wear a cloth face covering.

This order expires on July 31, 2020.

Please be aware that this order could be extended.

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.

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.



Image courtesy of
CDC.gov



Image courtesy of
CDC.gov

Washing by Hand- continued.

- ❖ 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 & after
work breaks.

After touching
objects/surfaces
that multiple
customers touch.

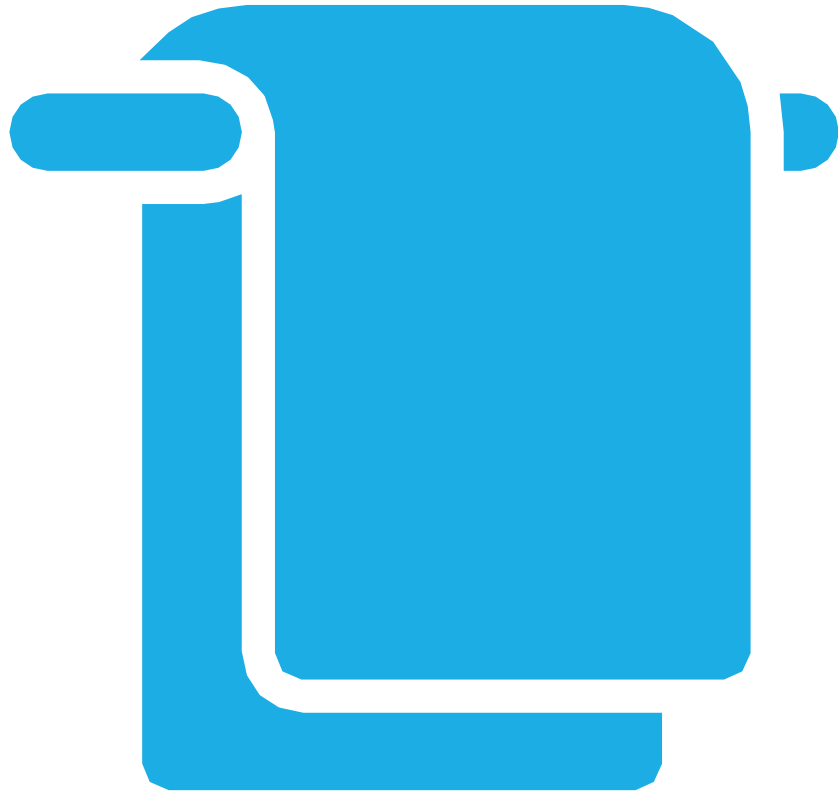
Before putting on
or after taking off
disposable gloves
when performing
food prep.

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

HARD & NON-POROUS

- ❖ Ex: glass, metal, or plastic.
- ❖ Clean **AND** disinfect frequently touched materials (i.e. door handles, POS).

SOFT & POROUS

- ❖ Ex: Carpet, rugs, or material in seating areas.
- ❖ Difficult to disinfect.
- ❖ Thoroughly clean these materials (less often).

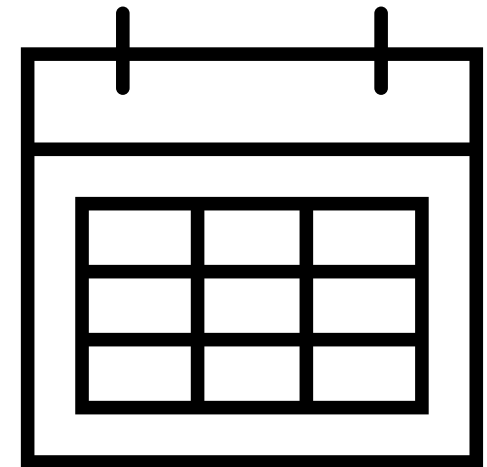
Additional Considerations



- ❖ 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.



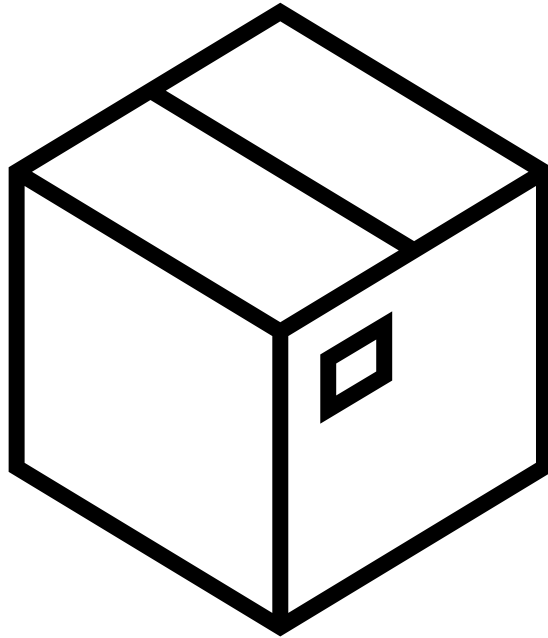
**CLEANING
IN
PROGRESS**



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.**

Cleaning & Sanitizing for Food-Contact Surfaces

BEST PRACTICES AS OF 6/30/2020

Food-Contact Surfaces

Wash

Wash food-contact surface.

Rinse

Rinse food-contact surface.

Sanitize

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

Wash.

Rinse.

**Disinfect (following the
disinfectant's label directions.)**

Rinse.

**Sanitize with a food-contact
surface sanitizer.**

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

- ❖ 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.

Food Service FAQs

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).

Food Service FAQs

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.

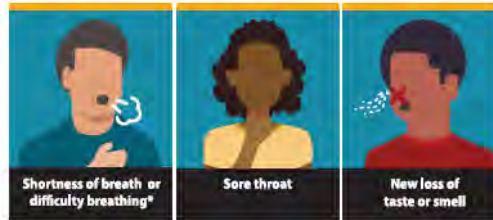
Find free CDC print & digital resources on [CDC's resources page.](#)

Signs & Messages



Symptoms of Coronavirus (COVID-19)

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



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](https://www.cdc.gov/coronavirus)

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Stop the Spread of Germs

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



Stay at least 6 feet (about 2 arms' length) from other people.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.



When in public, wear a cloth face covering over your nose and mouth.



Do not touch your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

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 health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.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.

Additional Resources

School Food Handler Resource

Institute of Child Nutrition :

https://theicn.org/prevent?utm_source=home&utm_medium=slider&utm_campaign=icn_prevent

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