

## Cleaning and Disinfection Protocol for the Prevention of COVID-19 in U-M Laboratory Facilities

May 1, 2020

### General Provisions

This protocol was developed to provide guidance to the U-M research community regarding the control and prevention of coronavirus disease 2019 (COVID-19) in laboratory facilities. This guidance is based on interim recommendations from the Centers for Disease Control and Prevention (CDC) and Occupational Safety and Health Administration (OSHA).

### Frequently Touched Surfaces and Equipment in the Laboratory

- The following list of locations and equipment are examples of frequently touched areas in laboratories.
- These types of areas represent a higher probability of viral loading in the work area and should be disinfected on a routine basis following the proper procedure described below.
- This list is not intended to be exhaustive; laboratory directors should assess their workplace for other potential areas and clean/disinfect those areas in accordance with the proper procedure described below.

Doorknobs and Handles	Phones in Common Areas	Laboratory Benchtops
Light Switches	Desks	Sinks and Faucet Handles
Equipment Handles and Latches	Equipment Controls and Touchpads	Drawer and Cabinet Handles
Bin and Water Incubator Lids	Hand Tools (e.g., Micro-pipettors)	Carts
Chemical Bottles and Lids	Chairs	Whiteboards, Pens, Markers

*Custodial Services staff will continue to clean and disinfect frequently touched surfaces in common public areas and bathrooms.*

### When to Clean and Disinfect

- At a minimum, it is recommended that frequently touched surfaces and equipment are cleaned and disinfected at the beginning of a shift and again before leaving the laboratory when work is completed for the day.
- Shared-use equipment and tools may be touched by multiple people throughout the day and should therefore be cleaned and disinfected more frequently (e.g., before and after each use by a different person).
- More frequent cleaning and disinfection may be necessary if surfaces become dirty or soiled during the workday.

### How to Clean and Disinfect

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be compatible with the disinfectant products being used. Gloves should be discarded after use.
- Consult the manufacturer's instructions for cleaning and disinfection products used. [Clean hands](#) immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, use [products](#) that have been pre-approved by the U.S. Environmental Protection Agency (EPA) for use against emerging enveloped viral pathogens.
- Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).
- When using a disinfectant, adhere to the required contact time on the product label. Follow label instructions for safe and effective use of the cleaning product. Ensure you have good ventilation during use of the product. A respirator is not needed for normal surface cleaning and disinfection.
- Use care with delicate equipment to avoid damage. Cleaning sprays may not be appropriate to use or could damage certain electronic equipment. In these cases, an approved disinfectant wipe may be appropriate for more delicate tasks. If disinfectant wipes are not available, spray an appropriate amount of cleaner/disinfectant onto a disposable towel or kimwipe.

### Personal Protective Equipment (PPE)

Staff should wear disposable gloves for all tasks in the cleaning process, including handling lab waste.

- Gloves should be compatible with the disinfectant products being used.
- Additional PPE might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash (e.g., sealed eye protection, face shield, respiratory protection, etc.)
- Gloves should be removed carefully to avoid contamination of the wearer and the surrounding area. Be sure to **clean your hands** after removing gloves.
- Staff should immediately report breaches in PPE (e.g., tear in gloves) or any potential exposures to their supervisor.

### **Watch for Symptoms**

- Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed COVID-19 cases.
- The following symptoms may appear **2-14 days after exposure**.
  - Fever
  - Cough
  - Shortness of breath
  - Loss of sense of smell and/or taste
  - Chills typically associated with fever
  - Muscle aches or pains
  - Headache
  - Sore throat
- Call your doctor if you...
  - Develop **symptoms, and have been in close contact** with a person known to have COVID-19.
  - OR
  - Have **recently traveled from an area** with [widespread or ongoing community spread of COVID-19](#).

### **Additional Recommendations from the CDC**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if your hands are visibly dirty.