

**Immediate Requirements for all Food Handlers and Food Workers at the University of Massachusetts relative to COVID-19 issues – Date: March 18, 2020**

- Wash hands properly with soap and warm water\*, scrub for 20 seconds, rinse. Dry hands completely with a paper towel.
  - All food handlers must wash their hands, *in the food area designated hand-wash sink*, at the start of the shift before beginning any food work.
  - All food handlers must wash their hands following any break.
  - All food handlers must wash their hands following food safety guidelines, after using the restroom, any point of cross-contamination, and/or change of task.
    - In order to ensure this behavior, all food handlers shall be washing their hands **at least once per hour, and not less.**
- \*Use hand sanitizer if a hand-washing sink is not available, use an alcohol-based sanitizer with 60% - 90% alcohol. Use of sanitizer is not a substitute for hand-washing.
- Avoid cross-contamination. Change your gloves and wash your hands frequently. Follow the Directive from Auxiliary Enterprises which prohibits “Personal Cell phone Use in and around a Food Prep Area.”
- Avoid touching your eyes, nose or mouth. If you do, wash your hands.
- Cover your nose or mouth, with a tissue, when sneezing or coughing. If no tissue is available, cough or sneeze into the crook (inside elbow) of your arm.
- Maintain “social distancing,” which is (6) six feet away from others when possible. (No shaking hands or hugs).
- Avoid contact with sick people.
- Stay home if you are sick, let your supervisor know.
- If you are sick with the following symptoms, seek medical advice from your own provider, and stay home. Let your supervisor know.
  - Fever 100.4
  - Cough
  - Shortness of Breath
  - Return to work after you are symptom-free for 24 hours. (Current recommendation).
  - No doctor’s note required
- If you are in contact with a person who has a confirmed case of COVID-19, contact your supervisor.
- Following the enhanced cleaning and disinfecting guidance from EH&S.
- For more information, see the University website on COVID-19 at <https://www.umass.edu/coronavirus/>.