

Facilities Systems Best Practices for re-opening during the COVID-19 pandemic

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This lesson's objectives

- General school facilities re-opening considerations
- Some specific pandemic resources for facilities management
- Scope of best practices guidelines
- Worker health
- Ventilation basics
- Ventilation strategies to reduce airborne viral transmission
- Other resources

Note: People have protocols; viruses don't



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Some important regulatory authorities

- OSHA: Defines employer/ employee responsibilities & regulates to ensure safe & healthy workplace
- CDC: Implement regulations related to protection from health & and safety threats & public health security
- Illinois State Board of Education (ISBE)
- State & local Departments of Public Health
- Workers compensation
- Americans w/ Disabilities Act (ADA)
 - Disabilities vs risk factors

Re-opening considerations

- Occupant characteristics
- Workforce characteristics & job descriptions
- Student characteristics, grade levels, ages, etc
- Access & security
- Environment: Distancing, scheduling, work flow
- Cleaning
- Communications
- Worker rights & Human Resources issues
- Facilities/ built environment

Resources for facilities: Professional organizations & checklists

- ASHRAE Epidemic Task Force; Schools and Universities (Outline, includes checklists 7/17/20):
<https://www.ashrae.org/file%20library/technical%20resources/covid-19/ashrae-reopening-schools-and-universities-c19-guidance.pdf>
- ASHRAE Epidemic Task Force; Filtration & Disinfection (8/7/20):
https://www.ashrae.org/file%20library/technical%20resources/covid-19/ashrae-filtration_disinfection-c19-guidance.pdf
- BOMA International's Coronavirus Resource Center (several guidance documents and other resources): <https://www.boma.org/coronavirus>
- CDC Considerations for K-12 Schools: Readiness and Planning Tool:
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/School-Admin-K12-readiness-and-planning-tool.pdf>
- Preparing K-12 School Administrators for a Safe Return to School in Fall 2020:
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/prepare-safe-return.html>
- Harvard TH Chan School of Public Health: Schools for Health
<https://schools.forhealth.org/>

Scope of best practices guidelines

Typically checklists that address:

- Policies for entry, security, health checks, occupancy, distancing, scheduling, reporting, cleaning, disinfection, planning, responsible parties, etc. (Administrative controls)
- Resources addresses most of those issues, but this presentation will focus on some engineering controls & modifications to facilities, especially ventilation (relies a lot on ASHRAE guidance)

Disclosure/ handling of COVID-19 cases

- Legal authorities not always clear
- Administration/ Employers provide guidelines regarding when to stay home, taking leave, etc.
- Proper notification & privacy protection for persons testing positive for COVID-19
- Appropriate response protocols in place (assume an occupant will test positive at some point)
- Consider tests for disease & symptoms relative to infectious period
- Be familiar w/ difference between viral RNA test & antibody test

Worker health

Characterize work force:

- Age
- Job descriptions & tasks
- Potential for exposure
- Appropriate policies for sick leave, care of sick family, positive test results
- Compliance w/ OSHA, IL OSHA, State of Illinois

Note: Some facilities tasks, such as servicing HVAC equipment, may expose workers to virus or other contamination. Appropriate Respiratory Protection & PPE training & use is advised

Survival time in air/ on surfaces (lab studies)

Note: Viable (living) virus is transmissible. Non-viable (non-transmissible) virus can show up as positive in some tests



Illustration from *The COVID-19 pandemic: Considerations for the waste and wastewater services sector*, Nghiem a et al, Case Studies in Chemical and Environmental Engineering, accessed 7/27/20
<https://doi.org/10.1016/j.csee.2020.100006> This is open access article under the CC BY-NC-ND license

Airborne transmission: Droplets vs aerosols

Primary mode of transmission of COVID-19 disease is usually thru air to respiratory system; virus can be airborne & transmissible thru droplets & aerosols

Illustration from : Environ Res. 2020 Sep; 188: 109819., Published online 2020 Jun 13.
 doi: [10.1016/j.envres.2020.109819](https://doi.org/10.1016/j.envres.2020.109819), PMCID: PMC7293495 PMID: [32569870](https://pubmed.ncbi.nlm.nih.gov/32569870/), *Transmission of COVID-19 virus by droplets and aerosols: A critical review on the unresolved dichotomy*, Jayaweera, et al

CDC updates COVID-19 transmission webpage to clarify information about types of spread:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

Re-opening: Water, water vapor, food storage

- Unoccupied building water becomes stagnant; films form in pipes & fixtures
- Information on (supply) disinfection w/ chlorine:
[https://www.cdc.gov/healthywater/drinking/public/chlorine-disinfection.html#:~:text=Chlorination%20is%20the%20process%20of,Ca\(OCl\)2%201](https://www.cdc.gov/healthywater/drinking/public/chlorine-disinfection.html#:~:text=Chlorination%20is%20the%20process%20of,Ca(OCl)2%201)
- Moisture, water leaks, poor ventilation & fungal proliferation
- Refrigerators & stored food

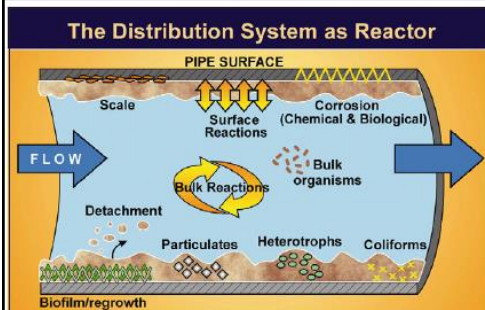
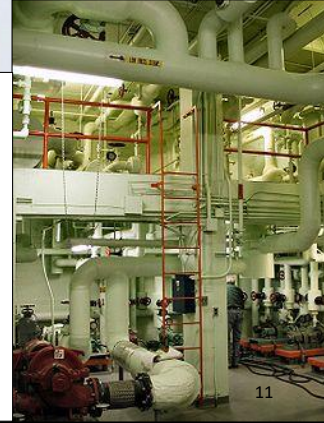


Figure 1-2. Distribution System Interactions that Affect Water Quality (Adapted from: MSU, 2005).

Illustration:
Water
Distribution
System
Analysis: Field
Studies,
Modeling and
Management
EPA/600/R-
06/028
December 200
Photo
Attribution:
P199 at English
Wikipedia

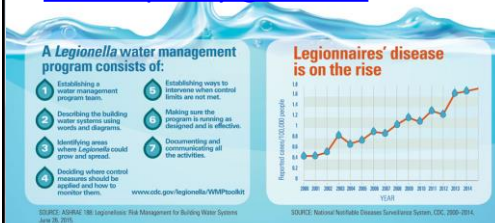


Re-opening: Water systems (flush & test)

• Legionella

See IDPH plumbing systems & water quality guidance

<http://www.dph.illinois.gov/covid19/community-guidance/plumbing-systems-water-quality-guidance>



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Illustrations:
<https://www.cdc.gov/vitalsigns/legionnaires/index.html>

Legionella can grow and spread in many areas of a building.

Effective water management programs can **REDUCE** the risk of Legionnaires' disease.

Legionella can make people sick when the germs grow in water and spread in droplets small enough for people to breathe in.

Legionella grows best in warm water that is not moving or that does not have enough disinfectant to kill germs.



2018/02, IDPH Data, June 2018

Toilets

- Some belief that infected persons can shed virus in feces; unknown is whether virus is viable in this scenario
- Flushing & toilet seat covers

Photo attribution:
<https://health.howstuffworks.com/diseases-conditions/infectious/5-diseases-toilet.htm>



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Ventilation

Air flow rules:

- Air take the path of least resistance
- If one part of air path is changed, it also changes something else

Illustration:
<https://image.slidesharecdn.com/highriseresidentialbuilding-141112212835-conversion-gate02/95/high-rise-residential-building-4-638.jpg?cb=1415827757>



Ventilation language

- ACH: air changes per hour (number of times all of the air in a space is replaced)
- FPM: feet per minute (speed of air movement)
- CFM: cubic feet per minute (volume of air usually for supply)
- Fresh air: Outside air, sometimes filtered air (currently 7.5 – 10 cfm per person in schools)
- Negative & positive pressure (relative to adjacent spaces)
- Distribution: Configuration of supply, return, exhaust duct openings for efficiency of air flow to occupants

Example of air flow calculations under CDC Guidelines for tuberculosis patient rooms

- Control of droplet nuclei in healthcare settings, assuming negative pressure rooms & existing Respiratory Protection of workers
- Recommended minimum 6 ACH in existing facilities, 12 ACH in new facilities, negative pressure relative to adjacent areas

$ACH = (\text{exhaust air flow (cfm)}) / \text{room air volume (ft}^3) \times 60 \text{ min/hr}$

In room 20 ft (L) x 20 ft (W) x 10 ft (H), room volume = 4,000 ft³

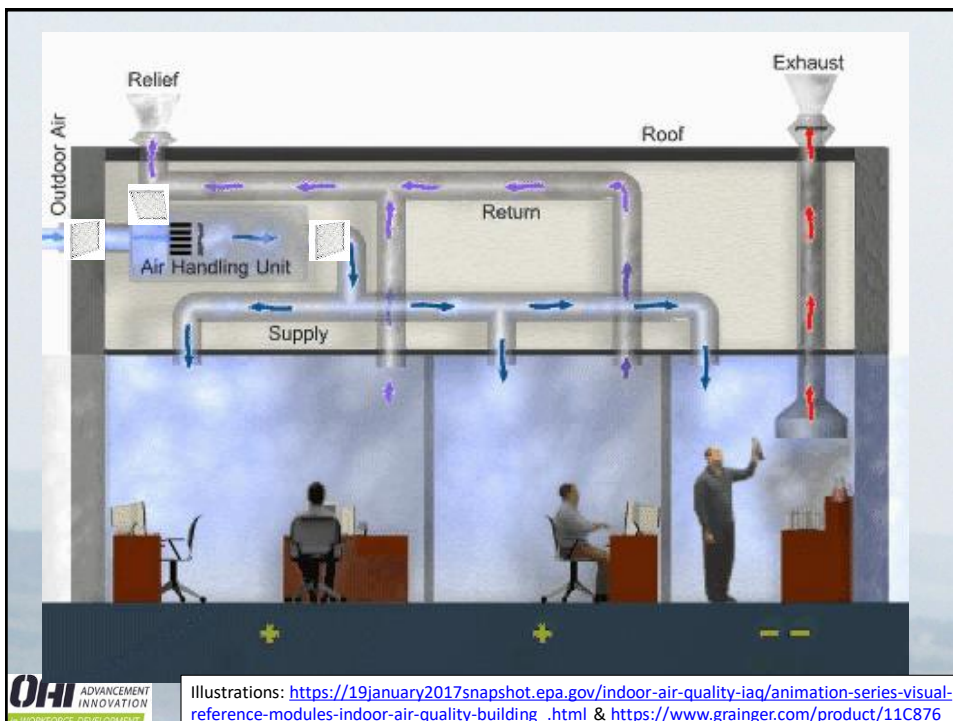
For 6 ACH: 4,000 ft³ x 6 AC/hr x 1 hr/60 min = 400 cfm of fresh air

Ventilation

Building Owners & Management Association (BOMA) recommends “consider increasing exhaust and infusion of outside air...”

How and how much?

- Open fresh air dampers (Note: If CO₂ demand system, disable or increase sensor CO₂ concentration thresholds)
- Increase fan speed? (What are the problems with this option)
- How much? **Not specified at this time**
- Some recommendations for full ventilation operation well before & after facilities occupied



HVAC configurations in schools

Usually some combination of conditioned central air distribution (previous slide), wall units, & peripheral (wall/ window) heating/ cooling systems

Photos: <http://bridgebusinessbrokers.ca/?ait-item=diversified-hvac-business> & https://www.grainger.com/product/494L38?gclid=EAlaIqobChMlxtmJzbeY6wIVNAnnCh2gRAHUEAYYBCABEgLDxvD_BwE&cm_mmcc=PPC:+Google+PLA&ef_id=EAlaIqobChMlxtmJzbeY6wIVNAnnCh2gRAHUEAYYBCABEgLDxvD_BwE:G:s&s_kwcid=AL12966131264955916051!!g1437083570253! & Marco, Cagnetti et al, Energy saving project for heating system with ZigBee wireless control network, 10.1109/EEEIC.2012.6221443 19
IO - 2012 11th International Conference on Environment and Electrical Engineering, EEEIC 2012 - Conference

General control strategies for microorganisms

Assume an identifiable contaminant source (people):

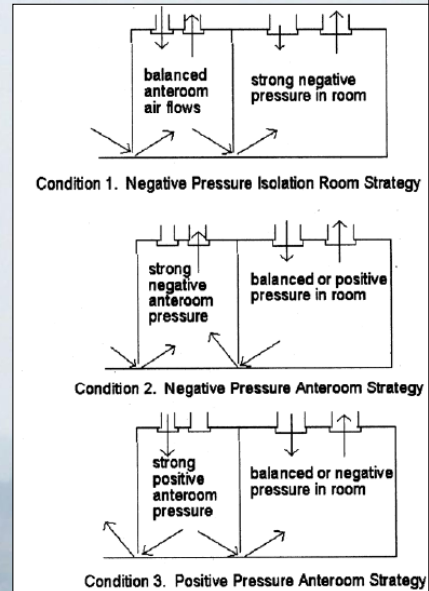
- Source control: Replacement, source reduction, isolation
- Ventilation (general and local)
- Air cleaning (This may also include filtration, & portable filtration, electronic, gas sorption, ozone, cleaning, vacuuming)
<http://www.epa.gov/iaq/aircleaners/index.html>
 - Also UVGI
- Surface cleaning
 - EPA pesticides: <http://epa.gov/oppad001/>
 - EPA disinfectant lists: <http://epa.gov/oppad001/chemregindex.htm>
 - USEPA List N: Disinfectants for Use Against SARS-CoV-2:
<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- Exposure control (as in personal exposure)
 - Scheduling
 - Re-location & restricted areas
- Personal Protective Equipment & Respirators

Pressure differentials/ air flow direction

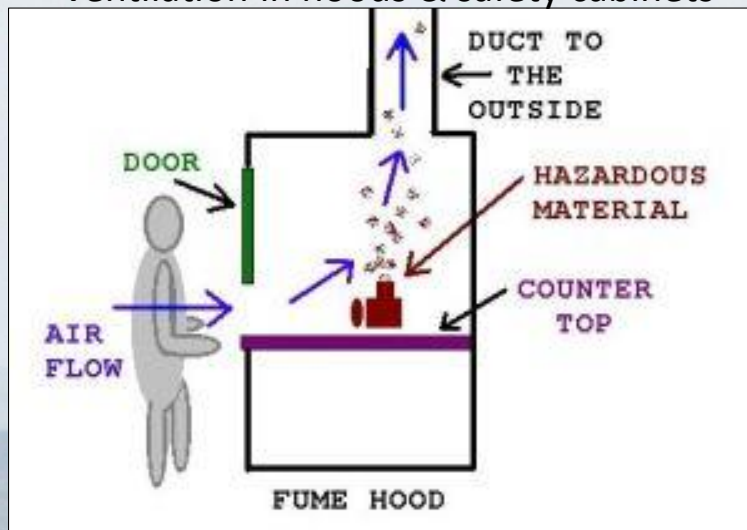
- Reduction
- Elimination
- Replacement
- Diversion
- Isolation of localized sources

Examples:

- Ventilation configurations in infectious disease isolation rooms (source control)
- In research laboratories, pathogens replaced w/ attenuated (weakened) versions so researchers can safely perform experiments. Attenuated pathogens also used to formulate vaccines against disease.



Engineering control: Ventilation in hoods & safety cabinets



Chemical fume hoods capture, contain, & exhaust particulate & vapors generated by hazardous chemicals. Most laboratory experiments should be conducted in a fume hood or safety cabinet.

Image & paraphrased text from USDA: <http://www.ars.usda.gov/News/docs.htm?docid=14605&page=2>

Filtration:

Most guidance now recommends minimum rating MERV 13 filters (close to hospital grade; normal in offices is MERV 8 or higher)

- Filter rack may not accommodate MERV 13; If the existing filters and filter bank are 2" or thicker, install MERV 13. Can 1" rack be refitted w/ larger rack?

If filter racks can accept MERV 13 filter, but were not part of original design, following analysis can be completed by internal staff or consulting engineer:

- Calculate velocity of existing filter bank to determine existing filter pressure drop when clean (Typical velocity 300-500 fpm)
- Determine initial & final pressure drop for filters in original system design
- Calculate increase in filter pressure drop after installing new MERV 13 filters. Remember final pressure drop of any filter is an operational choice
- Review original design and equipment shop drawings to determine available External Static Pressure for equipment
- Determine effect of additional external static pressure on fan



Text & Illustration: <https://www.ashrae.org/technical-resources/reopening-of-schools-and-universities>

How particulate filtration works

Filters do not work like fish nets; see

- Risk Bites on YouTube (2.5 min): <https://www.youtube.com/watch?v=WhiTkZlwl4>
- Physics of N95 masks (6:07): <https://www.youtube.com/watch?v=eAdanPfQdCA&pbjreload=101>
- Atlas Copco Compressor Technique (3 min): <https://www.youtube.com/watch?v=AuVbcvPcjAw>

Note: These concepts apply to many types of filtration (respirator, HVAC, air purifiers, and vacuum filters) but efficiency (especially at 0.3 μm size) differs

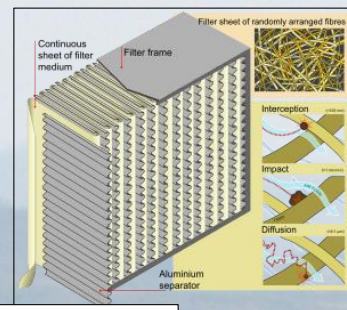


Illustration: Work released into public domain by its author, LadyofHats
https://en.wikipedia.org/wiki/HEPA#/media/File:HEPA_Filter_diagram_en.svg

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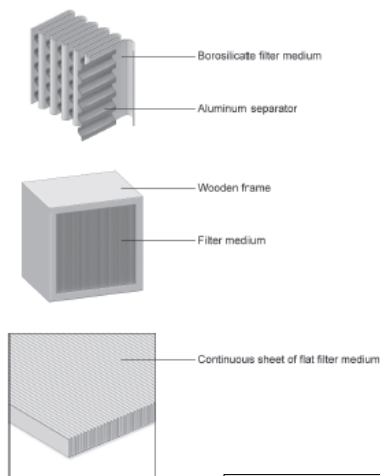
Portable air cleaners

Photos from:
<https://nlr.com.au/articles/air-scrubber-vs-negative-air-machine> &
<http://www.cleanlodge.com/gallery/asbestosgal/pages/HEPA%20negative%20pressure%20machines.htm>

MERV ratings & HVAC system filters

Air cleaning: Note about HEPA filters

Figure 1. HEPA filters are typically constructed of paper-thin sheets of borosilicate medium, pleated to increase surface area, and affixed to a frame. Aluminum separators are often added for stability.



Used in many applications:

- Specialized ventilation systems
- Portable air cleaners
- Personal respirators
- Vacuums

Do NOT remove chemical vapors, but do filter most particulate, even atomic size particles & small pathogens such as viruses.

Engineering/ administrative control: Cleaning

- Surface cleaning & air cleaning to prevent spread of transmissible virus (especially in healthcare)
- Methods specific to pathogens & exposures
- Best practice: Initial cleaning w/ detergent (SARS CoV-2 is an enveloped virus & is susceptible to soap)
- Careful about successive cleaning w/ different chemicals
- Special care w/ common ingredients:
 - Sodium hypochlorite (bleach; very reactive) & sodium hydroxide (strongly irritating, corrosive, can cause severe burns & permanent damage to human tissue); See:

<https://www.atsdr.cdc.gov/MMG/MMG.asp?id=246&tid=45>)

**Never, ever, mix
bleach (sodium
hypochlorite) w/
anything other
than water** (See:

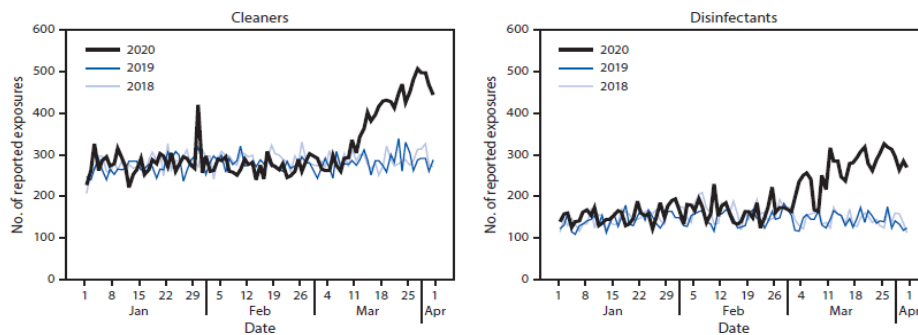
<https://www.doh.wa.gov/YourFamily/HealthyHome/Contaminants/BleachMixingDangers> & Graphic
from:
<http://www.howtocleanstuff.net/is-it-safe-to-mix-cleaning-products-with-bleach/>)



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Potential misuse of cleaning products

FIGURE. Number of daily exposures to cleaners and disinfectants reported to U.S. poison centers — United States, January–March 2018, 2019, and 2020*†



* Excluding February 29, 2020.

† Increase in exposures to cleaners on January 29, 2020, came from an unintentional exposure to a cleaning agent within a school.

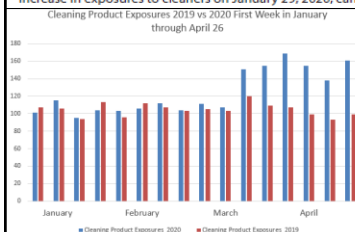


Figure from: Cleaning & Disinfectant Chemical Exposures & Temporal Associations with COVID-19 NPDS United States, Jan 1, 2020– Mar 31, 2020
<https://www.cdc.gov/mmwr/volumes/69/wr/pdfs/mm6916e1-H.pdf>

Figure from Illinois Poison Center Blog:
<http://ipcblog.org/2020/04/28/coronavirus-dont-let-cleaning-and-disinfecting-your-home-harm-you/>

Definitions for certain microbial controls

Cleaning agents

- Disinfectants: Destroy vegetative forms of harmful microorganisms, but not necessarily bacterial spores
- Sanitizers: Diminish but don't always eliminate microorganisms
- Sterilizers: Destroy all microorganisms on surface of item or in fluid. Ideally, destroy or eliminate all forms of microbial life including spores
- Antiseptics: Used on people or animals to destroy variety of microbes; antiseptics are considered pharmaceuticals & regulated by FDA

Paraphrased from USEPA, CDC, & other sources:
<http://www.epa.gov/pesticides/glossary/index.html#a> &
http://www.cdc.gov/hicpac/Disinfection_Sterilization/6_Disinfection.html

See: Disinfection 101 (Iowa State: <http://www.cfsph.iastate.edu/Disinfection/Assets/Disinfection101.pdf>) & CDC flyer re: Disinfection & SARS CoV-2: https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fdisinfecting-building-facility.html

Healthcare environmental cleaning measures

- Cleaning practices/disinfection standardized for all areas:
Routine vs isolation
- Standardized training & monitoring compliance
- Focus on surfaces frequently touched w/ contaminated hands
- Sequence of cleaning always clean to dirty
- Minimize dust accumulation
- Use appropriate agent & follow manufacturer's directions re:
amount and dilution
- Cleaning is different from & necessary pre-requisite to **disinfecting**
- **Contact time** of cleaning agent & surface is critical



Photo by S Cali

Disinfection methods & agents

Some liquid agents:

- Iodophors (Iodine & surfactants): Intermediate-level disinfectants, effective against vegetative bacteria, enveloped viruses, fungi, and some mycobacteria
- Chlorine solutions: Broad spectrum widely used as sporicidal disinfectant & sterilant in liquid form
- Alcohol (ethyl; isopropyl): Ethyl Alcohol slightly better virucide than IPA. 70% solution (of Ethyl Alcohol 95%) denatures proteins & dissolves lipids; effective against most bacteria, fungi & many viruses, ineffective against bacterial spores. 70% better than pure alcohol because penetrates before blocked by coagulation

Paraphrased from multiple sources including NIH Office of Research Services, Biological Safety & Compliance, Decontamination &

Sterilization <http://www.ors.od.nih.gov/sr/dohs/BioSafety/decon/Pages/decontamination.aspx> & <https://www.cdc.gov/infectioncontrol/guidelines/disinfection/disinfection-methods/chemical.html>

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Cleaning methods & agents

More liquid agents:

- Hydrogen peroxide: Bactericidal, virucidal, sporicidal, & fungicidal properties
- Phenolic compounds, aqueous: Bactericidal, fungicidal, virucidal, & tuberculocidal
- Quarternary ammonium compounds, aqueous (QATs): Widely used in healthcare; fungicidal, bactericidal, & virucidal against lipophilic (enveloped) viruses; not sporicidal & generally not tuberculocidal or virucidal against hydrophilic (nonenveloped) viruses

Paraphrased from multiple sources including NIH Office of Research Services, Biological Safety & Compliance, Decontamination & Sterilization <http://www.ors.od.nih.gov/sr/dohs/BioSafety/decon/Pages/decontamination.aspx> & <https://www.cdc.gov/infectioncontrol/guidelines/disinfection/disinfection-methods/chemical.html>

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Disinfection with UVGI (Ultraviolet germicidal irradiation)

Short-wavelength ultraviolet radiation (UV-C) is photochemical process

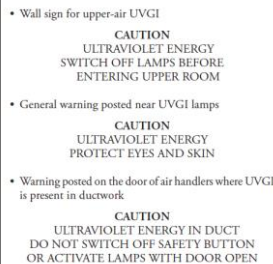
Disinfection: Microorganism exposed to high intensity UV radiation for optimal periods of time. UV breaks down molecular bonds, causing cellular membrane or DNA/RNA destruction.

UVGI system applications in healthcare settings include:

- Upper area &/ or ventilation system disinfection
- Surface disinfection

Figure from CDC:

<http://www.cdc.gov/mmwr/preview/mmwrhtml/r5417a1.htm> & photo from https://www.moh.gov.my/moh/resources/penerbitan/mymahtas/MaHTAS%20COVID-19%20Rapid%20Evidence/Disinfectant%20And%20Sterilisation/Hyper_Light_Disinfection_Robot.pdf



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Cautions for disinfection with UVGI (Ultraviolet germicidal irradiation)

Intensity:

- Need sufficient time & intensity to be effective
- Reduced by dust/ dirt on surfaces & lamps
- Decreases quickly by distance
- Decreases in lamps over time; requires periodic monitoring w/ UV meter

Lamps:

- Require frequent maintenance
- Can cause damage to human skin & eyes; require PPE & shields
- In biosafety cabinets must be decontaminated for maintenance

Photo Retrofit Magazine:

<https://www.retrofitmagazine.com/ceiling-mounted-ultraviolet-light-system-provides-no-touch-disinfection/amp/>

UV radiation does not eliminate necessity for routine good practices & procedures.

*NOTE: (Adapted from NIH statement) NIH does **not** recommend or support use of ultraviolet (UV) radiation in laboratories.... The 253.7-nm wavelength emitted by germicidal lamp has limited penetrating power & is effective against unprotected microbes on exposed surfaces or in air.*

Paraphrased from NIH Office of Research Services, Biological Safety & Compliance, Decontamination & Sterilization 36 <http://www.ors.od.nih.gov/sr/dohs/BioSafety/decon/Pages/decontamination.aspx>

Example engineering Controls for SARS-CoV-2

- Install high-efficiency air filters
- Increase ventilation rates in work environment
- Open windows (fans & cross-ventilation)
- Install physical barriers, i.e. clear plastic sneeze guards
- Install drive-through window for customer service.
- Negative pressure areas/ rooms (Airborne infection isolation rooms (AIIR) for sick persons

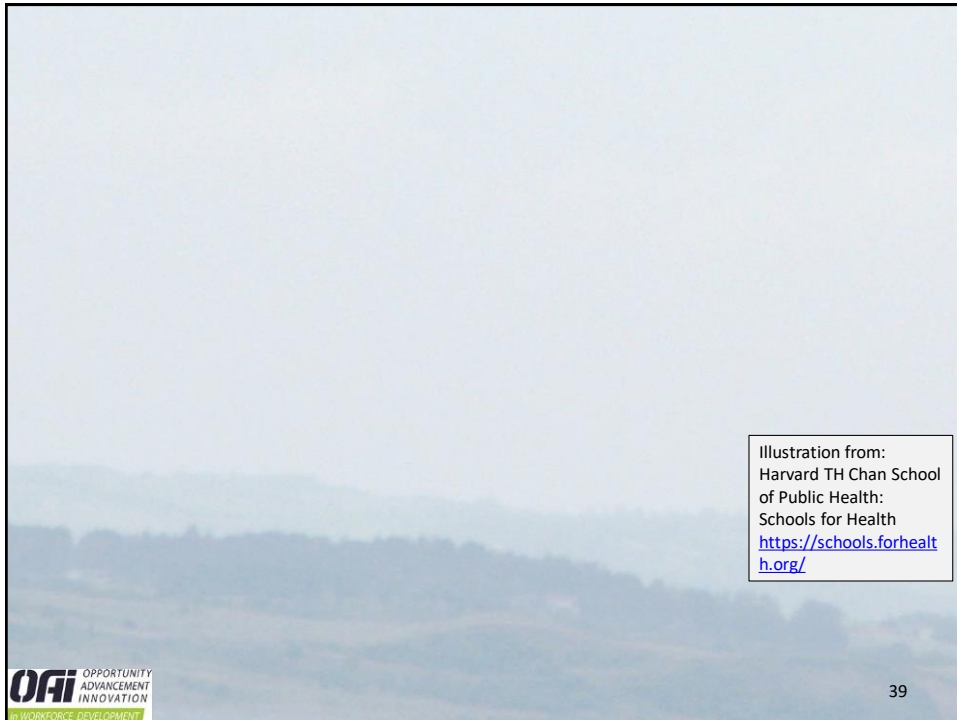
What actually works to prevent disease transmission?

- Social distancing
- Outside air
- Masks to some degree
- N95 or better respirators to large degree



Entry control, occupancy limits, mask requirements, availability of handwashing, hygiene, etc.

- Disease testing, reporting, community tracking
- Common sense & care for others



Selected Back-to-Work Tips and Resources (Including some Illinois resources)

- Summary of School Re-Opening Models and Implementation Approaches During the COVID 19 Pandemic (an interesting comparison of school re-opening plans by country, includes impact (success in control of transmission); mostly administrative issues (7/6/20):
<https://globalhealth.washington.edu/sites/default/files/COVID-19%20Schools%20Summary%20%28updated%29.pdf>
- **CDC Resuming Business Toolkit (Checklist):
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/Resuming-Business-Toolkit.pdf>
- **CDC Employer information for Office Buildings:
<https://www.cdc.gov/coronavirus/2019-ncov/community/office-buildings.html>
(Note: Menu on left site provides links to specific topics and some industries)
- IDPH: <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/business-guidance>
- IDOL: <https://www2.illinois.gov/idol/Pages/default.aspx>
- Illinois Manufacturer's Association: <https://ima-net.org/covid-19/>

Selected Back-to-Work Tips and Resources

(Including some Illinois resources)

- OSHA: Hazard assessments: <https://www.osha.gov/shpguidelines/hazard-identification.html>
- NIH/ NIEHS Workplace Checklist for Prevention of Exposure to SARS-CoV-2 Virus in Non-Healthcare Industries (under COVID-19 Toolbox <https://tools.niehs.nih.gov/wetp/covid19worker/>)
- NFPA Fire & Life Safety Checklist for reopening a building <https://www.nfpa.org/-/media/Files/Coronavirus/CoronavirusReopeningBuildingsChecklist.ashx>
- BOMA: Getting back to work: Preparing Buildings for Re-Entry Amid COVID-19 https://www.boma.org/BOMA/Research-Resources/3-BOMA-Spaces/Newsroom/Press_Room/2020/Getting_Back_to_Work.aspx
- COVID-19 Guide for Workers in Illinois: <https://publichealth.uic.edu/news-stories/covid-19-guide-for-workers-in-illinois/> Has lots of info on worker rights & resources, in IL and Federal
- OSHA COVID-19 enforcement memos: <https://www.osha.gov/memos/2020-04-16/discretion-enforcement-when-considering-employers-good-faith-efforts-during>

OSHA Respiratory protection standards

- Be very careful about respirators & OSHA requirements; involved & stringent: See <https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.134>
- Also see <https://www.osha.gov/SLTC/covid-19/>
- Minimum requirements for voluntary use: <https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.134AppD> & transcript for the OSHA Training Video Entitled Voluntary Use of Respirators (w/ view video option): https://www.osha.gov/video/respiratory_protection/voluntaryuse_transcript.html

Course summary

- Questions?
- How can we improve this training?
- Certificates & value
- Thank you!