

Alpha Delta Pi

BE THE FIRST

INFECTION AND COMMUNICABLE DISEASES BEST PRACTICES FOR ALPHA DELTA PI FACILITIES

Guidance to House Corporations Regarding Reduction of Infectious and Communicable Diseases*

* Please refer to ADPI's INFECTION AND COMMUNICABLE DISEASES EDUCATION Guidance Document

The number one thing anyone can do to keep themselves healthy is to use common sense and take precautions for oneself. Get plenty of rest, eat well and stay hydrated.

EDUCATION

Help make our members aware of the following:

- Avoid touching eyes, nose, and mouth
- When coughing/sneezing use tissue, elbow or mask to prevent the spread of droplets and wash hands after contact with respiratory secretions
- Be extra vigilant about cleaning up after themselves and wiping down areas where they have eaten and have members clean items they may have touched
- Frequently clean living quarters, including high-touch surfaces
- Avoid attending chapter events and minimize interactions if sick
- Practice healthy habits:
 - Get plenty of sleep
 - Be physically active
 - Manage stress
 - Drink plenty of water
 - Eat nutritious food
 - Do not smoke or use e-cigarettes
 - Have good hygiene habits such as thorough handwashing and no sharing of personal items

GUIDELINES

Follow guidelines as provide in the ADPI Memo – March 4, 2020

- Encourage members to self-isolate if they are feeling ill

- Follow guidelines laid out on the CDC website
- Limit exposure of symptom-free members
- Establish a communication chain with sick/isolated members

CONSIDER EMPLOYEE HEALTH

- Train staff on precautionary measures
- If a staff member may be symptomatic, encourage them to NOT come to the facility
- Be flexible and a understanding of any time “off” necessary

SUGGESTED ITEMS TO HAVE ON HAND

- Liquid soap in multiple locations and consider “hands free” dispensers
- Hand sanitizer in multiple locations
- Disinfecting wipes in multiple locations
- Tissues in multiple locations
- Paper towels and waste baskets with liners

CLEANLINESS

- Wipe down heavy traffic surfaces often with disposable wipes
 - Countertops, chairs, tables, desks, remote controls, shared keyboards, telephones, doorknobs, refrigerator handles, elevator buttons, handrailings, etc.
- Clean bathrooms more frequently
 - Wipe down sinks and faucets with disposable wipes after every use
 - Take out trash more frequently and spray with disinfectant

FOOD PREPARATION AND HANDLING

- Change gloves if anything other than food is touched
- Consider individually prepared portions or smaller serving containers to reduce handling
- Consider using paper plates and plastic utensils (individually wrapped recommended)

If your campus is experiencing high rates of illness, consider cancelling/postponing any events or large gatherings that bring large groups of people into close proximity with one another.