



## TARTAN TESTING



Carnegie Mellon University is offering asymptomatic COVID-19 testing to faculty, staff and students within the Pittsburgh campus.

Invitations for testing are sent out each week. All who intend to participate in on-campus or CMU-related activities are expected to complete one asymptomatic COVID-19 test weekly through Tartan Testing. Anyone who comes to campus occasionally is expected to complete a test the week they will be on campus, and those who are not coming to campus are not expected to participate, however, the opportunity

to obtain an asymptomatic test is still available.

After you receive an invitation via email, you will select an appointment through the [HealthConnect](#) portal. The sooner you elect an appointment time, the more flexibility you will have to choose among available slots. Appointments last approximately 15 minutes. However, during high volume testing periods, the process may take longer, and unexpected delays may occur.

Important steps regarding how you should prepare to provide your saliva sample:

- During the 60 minutes (increased from 30 minutes) prior to your appointment, you should not eat, drink (other than water), smoke, brush your teeth or chew gum.
- 10 minutes before your appointment, you should swish water in your mouth and swallow it to ensure that you are well hydrated. After this, do not drink anything else before your appointment.
- Do not wear lipstick, lip gloss or lip balm to the appointment.
- Bring your university ID (or government-issued ID) and a mobile device (or printed page) to display your appointment QR code to your appointment.
- You are required to wear a face covering throughout the testing process, except during saliva sample collection, when you will be asked to lift your face covering to provide the sample.

If you have any questions, please refer to the [COVID-19 FAQ page](#) for more information. ◆

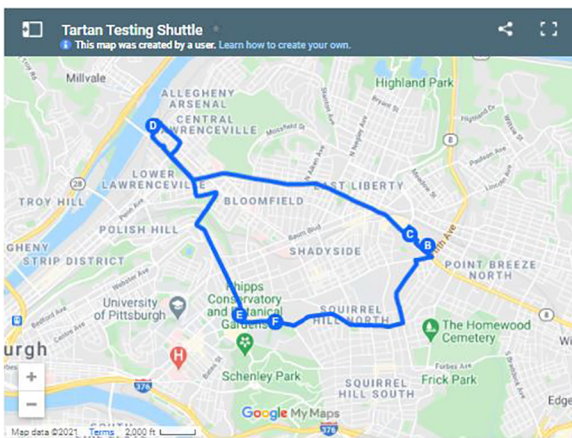
## TARTAN TESTING SHUTTLE



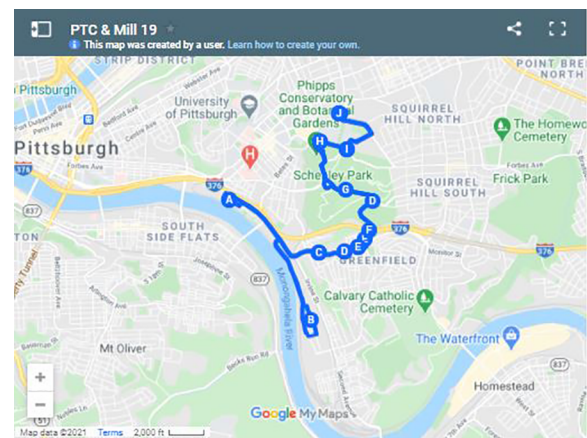
As part of the Tartan Testing Program, CMU is providing free shuttle service to the Pittsburgh campus testing location from various off-campus locations in the area. Shuttle stops include:

- 6555 Penn Avenue (Blue door entrance next to dock doors)
- Bakery Square (Across street from shuttle stop)
- National Robotics Engineering Center (NREC) in Lawrenceville (main entrance)
- 300 S. Craig Street, near Mellon Institute (main entrance at escort stop sign)
- Pittsburgh Technology Center (PTC) on Second Avenue
- Mill 19 at Hazelwood Green (middle entrance on Lytle Street at the crosswalk)

Each shuttle route will take approximately 45 minutes and will seat a maximum of 11 people (due to safety protocols).



*Route A— Cohon University Center (CUC) Drop Off*



*Route B — Morewood Gardens Turnaround Drop Off*

If you have questions regarding the shuttle, refer to the [Tartan Testing Shuttle website](#) for more information. ♦

## FOLLOW THE FOUR KEY BEHAVIORS FOR A SUCCESSFUL SPRING SEMESTER

Now that the spring semester is in full bloom, we wanted to share important COVID-19 reminders on the university's four key behaviors: Self-Assess Daily, Keep 6 Feet Apart, Wear a Facial Covering and Wash Your Hands.

### Daily Self-Assessment

As a member of the CMU community, each of us has a responsibility to support the health and well-being of our entire campus. You must complete the self-assessment daily if you plan to be on campus. Your privacy is important, so the university only tracks log-ins to the assessment; specific answers will remain anonymous.

If this is a medical emergency, dial 911 off campus and 412-268-2323 on campus.

\* All fields required.

Do you plan to be on campus today? \*

Yes  No

To your knowledge, in the past two weeks, have you had close contact with someone currently diagnosed with Covid-19? \*

Yes  No

### Symptoms

Symptoms (not due to pre-existing conditions or typical for you):  
Fever, chills, cough, difficulty breathing, sore throat, muscle aches, diarrhea, severe fatigue, nasal congestion, loss of sense of taste/smell

Have you had any of these symptoms in the last 24 hours? \*

Yes  No

When you took your temperature today, was it 100.4 degrees Fahrenheit (38.0 degrees Celsius) or higher? \*

Yes  No  I didn't take my temperature today.

Submit

### Self-Assess Daily:

All faculty, staff and visitors must participate in the applicable [CMU Daily Self-Assessment Survey](#), which includes temperature monitoring, for any day you are planning to be on campus, or at any CMU facility. It is strongly recommended to participate even if not planning to be on campus. Students must complete the applicable self-assessment survey daily if you are in Southwest Pennsylvania.

In addition, if you feel ill or believe you were exposed to COVID-19, you stay at home and not come to campus until cleared by a medical practitioner.

### Keep 6 Feet (2 meters) Apart:

Physical distancing remains a key component in slowing the spread of COVID-19. Therefore, you must maintain 6 feet distance (2 meters) between yourself and others and minimize any close contact to no more than 15 minutes.

Supervisors are encouraged to continue to reduce density on campus and allow employees to work remotely based on unit operational needs.

In areas where faculty, staff and students must be present on campus, develop staggered schedules to help promote physical distancing.

In addition, for applicable spaces, make sure your group membership is updated within BioRAFT to ensure group size is accurate.



## Wearing a Facial Covering:



Everyone must wear a facial covering (sufficient to cover the nose and mouth) at all times — both inside and outside of buildings. Exceptions include while eating or drinking, when alone in a private space, such as an office, assigned residence hall room or enclosed vehicle or if working outdoors during hot and humid conditions.

If you cannot wear a facial covering due to a medical condition, please contact either the [Office of Disability Resources](#) (students) or [HR Disability Services](#) (employees) to request an exemption as an accommodation. For guidance in acquiring facial coverings, contact Facilities Management and Campus Services at [fixit@andrew.cmu.edu](mailto:fixit@andrew.cmu.edu).

## Wash Your Hands:

While on campus you must wash your hands after coming into contact with high touch surfaces. The Centers for Disease Control and Prevention recommend scrubbing your hands with soap and water for at least 20 seconds, making sure to scrub the backs of your hands, between your fingers and under your fingernails. If soap and water is not available, you are required to use hand sanitizer with at least 60% alcohol.

In addition, it is important to disinfect spaces. Every 24 hours Facilities Management and Campus Services will conduct enhanced sanitation and disinfection in high traffic and common areas that are in use. However, frequently clean and disinfect high-contact surfaces such as desks, keyboards, phones and common equipment, including laboratory equipment and equipment in shop spaces.

Ensure offices, laboratories and other spaces needed for unit operational plans have enough cleaning supplies, such as disinfecting wipes and sprays.

To submit requests for cleaning needs in specific spaces or if you are in need of cleaning supplies, contact [cleanIt@andrew.cmu.edu](mailto:cleanIt@andrew.cmu.edu).

We must continue to work toward the successful semester we all desire. Each one of us doing our part will mean that we can achieve a more resilient Tartan community. ♦



## WELLNESS KITS

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Wellness Kits were assembled to distribute to all students for the spring semester. Each Wellness Kit contains two CMU-branded cloth facial coverings, a 3.38 ounce bottle of hand sanitizer, disinfectant wipes, a digital thermometer and a card summarizing [A Tartan's Responsibility](#).

Students living in residence halls should have received a Wellness Kit during move-in. If you have any questions, contact your Resident Advisor.

Wellness Kits are available at the following locations in Cohon University Center during normal business hours: [Information Desk](#), [University Stores \(including the Art Store\)](#) and [Post Office](#).

In addition, Wellness Kits will also be distributed through Tartan Testing beginning the week of March 15.

When picking up your Wellness Kit, please remember to bring your CMU ID, wear a facial covering and practice physical distancing by staying at least 6 feet apart from others.

For more information regarding Wellness Kits, refer to the [COVID-19 website](#). ♦



## BIORRAFT

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The beginning of the semester is a good time to log in to BioRAFT and check your profile to see if you are linked to the proper PI group. Contact your PI or safety coordinator if any changes need to be made. PIs and safety coordinators should check the individuals within their groups, the equipment within the lab, open inspection items and make any necessary changes.

This is also a good time to check your training requirements. Are there any deficiencies? Online classes can be viewed anywhere at any time. Twenty-eight free, online, information-packed safety training presentations are offered by EHS through [BioRAFT](#):

3D Printing Safety Training	Driver Safety Training	Laboratory Safety and Hazardous Waste Training, Part 2	Radiation Safety Training for EM and XPS Users
Aerial Lift Truck Safety	Fall Protection Training	Ladder and Scaffold Safety	Radiation Training for Ancillary Personnel
Back and Lifting Safety	General Safety Orientation	Laser Cutter Safety	Radioactive Materials Safety Training
Compressed Gas and Toxic Gas Procedures	Hand and Power Tool Safety Training	Lockout Tagout	Shipping with Dry Ice
Confined Space Entry	Hazard Communication Training	LSHW: Refresher	Soldering Safety Training
Distracted Driver Training	Hazardous Driving Conditions Training	Overview of the Current NIH Guidelines	Student Shop Safety
DOT Hazardous Materials Receiving	Laboratory Safety and Hazardous Waste Training, Part 1	Personal Protective Equipment	X-Ray Analytical Training

In addition, EHS is conducting all classroom training sessions via Zoom. All those who sign up for a classroom training session will receive a link for the Zoom meeting 24-48 hours in advance. To receive credit for participating in the training session, you will need to login (not via phone) so that the instructor is able to see your name in the participant list.

If you have any questions regarding BioRAFT or upcoming training sessions, contact [EHS](#). ♦

# BIORAFT

Enterprise Laboratory Safety Software

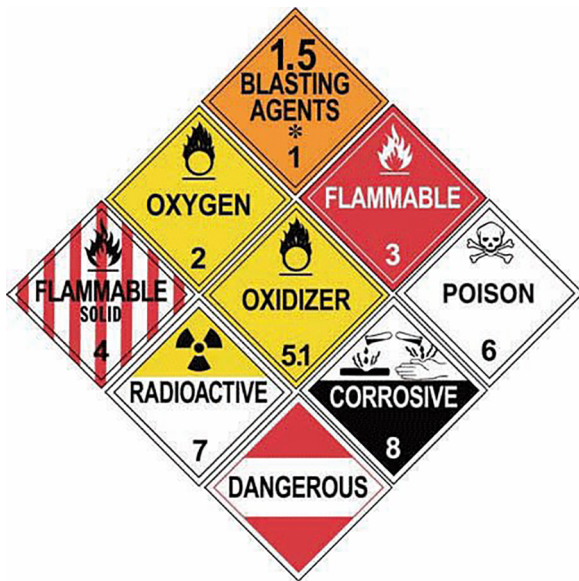
## RESIDENCE HALL FIRE DRILLS

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To demonstrate fire safety awareness and preparedness in compliance with the fire code, EHS held Spring Semester Housing fire evacuation drills on Saturday, February 13th. Led by the EHS Fire Safety Team, 892 students in 35 housing facilities participated in these scheduled fire drills. During the fire drills, students were informed of important fire safety tips:

- **Understand all evacuation routes.** Evacuating quickly is key to survival. Review and become familiar with more than one evacuation route in case one becomes blocked during an emergency.
- **Get out when you hear the fire alarm.** Get out, stay out. Evacuate immediately when an alarm sounds. Alert emergency responders if someone has not yet made it out of the building.
- **Stand at a safe distance away from building.** Upon exiting the building it is important to move at least 150 ft. away from the exit to allow others to safely get out and stand clear of any emergency vehicles.
- **Take a few seconds to gather weather appropriate clothing items.** If the fire alarm sounds, it may be important to grab a coat and shoes if it is cold outside. If there was a fire, it is important to be prepared during cold temperatures.
- **Do not tamper with any fire protection equipment or smoke detectors.** Working smoke detectors save lives. Never obstruct or tamper with them making them inoperable.
- **Do not block fire exit doors.** In many of the residence halls space is limited. Students should never block entrances/exits with bikes, boxes or furniture. In an emergency, such items can make it difficult to evacuate quickly.
- **Do not overload outlets.** Consider how to power electronic devices because overloading electrical outlets can be a fire hazard. Only plug in one heat-producing appliance into a wall outlet at a time and unplug small appliances after use.
- **Be alert when cooking.** Only cook where it is permitted. Keep the cooking area clean and free of anything that can burn. Keep an eye on what is cooking, especially when cooking at high temperatures. If a fire starts in a microwave, keep the door closed and unplug the unit. ♦

## SHIPPING OR RECEIVING DANGEROUS GOODS



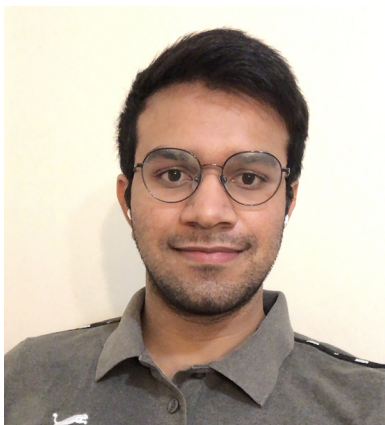
Certain items such as biological and chemical samples, dry ice, maker space materials, such as epoxy-resins, equipment containing batteries and radioactive materials are considered Dangerous Goods.

Current Federal Law requires all persons who ship Dangerous Goods be trained and certified prior to shipping, whether sending via ground or air, national or international. This includes the actual packing of the material and filling out of assorted forms. EHS offers training through [BioRAFT](#) on Shipping Exempt Quantities of Dangerous Goods and Shipping with Dry Ice.

To help you ship materials safely and in accordance with the rules and regulations set forth by the Department of Transportation (DOT), the Federal Aviation Administration (FAA), the International Civil Aviation Organization (ICAO) and the International Air Transport Association (IATA), submit a request for a [Request A Shipment Review](#). EHS will assist you with correctly identifying, classifying, packaging, marking, labeling and documenting dangerous goods according to the national and international governmental regulations.

If you have any questions regarding shipping or receiving of dangerous goods, contact [EHS](#). ♦

## STAFF SPOTLIGHT



Harshal Vakhariya joined the Environmental Health and Safety department on February 1 as the new Intern. Harshal is a first-year graduate student in the College of Engineering where he is pursuing a dual Master's Degree in Innovation Management and Biomedical Engineering. His role as Intern includes, but is not limited to, annual fume hood inspections and assistance with the water quality program. After graduating he plans on pursuing a career in product management in the biomedical industry. ♦



## QUARTERLY SAFETY QUOTE

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Safety is a full-time job.

Don't make it a part-time practice.

- Author Unknown ♦

## EHS WOULD LIKE TO HEAR FROM YOU!

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We encourage all members of the Carnegie Mellon University community to submit safety improvement ideas that enhance your personal safety on campus or the safety of the greater community. Your participation will help raise safety awareness in our community! Please submit your safety concerns and ideas to:  
[safety@andrew.cmu.edu](mailto:safety@andrew.cmu.edu).



In addition, if you have any suggestions for the next newsletter, please submit your ideas to Mary Sickles at:  
[msickles@andrew.cmu.edu](mailto:msickles@andrew.cmu.edu). ♦

## SEE SOMETHING? SAY SOMETHING!

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Help ensure the safety and well-being of the CMU community by calling:  
University Police: 412-268-2323  
Ethics Hotline: 1-877-700-7050 ♦

