

# **SARS-CoV-2 hygiene regulations for practical training at the University of Freiburg in natural sciences and medical studies**

## **(SARS-CoV-2-Hygiene Regulations Practice Courses Natural Sciences and Medicine)**

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### Preface

In accordance with § 2 (1) sentence 2 of the Corona Ordinance of the State Government, practical training which require special laboratory or work rooms are only possible under special protective measures if they are absolutely necessary.

These special protective measures are laid down in the SARS-CoV-2 Hygiene Regulations for Practical Courses in the Natural Sciences and Medicine. These protective measures pursue the goal of achieving a hygiene-oriented environment and proper conduct to reduce the risk of transmission and avoid infections. Each individual can contribute through his/her personal conduct to protecting himself/herself and others from a COVID-19 infection. Therefore, an active participation of everyone is essential for success.

Students who do not comply with the hygiene measures applicable for a practical course in natural sciences and medicine are to be excluded from the course or practical training by the course instructor, unless it is a negligible violation. Subsequently, the students concerned shall be denied access to the laboratory and work rooms and their further stay in the laboratory and work rooms shall be prohibited immediately.

The responsibility for the implementation of and compliance with the protective measures listed here lies with the head of the respective practical course.

The hygiene regulations of the Institute for Infection Prevention and Hospital Epidemiology at the University Medical Center Freiburg and the Clinical Outreach Department at the University Medical Center Freiburg for practical training which take place on the premises of the University Medical Center Freiburg take precedence over the SARS-CoV-2 Hygiene Regulations for Practical Training in Natural Sciences and Medicine.

The SARS-CoV-2 Hygiene Regulations for Practical Training in Science and Medicine are regularly adapted to the current legal regulations, official requirements and recommendations as well as to the resulting changes in the corona measures of the University. They are to be observed in the respectively valid version.

## **1 Central hygiene measures**

The novel coronavirus SARS-CoV-2 is transmissible from person to person. The main transmission route in the population seems to be droplet infection. Aerogenic and contact transmissions probably play a lesser role.

SARS-CoV-2 is mainly transmitted via droplets that are produced when coughing and sneezing and are absorbed by the other person via the mucous membranes of the nose, mouth and possibly the eye (droplet infection). Although it is difficult to make a final assessment at present, the research to date indicates that SARS-CoV-2 viruses can be transmitted via aerosols (droplet nuclei smaller than 5 micrometers) even in normal social contact. Likewise, transmission through contaminated surfaces by means of smear infection via the hands, which are brought into contact with the oral or nasal mucous membrane or the conjunctiva of the eyes, especially in the immediate vicinity of the infected person, cannot be ruled out. The course of the disease is unspecific, diverse and varies greatly, from asymptomatic progressions to very severe disease progression with severe pneumonia with lung failure and death. Frequently mentioned symptoms are cough, fever and a runny nose.

The most important hygiene measures at a glance:

### **➤ Limiting the occupancy of laboratory and work rooms and organizing internships**

It must be ensured that in principle only as many people are present in the respective laboratory and work rooms at the same time as is necessary to ensure that a room area of 15 square meters per person is not undercut. Deviations from the above-mentioned room area of at least 15 square meters per person require the prior approval of the Safety Department.

➤ **Distance requirement**

A minimum distance of 1.5 meters to other persons must be maintained. This does not apply to activities where close physical contact cannot be avoided, in which case appropriate protective measures, such as the wearing of a mouth and nose covering, are required. As a general rule, the wearing of a mouth and nose covering does not lead to a suspension of the minimum distance requirement and other hygiene rules.

➤ **Thorough hand hygiene**

Wash hands with gentle liquid soap for 20 to 30 seconds. Proper disinfection of the hands is only necessary and useful if thorough hand washing is not possible.

➤ **Observation of proper etiquette regarding coughing and sneezing**

Coughing and sneezing in the crook of your arm is one of the most important preventive measures. When coughing or sneezing, the greatest possible distance from other people should be maintained, and it is best to turn away while doing so.

➤ **Ban of entry**

Persons who are or have been in contact with an infected person are not allowed to enter prior to 14 days since first contact with an infected person, or if they show symptoms of a respiratory infection or increased temperature.

## 2 Room occupancy in laboratories and work rooms

➤ The permissible number of internships depends on the size of the room and the spatial conditions.

The number of persons in the respective laboratory and work rooms may only be such that the room area does not fall below 15 square meters per person. This does not apply to laboratory and work rooms that are used exclusively by one person.

The personal course support (course leader and course assistants) required for the classroom event must be taken into account when calculating the maximum occupancy rate.

Deviations from the above-mentioned room area of at least 15 square meters per person require the prior consent of the Safety Department.

➤ Irrespective of the maximum occupancy rate, the work stations in the laboratory and work rooms must be arranged in such a way that each person is at a sufficient distance (at least 1.5 meters, preferably 2 meters) from other persons. This can be achieved, for example, by blocking individual work stations, pulling apart work tables or reversible markings on floors or surfaces.

➤ Test procedures and times must be organized so that sufficient protective distances can be maintained. Traffic routes, wash basins and sinks, centrally used equipment etc. must be taken into account.

### 3 Ventilation

- Laboratories and work rooms without ventilation systems (supply and exhaust air systems) must be ventilated regularly and correctly, as this will cause the indoor air to be exchanged. During the internship, at least once an hour, a shock or cross ventilation through completely opened windows, if necessary also doors, has to be carried out for at least five minutes. Tilt ventilation is insufficient, as the air exchange is too low with this method.
- No additional individual ventilation is required in laboratories and work rooms that have an active ventilation system.

### 4 Routing and organization of practical training

- Care must be taken that not all students are able to reach the laboratory and work rooms at the same time. The responsible persons have to develop a concept for the routing that is adapted to the specific conditions and have to inform the students in advance.
- Preparatory steps such as taking off and putting on street clothes, stowing personal belongings and putting on and taking off protective clothing must also be taken into account.
- In the case of longer events, the sequence of breaks must also be taken into account, so gatherings in front of the bathroom facilities, for example, can be avoided. This must be pointed out at the beginning of the breaks.

### 5 Cleaning

- Hand contact surfaces should be cleaned particularly thoroughly at least once a day during the course of the course, if necessary several times a day, with a cleaning agent containing tenside. SARS-CoV-2 is an enveloped virus whose lipid envelope is inactivated by the tensides in cleaning agents, so that careful cleaning is sufficient in this context.
- Further hygiene measures due to other legal regulations (hazardous substances law, genetic engineering law, bio-substances ordinance or similar) must be observed without modification.

### 6 Individual hygiene measures

- General hygiene regulations such as hand cleaning and etiquette for coughing and sneezing apply.

- Personal items such as mouth and nose coverings, drink cups or bottles or food must always be clearly assigned and stored in such a way that they cannot be used by others.

## 7 Mouth and nose covering

- It is generally assumed that practical training is a dynamic activity in which the participants move around in the room and, despite the protective measures taken, the prescribed minimum distance may not be exceeded for a short time. It should also be noted that droplets or aerosols containing viruses can remain in the air for several minutes.
- Therefore, a mouth and nose covering must always be worn during such activities.
- For practical activities during training which take place exclusively at a workplace and where it is permanently possible to keep a distance below the minimum distance, you need not wear mouth-and-nose protection. This must be documented in a risk assessment.

## 8 Instruction

- Students and employees shall be informed in a suitable manner about the measures in accordance with these hygiene regulations. The instruction shall be documented.

## 9 Risk groups

- Students who belong to a group of persons for whom the Robert Koch Institute has indicated a higher risk of developing a severe course of COVID-19, are obliged to seek advice from the Safety Department before attending practical training.
- Course instructors and course assistants who belong to a group of persons in accordance with sentence 1, for whom the risk of a severe course of COVID-19 is higher according to the information provided by the Robert Koch Institute, may not participate in practical training. Those course instructors and course assistants who have already reached the age of 60 are exempt from the implementation of practical courses, provided that they do not decide voluntarily for the implementation of the practical training in question.  
[https://www.rki.de/DE/Content/InfAZ/N/Neuartiges\\_Coronavirus/Steckbrief.html#doc13776792bodyText3](https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Steckbrief.html#doc13776792bodyText3)

## 10 Maternity protection

- Pregnant students, teachers and course assistants are not allowed to participate. Even when all hygiene measures are observed, there is an increased risk of infection with SARS-CoV-2 during practical training, which, on the basis of the “Notes on the assessment of risks from SARS-CoV-2 in accordance with maternity protection law” of the Maternity Protection Committee must be classified as an irresponsible hazard for preventive reasons within the meaning of the Maternity Protection Act.
- Breastfeeding students, course instructors and course assistants are obliged to seek advice from the Safety Department before attending a practical event.

[https://www.bafza.de/fileadmin/Programme\\_und\\_Foerderungen/Unterstuetzung\\_von\\_Gremien/Ausschuss-fuer-Mutterschutz/Informationspapier\\_Mutterschutz\\_und\\_SARS-CoV-2\\_200414.pdf](https://www.bafza.de/fileadmin/Programme_und_Foerderungen/Unterstuetzung_von_Gremien/Ausschuss-fuer-Mutterschutz/Informationspapier_Mutterschutz_und_SARS-CoV-2_200414.pdf)

## 11 Ban on participation

For persons who

1. are or have been in contact with an infected person, if 14 days have not yet elapsed since contact with an infected person, or
2. show symptoms of a respiratory infection or increased temperature,

there is a ban on entering all University buildings and a ban on participating in all University events.

These hygiene regulations came into force on May 19, 2020.

Freiburg, May 19, 2020

signed

Prof. Dr. Dr. h.c. Hans-Jochen Schiewer Rector