Instructions / Information about the Protective Measures Against Infection With SARS-CoV-2 Currently in Effect

Staff Unit Occupational and Radiation Protection

Legal basis:
- "SARS-CoV-2 Occupational Safety and Health Standard" issued by the Federal Ministry of Labor and Social Affairs (BMAS) on April 16, 2020
- "Holding Lectures, Practical Courses, and Examinations at the Universities in the State of North Rhine-Westphalia" issued by the NRW Ministry of Labor, Health, and Social Affairs (MAGS) in the currently valid version

The main modes of transmission for coronavirus (COVID-19) are either via respiratory droplets in the air (droplet infection) or indirectly via contaminated hands to the mucous membranes (mouth, nose, eyes) (smear infection).

Certain groups of people have an increased risk of severe courses of disease, see https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogruppen.htm

In order to minimize or prevent possible infection with COVID-19, the following protective measures and rules of conduct are implemented:

- Strictly observe social distancing, i.e., keep a safe distance of at least 1.5 meters to other people. This is especially true when entering or leaving a building, or in entrance halls, corridors, staircases, and bathrooms.
- Use the stairs instead of elevators.
- If the minimum distance of 1.5 meters cannot be ensured, textile face coverings (such as face masks, scarves, bandanas, cloths) must be worn.
- Observe the general rules of hygiene:
  - Wash your hands regularly and thoroughly with (warm) water and soap, particularly
    - after having direct contact with other people
    - after touching objects that may have been touched by sick persons, such as handholds in public transport, or door handles
    - before meals
    - after blowing your nose, coughing, or sneezing
    - after contact with animals
  After washing your hands, make sure your skin is adequately moisturized and protected.
  - Avoid touching others as in shaking hands or hugging.
  - Do not touch your face or eyes with unwashed hands.
  - Practice proper cough and sneeze etiquette (into the crook of your arm and turn away).
  - Use disposable tissues and dispose of them immediately.

- Avoid direct contact with sick people.
- If the minimum distance of 1.5 meters to other people is observed, face masks are not required. However, the federal and state governments urge you to wear them in public places nevertheless. Therefore, you are not obliged but certainly free to wear a mask covering your nose and mouth while outside. If you are stopped by the authorities and asked to identify yourself, you may have to fold it down briefly.

In addition, the following regulations pertain specifically to RWTH Aachen University:
- Persons with respiratory symptoms (unless a doctor has diagnosed a regular cold, for example) or with fever are not allowed anywhere on campus. Individuals found to exhibit acute COVID-19 symptoms must leave RWTH buildings and grounds immediately.