

Dangers to Human Health and the Environment



- The virus can be transmitted through the air (droplet infection) or by contact between contaminated hands and the mucous membranes in mouth, nose and eyes (smear infection).
- After infection with the virus, it can take anywhere between a few days and two weeks until signs of illness are shown.
- Infections are usually mild and asymptomatic. Acute signs of illness are also possible, e.g. respiratory illnesses combined with high temperature, cough and breathing difficulties. There is a high risk for persons with underlying diseases e.g. people with asthma, heart and lung diseases, cancer or HIV.

Protective Measures and Code of Conduct



- **Keep your distance**
Keep at least 1.5 m away from other persons on the entire campus. Do not shake hands with others.



- **Regularly wash your hands thoroughly (several times a day, for at least 30 seconds)**
Use liquid soap to lather both sides of your hands up to your wrists and wash them off with running water. Then dry your hands properly with a dry and clean paper towel. Use hand sanitiser if it is not possible to wash your hands.



- **Keep your hands away from your face**
Do not touch any parts of your face with hands that have not been washed. Do not touch your nose, eyes or mouth with hands that have not been washed.
- **Protect others when coughing or sneezing**
Stay away from other persons when coughing or sneezing. Cough or sneeze into paper tissues (only use these once) or cover your nose and mouth with the inside of your elbow.
- **Air rooms**
Enclosed workspaces must be aired several times a day by fully opening the windows.
- **Cover your nose and mouth**
Please cover your nose and mouth in all of UAS Neubrandenburg's buildings!

First Aid



Stay at home if you show signs of illness such as a cough, high temperature, runny nose, muscle ache, diarrhoea.

Stay at home if you have been in direct contact with a person who has been diagnosed with a confirmed case of COVID-19 within the past 14 days.

You must also take note of the current hygiene measures and further information that can be found on UAS Neubrandenburg's website!

Persons who suspect that they have been infected with SARS-CoV-2 should contact their general practitioner or a hospital (over the phone, do not turn up at a practice/the hospital without prior notice!). Observe the further directions received from the doctor.

If you have returned from abroad, you may not access the university premises for a duration of 14 days.

Proper Disposal

Waste should be disposed of properly in sealed impermeable plastic bags. Waste must not be stored temporarily.

More detailed information can be found in UAS Neubrandenburg's Hygiene Plan.

This has been published on the University's website.