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| Neubrandenburg  University of Applied Sciences | | |  | **General physical distancing and hygiene measures to protect against** **viral infections (COVID-19)** | Version: 05/2020 | |
| Hazards for humans and environment | | | | | | |
| Caution | | * The virus is transmitted in droplets in the air (droplet transmission) or by contaminated hands touching mucous membranes (mouth, nose, eyes) (contact transmission). * After becoming infected, it can take several days to two weeks for symptoms to develop. * Infections are usually mild and asymptomatic. However, acute symptoms such as respiratory illness with fever, cough and breathing difficulties are also possible. People with pre-existing medical conditions such as asthma, heart and lung disorders, cancer or HIV are at high risk. | | | | |
| Protective measures and rules of conduct | | | | | | |
| Wash your handsCoughing and sneezing etiquetteBildergebnis für symbol richtiges husten oder niesen | * **Keep your distance**   On the entire campus, keep sufficient distance (at least 1.5 m) from other people. Do not shake hands.   * **Regularly and thoroughly wash your hands (several times a day, at least 30 seconds)**   Rub liquid soap onto your hands on all sides up to the wrists and rinse off under running water. Then dry your hands with a dry and clean paper towel.  Use hand disinfectant if there is no other option for washing your hands.   * **Keep your hands off your face**   Keep your unwashed hands away from your face.  Do not touch your nose, eyes or mouth with unwashed hands.   * **Coughing or sneezing etiquette**   When coughing or sneezing, keep your distance from other people. Cough or sneeze into a paper towel (use only 1×) or keep your elbow in front of your mouth and nose.   * **Ventilation**   Closed work areas must be ventilated several times a day with windows held wide open.   * **Wear a face mask** Please wear a mask covering your mouth and nose in all buildings of the Neubrandenburg University of Applied Sciences. | | | | |  |
| First aid | | | | | | |
| First aidIf you have symptoms such as a cough, fever, runny nose, muscle aches and pains or diarrhoea, please stay home.If you have had contact with a person with confirmed coronavirus (COVID-19) infection in the last 14 days, please stay home.Comply with the current hygiene instructions and directions published on the website of the Neubrandenburg University of Applied Sciences!People who suspect that they have been infected with SARS-CoV-2 should, after registering by telephone, visit their doctor or a hospital. Please follow the additional instructions given by the doctor.If you have been abroad, you must not attend the University for 14 days. | | | | | | |
| |  | | --- | | Proper disposal |  Dispose of waste correctly in liquid-tight plastic bags. Do not store waste temporarily. | | | | | | |

**Attendance/notification**

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| Teaching session:  Lecturer: |

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| Date:  Winter  2020-21 | Number of participants: | Building/Room/Location |

I have read and understood the instructions and guidelines for complying with physical distancing and hygiene rules on the reverse that are necessary for conducting face-to-face teaching sessions, face-to-face examinations and other face-to-face formats at the Neubrandenburg University of Applied Sciences.

**With my signature on this attendance list, I undertake to observe and comply with these physical  
distancing and hygiene rules. I also confirm my status under the 3G rule of being vaccinated and/or having a negative test and/or having recovered.**

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| Enrolment number OR surname, first name | Signature | xx. 09.  21 | xx. 09.  21 | xx. 09.  21 | xx. 09.  21 | xx. 09.  21 | xx. 09.  21 | xx. 09.  21 | xx. 09.  21 | xx. 09.  21 | xx. 09.  21 | xx. 09.  21 | xx. 09.  21 | xx. 09.  21 | xx. 09.  21 | xx. 09.  21 |
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