

General hygienic measures against viral infection – Coronavirus Disease 2019 (Covid-19)

Hazards for Humans and the Environment



The Coronavirus Disease 2019 (COVID-19) is caused by human to human infection with the SARS-CoV-2 coronavirus.

Transmission of the infection: the virus is transmitted via airborne droplets (droplet infection) or by contaminated hands through the mucous membranes of mouth, nose or eyes (smear infection).

Incubation period: after infection, it can take a few days to two weeks for symptoms to appear.

Health effects: infections are usually mild and asymptomatic. Acute symptoms of the disease, e.g. respiratory diseases with fever, cough, shortness of breath and breathing difficulties can occur. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome (SARS), kidney failure, and even death. This applies in particular to people with previous illnesses or those whose immune system is weakened (e.g. people affected by asthma, cardiopulmonary diseases, cancer or HIV).

Protective Measures and Rules of Conduct



In order to reduce the risk of infection, basic hygiene measures must be observed, which are also recommended for the prevention of flu:

Keep distance

- Avoid unnecessary skin contact, shaking hands, and body contact.
- Keep a minimum distance of 1.5 m from other people.
- The elevator can only be used individually.
- In the event of inevitable contact with other people, wear face masks.



Wash your hands regularly

- Rub your hands from all sides up to the wrist with soap and distribute under running water for 20-30 seconds. Then dry your hands with a dry and clean paper towel.
- Use hand disinfectant when there is no way to wash your hands.



Keep your hands away from your face

- Do not touch your face with unwashed hands.
- Do not touch your nose, eyes or mouth with unwashed hands



Behaviour when coughing or sneezing

- Keep distance from other people when coughing or sneezing. If possible, cough or sneeze in paper tissues or hold the crook of your arm in front of your mouth and nose. Throw handkerchiefs or paper towels in a capped waste bin.

Ventilation

- If possible, ventilate closed work areas several times a day with wide open windows.

Shared equipment

- Tools and equipment must be disinfected before handing them over to other people.

Behaviour with Symptoms



Persons who have had direct contact with somebody who has been diagnosed with SARS-CoV-2 should, regardless of symptoms, contact the responsible health department (Gesundheitsamt), a doctor or call 116117 immediately, and stay at home.

If you suspect you have been infected with SARS-CoV-2, go to your doctor or to a hospital (after notifying by telephone). Follow further instructions from the doctor. **Inform your superiors immediately!**

Proper Disposal

- Dispose of waste properly in liquid-tight plastic bags.
- Do not temporarily store waste.