Summary of the Health and Safety Standards for JGU's Limited Standard Operations

As a general rule, if you are suffering from symptoms of any severity, especially fever or cough, please stay home or leave the university premises and consult your doctor. In the case of an infection please inform the management immediately at:

corona@uni-mainz.de

Otherwise, please adhere to the following rules:

- **Social Distancing**
  - Keep a distance of at least 1.5 m.
  - Keep meetings of several employees to a minimum.

- **Hygiene**
  - Cough or sneeze into your elbow
  - Wash your hands often and thoroughly for at least 20 to 30 seconds.
  - Use your own tools and work equipment whenever possible. If this is not possible, be sure to sanitize them before passing them to colleagues.

- **Face Masks** - wear a nose and mouth covering
  - before and upon entering the buildings;
  - in all high traffic areas and upon entering communal areas (i.e. the bathrooms, break rooms);
  - during unavoidable contact with other people and any other occasion in which the required distance cannot be upheld.

- **Continue using technical alternatives**, such as telephone and video conferences.

- **Make sure to regularly air out** rooms every 30 minutes for at least 3 minutes (shock ventilation). It is prohibited to work for longer periods of time in rooms without windows or ventilation systems.

- **Be sure to make use of the various occupational medical precautions offers**, especially with regard to previous illnesses, etc.

- **Please make note of the information** on the DABU site: www.arbeitsschutz.uni-mainz.de/corona

  - health and safety standards
  - checklist of risks
  - operating instructions
  - registration form for occupational medical precautions
  - hygiene concept for examinations
  - instructions for handling suspected cases of infection
  - contact person registration etc.

DABU/ as of 02.07.2020