
Laboratory Rules for Reducing Risk of Covid-19 Transmission

Section of Chemistry, 2020-08-19^a

The following rules are based on official recommendations and decisions by UU and the Public Health Agency. They are to be applied during all lab work at the Section of Chemistry.

REDUCING THE RISK OF TRANSMISSION IS A SHARED RESPONSIBILITY FOR US ALL! FOLLOW THESE RULES, ALWAYS BE AWARE OF YOUR SURROUNDINGS AND WAYS TO REDUCE TRANSMISSION RISKS – TAKE CARE OF YOURSELVES AND THOSE AROUND YOU!

This document contains clickable links to further information.

1. **STAY AT HOME if you are sick or show *any symptoms at all* of a cold, flu or respiratory infection. This is the most important line of defence against transmission.**
 - Common symptoms of covid-19 include: cough, fever, difficulties breathing, runny or blocked nose, sore throat, headache, nausea, aching joints or muscles, altered or loss of smell and taste.

2. Maintain **physical distancing (1.5 m) as much as possible**: in and outside the labs, while performing practical work and while moving around in the lab. Avoid crowding at all times! If it is crowded outside the lab when you arrive, keep your distance and wait somewhere else less crowded.
 - Students not complying with this can be dismissed from the labs. In some cases, students will be required to take turns to access instruments/small spaces individually. Lab teachers/lab engineers will give the necessary instructions.

3. Remember **hand hygiene**: wash your hands often with soap and water. This should be done immediately before or when arriving/returning to the lab. Also, avoid touching your nose/mouth/eyes with your hands
 - [Hand washing](#) is the most effective way to remove virus and reduce the risk of transmission. Wash for at least 20 seconds. Hand disinfections solutions are only a complement and not a replacement for hand washing. Use hand disinfection solution only restrictively and if available.

4. **Face masks** are available for those who wish to wear one (max 2 masks per person per day).
- Note that the physical distancing remains the primary recommendation for limiting covid-19 transmission. The wearing of face masks is currently not part of the general recommendations by the Swedish Public Health Agency, but masks are provided as an option for those who wish to use them.
 - **If you choose to wear a mask, make sure to wear it properly** – keep it on at all times (don't slide them up and down) and avoid touching the mask with your hands. See the essential [Do's and Don'ts for using masks from the WHO for instructions](#).
 - Used masks must be discarded in the yellow waste boxes for contaminated items. They are not to be discarded in the ordinary bins.



5. As usual, **gloves** are used when necessary for handling chemicals, but remember: gloves protect your hands from possible exposure to harmful chemicals, but **they can still be contaminated by and transmit virus and bacteria, just like your bare hands!**
- Think about using gloves sparingly but without compromising safety, as gloves are currently in short supply. Over-consumption may lead to shortage of gloves and impossibility to perform certain experiments at a later stage.

^a The rules here have been drafted in accordance with the decisions by the [Vice-Chancellor](#) and the [TekNat Faculty](#), as well as recommendations from the [Public Health Agency](#).