

COVID-19 Safety Concept for Physiology Practical Classes, Spring Semester 2021

General information

Prior to the start of each exercise session, it shall be ascertained that nobody who is considered to be in the group of people at increased risk of being SARS-CoV-2 positive is present. The questions listed below shall be used to determine the students' risk status.

Should any student be in the increased risk group, they shall be sent home, and their absence be noted on the class list. Missed exercises shall be made up for whenever possible. If not possible, the same rules apply as for regular sickness leaves.

Vulnerable students must be aware of the risk of infection associated with participating in the exercises. They are instructed to clarify with their attending physician if and under which circumstances they can participate in the exercises.

The attendance lists enables contact tracing. Exercise groups shall thus not be changed.

The current safety measures imposed by the Swiss government must be followed. The respective posters of the Federal Office of Public Health (Bundesamt für Gesundheit, BAG) will be posted in front of the exercise rooms.

Masks must be worn during the entire exercise session whenever possible. The students enter the building already wearing masks and take them off only if necessary for a specific exercise activity (e.g., spirometry). Masks that have been removed for an exercise activity shall be disposed of and immediately replaced by a new one. Replacement masks for this purpose will be provided.

Door handles and faucets will be cleaned and disinfected daily by the facility services.

Equipment and furniture will be distributed in the exercise rooms to allow for maximum distance between student groups.

Hands must be washed at the beginning of the exercise session with water and soap (there are sinks in the exercise rooms or in adjacent bathrooms). Instructions are posted near each sink.

Before and after touching persons, participants must disinfect their hands. Bottles with disinfectant will be provided in all exercise rooms.

After the use of instruments on a person (e.g. stethoscope, pulse oximeter etc.), the surface of the instrument must be disinfected by the students before it is transferred to the next student group.

Before each workplace rotation, surfaces of desks and examination tables must be disinfected by the students, and the exercise room must be aired.

Generally, eating and drinking is prohibited in the practical courses. Exception: beverages in closed drinking bottles (no coffee cups) in experiments with strong physical activity.

Students, assistants and supervisors shall be informed of this safety concept beforehand.

Assistants and supervisors shall enforce the safety concept.

Information for specific exercises

All exercises in which lung function is measured, disinfected mouthpieces and sterile virus filters will be provided. These are student-specific and will either be disinfected (mouthpiece) or discarded (filter) after the session.

For exercises involving the handling of blood, laboratory coats and gloves must be worn.

Questions for identifying students and staff with increased risk of being SARS-CoV-2 positive

Students and staff who answer any one of the following questions with 'yes' at this point or at any point during the course shall contact **Helen Girard (helene.girard@uzh.ch)**

- Have you been tested positive for SARS-CoV-2 in the last two weeks?
- Do you have symptoms of COVID-19, in particular dry cough, fever, loss of taste or smell, or difficulty breathing?
- Have you been in quarantine within the last two weeks?
- Have you had contact with SARS-CoV-2 positive persons, or persons in quarantine, within the last two weeks?
- Have you been in a high risk region as specified by the Federal Office of Public Health in the last two weeks?