

# SAFETY MEASURES

## to prevent the proliferation of droplet transmitted viruses

Dear University Citizen,

As you may know, a new coronavirus known as 2019-nCoV has been identified in the background of an epidemic of pneumonia in Wuhan (China) at the end of 2019. The virus can cause serious respiratory disease and its source is currently unknown.

Human to human transmission of the virus has been confirmed. It is likely to be spread by droplets usual for coronaviruses and by direct or indirect contact with infected secretions. The incubation period is 2-12 days, on average 5 days. In all likelihood, the contaminated, however symptom free person may infect even during incubation.

The risk of infection can be reduced by following a few simple hygienic rules, which are summarized in the table below. **Please pay special attention to complying with these rules during the epidemic period!**

|  |  |
|--|--|
| <b>WASH HANDS, USE HAND DISINFECTORS</b> | <ul style="list-style-type: none"><li>• Wash hands with liquid soap and complement it with alcoholic hand disinfectors<ul style="list-style-type: none"><li>○ before eating</li><li>○ after using the restroom</li><li>○ after using paper tissues (when coughing, sneezing, blowing your nose)</li><li>○ after touching dirty surfaces</li></ul></li><li>• Regularly use pocket hand disinfectors (you can buy them in pharmacies) after touching often-touched surfaces, e.g. door handles, switches, stair rails, buttons</li></ul> |
| <b>COUGHING ETIQUETTE</b>                | <ul style="list-style-type: none"><li>• Adhere to and inform others about the coughing and sneezing etiquette<ul style="list-style-type: none"><li>○ use disposable paper tissues when coughing, sneezing or blowing your nose</li><li>○ dispose of the used paper tissues in trash bins or put them in a closed pouch until disposal</li></ul></li></ul>  |
| <b>TOUCHING</b>                          | <ul style="list-style-type: none"><li>• Avoid<ul style="list-style-type: none"><li>○ touching your eyes, mouth, or nose with unclean hands</li><li>○ usual forms of greeting, e.g. handshakes, kisses</li></ul></li></ul>  |
| <b>AIRING</b>                            | <ul style="list-style-type: none"><li>• Often air closed rooms in order to decrease concentration of airborne pathogens</li></ul>  |
| <b>IN CASE OF INFECTION, EPIDEMIC</b>    | <ul style="list-style-type: none"><li>• Avoid crowded places, public transport, gatherings</li><li>• Wear a face mask covering your nose and mouth in case of having a cold and/or runny nose</li></ul>  |

Sincerely yours,

Dr. Erika Rauth  
Chief Physician  
UP CC Hospital Hygiene Service