

## General Corona regulations for activities at the UT

The following regulations apply to all forms of presence in UT buildings during the restrictive measures in the context of COVID19 (Coronavirus). These are based on the general guidelines of RIVM (NHS), the protocol of the VSNU and the general UT guidelines.

1. You don't have (or had in the last 24 hours) of one of the following cold symptoms:
  - Nose cold
  - Running nose
  - Sneezing
  - Sore throat
  - Slight cough
  - Increase in body temperature (up to 38 degrees) or fever (38 degrees and above)
2. Your family members / housemates are fever-free (at least 24 hours).
3. Wash your hands regularly (min. 6x per day) for 20 seconds with soap and water (preferably) or use a disinfectant hand gel (not on dirty hands) with at least 70% alcohol. In any case, clean your hands when you enter a UT building, after sneezing (into your hands) and / or blowing your nose, before (preparing) food, after visiting the toilet, after using public transport and after cleaning.
4. Cough and sneeze into the inside of your elbow.
5. Use paper tissues, then throw it away and wash your hands.
6. Do not shake hands.
7. Keep 1.5 meters (2 arm lengths) apart.
8. Do not touch your face or touch it as little as possible.
9. Where possible, use your own accessories (eg keyboard, mouse, pen and (head) phones) and use the cleaning products offered to keep them clean.
10. Close the toilet lid (if possible) after using the toilet before flushing.
11. Keep right in traffic areas and look right when passing. P.S. Passing is allowed at less than 1.5m if it happens within 30 seconds and no physical contact takes place.
12. Use a lift with a maximum of 1 person.
13. Keep at least 4 steps away from a predecessor on a staircase.
14. Only come to a UT building after explicit approval or by invitation.
15. Follow the directions and instructions of the corona official.

For organizing parties:

1. Appoint a corona official who oversees compliance and empower him / her to send individuals home if they fail to comply with the regulations.
2. Inform everyone present about the duties and powers of the corona official.
3. Make sure that everyone present (demonstrably) knows the regulations and conforms to them.
4. Provide good ventilation (coordinate this with the Facility Team Leader of CFM).
5. If aisles or stairs are narrower than 1.20m, consult with the Facility Team Leader for options for one-way traffic.  
P.S. Passing is allowed at less than 1.5m if it happens within 30 seconds and no physical contact takes place.
6. Ensure that only authorized persons and invitees participate in the activity.