Precautionary measure at the University of Applied Sciences Bremerhaven concerning the coronavirus situation

To whom it may concern

Due to the outbreak of the novel coronavirus (2019-nCoV) the World Health Organization (WHO) has declared a public health emergency of international concern (PHEIC) as of January 30th 2020. In the meantime, the situation is continually changing, and, aside from China, Northern Italy has been also declared a risk area. In this regard the Robert Koch Institute provides a list of risk areas which is constantly updated: https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogebiete.html

As we are obliged to ensure the welfare of all university members we have to take necessary precautions in this regard, which we would like to inform you about in the following. Please distribute this letter within your areas of responsibility and inform your students accordingly.

Business travels to risk areas
Business travels to risk areas defined by the Robert Koch Institute will not be authorized until further notice. Please use alternative communication means such as mails, phone service, video conference etc. in order to reach your contacts. Furthermore, we ask for your understanding that, concerning authorization of other business travels, a potential risk of infection also has to be taken into consideration.

Returning to Bremerhaven from risk areas
Staff members, students, participants of congresses and conferences etc. travelling or returning to Bremerhaven from risk areas as defined by the Robert Koch Institute must adhere to an isolation period and are thus not allowed to be present at the University of
Applied Sciences Bremerhaven for 14 days after the time of departure from such a risk area.

- The salary of staff members who are unable to come to the university due to isolation measures, will, of course, remain unaffected as we assume that tasks defined contractually will still be carried out within the limits applied. Please notify the personnel department accordingly.

- The period of isolation for students will be considered as sick leave. Please notify the registration and examination office accordingly if necessary.

Should you (during the isolation period) develop any symptoms please contact your family doctor – initially only by telephone – in order to clarify further steps. You may also contact the after-hours service of the Association of Statutory Health Insurance Physicians of the City of Bremen outside your doctor’s office hours: https://www.kvhb.de/bereitschaftsdienst

The Robert Koch Institute as well as the Federal Centre for Health Education provide further information regarding the coronavirus and current recommendations for protective measures on their respective homepages: www.rki.de and www.bzga.de.

For further questions, please contact our company physician:
Dr. Jan Neumann
Tel. 0421-361-10497
jan.neumann@arbeitsschutz.bremen.de

These precautions and safety measures are taken in order to protect all persons at the university. Latest information on further developments will be given in due time.

Hoping that aforementioned measures may be revoked soon I remain with best regards.

signed
Dr. Helga Schiwek
Director of Finance and Administration
How to protect oneself:

Following measures shall be observed: thorough hand sanitation, respiratory hygiene, as well as staying clear from sick persons. These measures also protect against other acute respiratory infections including the flu and should be therefore observed in terms of this year’s flu outbreak. Comprehensive information regarding respiratory hygiene and hand sanitation is provided by the Federal Centre for Health Education:

Advice for travelers or returnees who have been to a risk area within the past 14 days.

Source: Bremisches Gesundheitsamt, Referat Infektionsepidemiologie. (Bremen medical authority, department for infection epidemiology)

If you are returning from a risk area you do have a higher risk of infection with the novel coronavirus (2019—nCoV). In order to monitor your own health situation and in order to minimize the risk of spreading the disease you are required to observe following precautionary measures. This only applies if you show no symptoms after spending time in a risk area within the past 14 days.

1. Stay at home for 14 days after returning from a risk area.
2. Do not go to work/school/university etc.
3. Do not leave your home at all – not even for grocery shopping. Assign family or friends to help you with grocery and other item shopping.
4. Avoid contact with persons who provide you with food – e.g. shopping bags shall be left in front of doors etc.
5. Do not socialize. If contact with persons from your direct environment cannot be avoided (e.g. in case of shared apartments etc.) wear multi-layered face masks and strictly observe hand sanitation (thoroughly clean your hands with soap and use hand sanitizer if available).
6. Try to avoid intimate body contact – keep a minimum distance of 1 – 3 meters.
7. Take your temperature twice a day and note the data in a daily log as well as possible symptoms such as fever, common cold-symptoms, respiratory distress, general disease symptoms, vomiting.
8. In case of any symptoms contact your family doctor immediately.

Chinese citizens can contact the Chinese Embassy in Hamburg if they require help in connection to the current situation surrounding corona virus.

Contact number for Chinese citizens / students: 0049-40 81976030 (24 hours).