

**Recommendations for students and employees of the Wrocław Medical  
University concerning the prevention of SARS-CoV-2 infection  
for the winter semester 2020/2021**

**Clinical and practical classes, primary health care and palliative care – Medical Faculty, Faculty of Applied Linguistics, Faculty of Physical Education, Faculty of Earth Sciences**

**(1) It is recommended to conduct block-scheduled classes (not interrupted by other classes).**

**(2)** Before each block, the student is obliged (repeated action) to read educational materials concerning the prevention of SARS-CoV-2 infection; and the person conducting the classes is obliged to verify the knowledge before the beginning of the classes. Only those who pass a test concerning SARS-COV 2 infection prevention can take part in the classes.

- a. The classes can be participated only by students who are healthy and have no symptoms suggesting an infectious disease, such as increased body temperature, rhinitis, coughing, dyspnoea, olfactory and taste disorders, sore throat, chest pain, diarrhoea, as well as those who have not had any contact with a person infected with SARS-CoV-2 within the last 14 days, those who do not live in a shared apartment with a person in quarantine or isolation nor are themselves quarantined or isolated. This also applies to students who are not currently using any antipyretic nor anti-inflammatory drugs due to fever and/or infection.

**I. Theoretical classes, lectures, seminars, non-clinical exercise classes and foreign language courses**

- a. A remote (synchronous and asynchronous) form is recommended.

**II. Units where practical classes should not take place:**

- a. red zones in hospitals;
- b. A&E except for students of Medical Rescue major and VI year students of the Medical Faculty;
- c. infectious diseases wards – Faculty of Social Affairs at ul. Koszarowa in Wrocław), where patients with Covid-19 are mostly treated;
- d. Infectious Diseases Clinic at ul. Chałubińskiego;
- e. haematology wards: adults and children – for consideration.
- f. **Whenever there is a risk of suspicion or infection of SARS - COV -2.**

**III. Testing of employees and students only when there is a suspicion or occurrence of alarming symptoms or high-risk contact with a person diagnosed with SARS-CoV-2 infection.**

**IV. Preparation of students for participation in practical classes or clinical exercise classes – Medical Faculty, Faculty of Applied Linguistics, Faculty of Physical Education, Faculty of Earth Sciences**

1. Medical surgical mask;
2. Workwear (disposable, non-woven clothing);
3. Disposable gloves. The use of a double gloving technique should be considered.
4. Face shield.

**In the case of procedures with aerosol production and during classes at the Dental Polyclinic (contact with the patient's oral cavity), PPE protecting against droplet and aerosol transmission needs to be used.**

1. Filtering half-masks FFP2;
2. Workwear (disposable, non-woven clothing);
3. Disposable gloves; The use of a double gloving technique should be considered.
4. Face shield.
  - a. replacement of the face mask during classes if it is excessively wet;
  - b. access to hand cleaning agents and disinfectants;
  - c. possibility of disinfecting a stethoscope and other instruments intended for work with a patient;
  - d. possibility of washing the face shield after the end of classes;
  - e. utilization of used PPE at the place of its production.

**V. Preparation of students for participation in theoretical classes: laboratories, non-clinical exercise classes, anatomy, physiology, pathology, medical simulation centres, nursing laboratories or laboratories for medical rescue workers – Medical Faculty, Faculty of Applied Linguistics, Faculty of Physical Education, Faculty of Earth Sciences**

1. Number of people in the room depending on the space area (4 square meters per 1 person);
2. Keeping a distance of 1.5 meters from individual students;
3. Surgical or cotton face masks and disposable gloves are obligatory;
4. Distribution of a disinfectant or enabling the students to wash hands;
5. 45-minute classes with a 15-minute break to ventilate the room;
6. Disinfection of touch surfaces (using 70% alcohol) after each group;
7. If possible, physical barriers, such as glass or plastic sheets, can be used;
8. Additionally, it is necessary to control the students' traffic and use the cloakroom like during theoretical exams: disinfection of cloakrooms and sanitary units after each group of students.

**VI. Dormitories**

- a. Reduction of the number of students in the rooms (to 2 people) should be considered.
- b. Limitation of the elevator's use (except for special situations, where after consulting with the administrator of the facility 2 persons at the same time are allowed to use the elevator). Such persons should stand as far apart from each other as possible and wear mouth and nose protection.
- c. Elevator buttons and handles should be regularly disinfected (there should be a record of disinfections, monitored by the administrator of the facility).
- d. Near the elevators, it is required to place the (bilingual) information regarding restrictions on the use of the machine only for health reasons or for the transport of heavy equipment, on the maximum number of users, as well as the obligation to cover the mouth and nose when there are two people in the elevator.

- e. The student dorms should be provided with hand disinfectants (recommended location: at the entrance to the building, on each floor and in bathrooms).
- f. The ongoing disinfection of toilets, staircases, corridors, kitchens and bathrooms should be ensured every 6 hours.
- g. The number of people in one bathroom needs to be limited, and information concerning the maximum number of people inside should be placed on the front door. It is recommended to use 1 bathroom for half the number of people less than the number of toilets and/or showers.
- h. It is necessary to introduce an obligation to verify cleanliness by the administrator of the facility.
- i. It is recommended to monitor daily cleaning work, with particular emphasis on maintaining clean passageways, to disinfect touch surfaces: railings, door handles, light switches, keyboards, computer mice, handles, chair railings and flat surfaces.
- j. It is advisable to create separate regulations on how to proceed in connection with SARS-CoV-2 pandemic - It is recommended to prepare a room for the isolation of students suspected of SARS-CoV - 2 infection until the PCR swab test results have been obtained. In the case of the confirmed infection, the student should be transferred for isolation in hospital and/or to a designated isolation facility.
- k. It is suggested to reduce the number of seats in the place designated for joint learning of students – reduction of the number of seats by a half to comply with the regulation regarding 4 square meters per person. In the place designated for joint learning, it is advisable to keep a social distance (1.5 m) and use cotton face masks or face shields.
- l. Disinfection of touch surfaces using 70% alcohol after each student.
- m. It is suggested to use barriers (plexiglass sheets) to separate individual stands to enable students safe use.

The administrator of the facility (dormitories) supervises and is responsible for the implementation of recommendations and their correctness on the premises.

It is recommended that people working on the premises of dormitories (in porter's lodge, cloakroom; cleaning staff) should always move around in cotton face masks/face shields when encountering other people.

#### **VII. Library**

- a. The library resources and reading room can only be used with cotton or surgical face masks and disposable gloves on.
- b. It is recommended to separate the boxes for individuals with a recommended distance (1.5 m social distance in each direction)
- c. Reduction of the number of seats at tables in the reading room by half.
- d. It is suggested to use barriers (plexiglass sheets) to separate individual stands to enable students safe use.
- e. Disinfection of touch surfaces using 70% alcohol after each student.
- f. The ongoing disinfection of toilets and staircases should be provided.
- g. Library employees wear personal protective equipment.
- h. Disinfection of used library collection using UVC lamp irradiation.

#### **VIII. Computer, technical and simulated laboratories**

- a. A hand disinfectant should be available in the room – students are required to disinfect their hands before working with a computer.
- b. After each class and before the arrival of a new group, it is advisable to disinfect contact surface areas: switches, desks, keyboards, computer mice. In the case of a keyboard, there is a possibility to use the foil that is changed after each group. Such a keyboard covered with foil needs to be disinfected as well.
- c. Each student should have their own ballpoint pen and a notebook.
- d. The room should be ventilated every 1 hour.
- e. Students and academics should remain in surgical face masks and use them properly: after its excess moisture, change the mask, covering nose and mouth. Full information can be found in webinars on the university's website.
- f. The obligation to conduct classes keeping a social distance (1.5 m distance between people).

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