

Dear CECAD members,

We wish you all a happy, healthy and prosperous new year and hope you had a great start into the new year and relaxing holidays!

Due to the latest Corona/Omikron developments the University Hospital has adapted its measures, which are valid until further notice when working at CECAD.

Please find below also information about the current quarantine regulations, when returning from abroad, which might change during this week due to the expected changes in the Coronoschutzverordnung of North-Rhine Westfalia. We will keep you updated.

## General rules

<b>Test rules for employees</b>	See table below
<b>Staying/Working in offices</b>	<ul style="list-style-type: none"> <li>– Obligation to do home office, where possible</li> <li>– Limit the number of people in one room to a minimum (min. 10 sqm/person)</li> <li>– Distance (at least. 1,5 m)</li> <li>– Obligation to wear a mouth-nose protection, FFP2-Mask is recommended</li> <li>– Ventilation*</li> </ul>
<b>Internal meetings, seminars, training courses</b> should generally take place online	<ul style="list-style-type: none"> <li>Face-to-face events only allowed due to compelling business reasons</li> <li>– Limit the number of attendants to a minimum</li> <li>– FFP2-mask is obligatory</li> <li>– Traceability (list of participants)</li> <li>– Ventilation*</li> </ul>
<b>Events (with external participants)</b>	No face-to-face events
<b>Lunch breaks in common rooms</b>	<ul style="list-style-type: none"> <li>– Limit the number of people to a minimum - <b>we kindly ask to avoid any situation with more than 1 unmasked person in one room</b></li> <li>– Distance (at least. 1,5 m)</li> <li>– Ventilation*</li> <li>– If possible apply fixed break groups</li> <li>– Traceability (list of participants)</li> </ul>
<b>Eating in the UKK cafeteria</b>	Eating is currently not permitted in the cafeteria, but you can take your own food with you
<b>Rules for external visitors</b> (suppliers, craftsmen, service, service providers, etc.)	<p>3G rule is valid</p> <p>Contact person at CECAD / porters are responsible for checking the evidence</p>

*\*Ventilation: If possible, ventilate continuously, at least once an hour for 15 minutes, set max. possible air exchange rate/h for air-conditioning.*

### Please be reminded:

- It is recommended to wear **FFP2 masks** (not medical masks) if possible whenever required
- Masks (medical masks) are mandatory in corridors, public rooms and in places/rooms with more than one person
- You need to wear a mask in the lab that because of S1/S2 safety rules needs to be replaced when you enter non-S1/S2 space
- Common equipment/machines that are used by several people must be cleaned regularly
- If employees are under quarantine, they must inform their PI or team leader, the CECAD Office (cecad-questions@uni-koeln.de) and the personnel administration.

## Employee testing

Occasion-related testing of employees	With symptoms	→	PCR test before starting work (regardless of vaccination status)*
	Without symptoms WITH exposure (contact) to a positive tested person (unprotected or only partially protected with med. mouth-nose protection, contact > 10 min. in closed rooms)	→	<b>Vaccinated:</b> <ul style="list-style-type: none"> <li>› Single exposure (contact): every 2 days PCR-test for 10 Days**</li> <li>› Continuous exposure (e.g., household contact): for each working day a PCR test for a duration of 10 days**</li> </ul> <b>Not vaccinated:</b> <ul style="list-style-type: none"> <li>› Quarantine for 10 days</li> <li>› if attendance at work is inevitable AND only one-time exposure, work attendance is possible: everyday PCR testing for 14 days**;</li> </ul>
	Red Alert-App	→	<b>Regardless of vaccination status:</b> <ul style="list-style-type: none"> <li>› In case of potential unprotected contact (e.g. restaurant visit): regular PCR testing (see above) and report to KPM team**</li> <li>› Unprotected contact not remembered: PCR test, NO report to KPM team but daily symptom monitoring for 10 days renewed PCR test if symptoms (see above).</li> </ul>
Testing of UKK employees ONLY according to Infection Protection Law	Vaccinated	→	2 tests/week rapid-test (self-test, can be done at home)***
	Unvaccinated	→	Daily rapid test (with certificate) before starting work, must be checked in the lab, without test no admission to work

\* if there is no fever and work is absolutely necessary, then work in presence is possible as an exception, provided that in addition to the PCR test, a rapid test is carried out before work and this test is negative. While working, wear an FFP2 mask until the PCR test result is available avoid unprotected contacts during working hours.

\*\* plus daily symptom monitoring, FFP-2 mask requirement, no unprotected break contacts for monitoring period.

\*\*\* Antigen rapid tests are handed out in the labs, antigen test result with date of test performance must be sent to schnelltestmeldung@uk-koeln.de, if rapid test is positive, please perform a PCR test and wait for result at home - DO NOT start work, inform KPM team at University Hospital via email (kpm-covid19@uk-koeln.de).

## If you return from travelling outside of Germany

The following provisions apply to the return from a state designated as a high-risk area by the RKI, provided that you have no symptoms:

- If you are unvaccinated or with incomplete vaccination you must go into quarantine for 10 days after returning from travel. From the 5th day onwards, you can be tested (PCR test). If the PCR test is negative, work at CECAD may be resumed from the 6th day after the return of the journey under daily symptom control. Symptom control is carried out up to and including day 10. If new symptoms occur after day 6, a PCR test must be carried out immediately.
- Fully vaccinated and recovered persons do not have to be quarantined if a negative PCR test is presented before starting work. A daily symptom diary for 10 days after returning from travel is recommended. If new symptoms occur, a PCR test must be carried out immediately.

The following provisions apply to the return from a state designated by the RKI as a virus variant area:

- All employees, including vaccinated and recovered persons, must be quarantined for 14 days after returning from travel. After the quarantine period has expired, work can be resumed without further testing.

Employees who were absent from work for 5 days or more and are not fully vaccinated or recovered from Covid **have to provide documentation of a negative corona test** on the first working day before starting work to the employer (PI, CECAD office). This requirement does not apply to fully vaccinated or recovered employees.

We wish you a good start into the new year!

Please do not hesitate to contact us in terms of questions ([cecad-questions@uni-koeln.de](mailto:cecad-questions@uni-koeln.de))

Thank you very much and very best wishes,  
Sibylle Grandel, Thorsten Hoppe and Carien Niessen