Corona Protocol Tech Labs Network Institute

Introduction
To minimize the risk of exposure to the Corona virus in the Tech Labs of the Network Institute in the NU building on the VU campus, this document tries to identify general and specific issues and their preventive measures.
As all research done at the Tech Labs is human-based, participants will always be a part of this research. The Tech Labs need to take care to protect both its lab workers and the participants of experiments as best as is possible.
This document outlines specific solutions for within the Tech Labs and must be seen as an addition to the general measures in the Netherlands and on the VU campus at the time of writing.

This protocol has been setup by the Tech Labs of the Network Institute of the VU University in collaboration with Paul Goossens (Beta Science VU), Nynke van der Laan (Tilburg University), Federation of Medical Specialists, Rob Schuurman (virologist), Colette Polak (legal VU) and many others.

General measures
In general, the Tech Labs follow the national measures as formulated by the RIVM, mainly:
1. If a person has any symptoms, they are not allowed into the Tech Labs and cannot participate in any research
2. Keep 1,5 meters distance between persons
3. Washing hands
4. Sneezing and coughing in your elbow

However, since these national guidelines are meant for day-to-day situations, they may not be sufficient for specific situations. As we see in restaurants, supermarkets and contact-professions, every situation needs special additional considerations to minimize infection and the spread of the Corona virus.

Ad 1. Symptoms
Where possible, participants of experiments at the Tech Labs will be ask about any symptoms (see Appendix 1) prior to their travel to the VU. They will at least be instructed not to travel to the VU if they have any symptoms. When present the visitors will again complete and sign a form stating they are free of symptoms. If they do have any symptoms, either self-stated or observed by Tech Labs workers, they will be refused access to the Tech Labs and will be asked to leave the campus.

Ad 2. Keeping distance
In the NU building signs and stickers help visitors to maintain the minimum of 1,5m distance. Visitors with a valid VU card will have to check-in and check-out at one of the main entrances of the building. This way the VU has a way of tracking who was in the building at what times.
Note that the best elevator group to reach the Tech Labs in the NU building is the B-group. Each of these elevators offers room for up to two people.

Ad 3 & 4. Hygiene
Visitors to the Tech Labs will be asked to wash their hands before entering a lab facility (see below).
Specifics Tech Labs

The general measures (previous paragraph) will also apply to the Tech Labs. In addition, the Tech Labs will:

- Display signs (Appendix 3) in the waiting area remembering visitors to:
  - Return home if they have any symptoms
  - Wash their hands
  - Remain at 1,5m meters from others
  - Follow the indicated walking paths and other spatial indicators
- Mark routes indicating entrances and exits of specific labs (see below) to maintain 1,5m distance
- Mark routes inside the labs to maintain 1,5m distance
- Mark locations for participants where they can put personal belongings, stand, sit or otherwise use the available lab space, to maintain 1,5m distance
- Will make (alcohol-based) disinfecting hand gel available in a safe way [dispenser with handle]
- Supply visitors with any protective materials if needed (see below)
- Supply Tech Labs workers with any protective materials if needed (see below)
- Disinfect equipment and surfaces that will be used and touched after each use [alcohol based-wipes or spray]

Arrival and Waiting area

The coffee corner on the 7th floor will also be the waiting area for visitors to the Tech Labs. Walking routes (marked with tape) will be present on the floor to guide visitors to the waiting area. Chairs will be placed at 1,5m distance from each other. This setup will be regularly checked by the Tech Labs workers or the test leader.

Currently the area around the high table can only hold four (4) people. If a labs space can safely accommodate more than four people separate arrangements will need to be made with the visitors. They will have to arrive one-by-one at the designated lab and be seated before the next visitor will be allowed in. The same process in reverse must be applied after concluding such a multi-person experiment.

The toilets at the waiting area will be used for visitors to wash their hands using normal soap.

The waiting area will also be used to fill-out the pre-trial survey about sickness symptoms, a form for personal data to keep track of the visitors and any other forms needed for research. There will be at least a laminated instruction sheet outlining the general rules and the use of the symptoms check and personal information forms. There will also be a laminated sheet showing different hand sizes (small, medium and large) so participants can measure the size of the disposable gloves they need.

Cubicle Lab

The Cubicle Lab (which can be located in several forms at any of the three lab spaces on the 7th floor of the NU building) is by definition a lab that offers workstations for multiple participants arranged in semi-closed off spaces using large room divider screens. The number of participants can range from three (7B37 work zone) to ten (7B20 Cubicle Lab and 7B49 Game Cella) under normal circumstances.

The floor will be marked with a walking route. The entry and exit of participants will be managed on a one-by-one basis to ensure 1,5m distance.
Each cubicle will have a poster reminding the participants not to touch their face, cough and sneeze into their elbows and remain seated and ask for help if needed.

Room 7B20 (Cubicle Lab)
Based on 1.5m distance the maximum number of participants per lab space in a cubicle setup in room 7B20 will be six. By using 1.8m high (1.6m long) room dividers, participants can be seated closer together. In that case, the normal maximum of ten participants is possible. In both cases, leading participants in and out of the space will require proper guidance (one-by one). When entering the room the rear desks will be filled first, when exiting the room the front desks will leave first.
Note there is no 1.5m space for a test leader to walk around and help participants. If this should be necessary for a specific experiment, the maximum number of participants will drop to three without dividers and five with dividers. One side of the room will then not be used. Also note, that assistance will always be “remote”, that is at 1.5m distance.

Example of minimum number of participants (7B20) using 3m circles for personal space and 1.5m path for walking.
Example of maximizing the space (7B20) using 3m circles for personal space and 1,5m path for walking.

Room 7B49 (Game Cell Lab)
Based on 1.5m distance the maximum number of participants per lab space in a cubicle setup in room 7B49 will be six. By using 1,8m high (1,6m long) room dividers, participants can be seated closer together. In that case, the normal maximum of ten participants would be possible. Note, that assistance will always be “remote”, that is at 1,5m distance.

Example of minimum number of participants (7B49) using 3m circles for personal space and 1,5m path for walking.
Example of maximizing the space (7B49) using 3m circles for personal space and 1,5m path for walking.

**Game Cella’ Lab**

The largest lab facility, the Game Cella’ Lab, does not have any specific issues. The maximum number of people in this lab space is six without any furniture and ten with a full cubicles setup and room dividers.

**VR-based research**

Using Virtual Reality equipment raises an additional issue concerning the spread of the virus. Especially the VR headset is an item that needs extra attention to prevent risking participants infecting each other. The average VR experiment can handle up to eight participants a day (per setup) and at each trial will a participant will wear the headset for five to 15 minutes. During the use, sweat and evaporation of eye fluids will enter the inside of the headset and condense onto the insides of the headset. This could lead to contamination if not prevented or cleaned.

**Staying clean**

To minimize the spread of the virus via surfaces, the Tech Labs crew will ensure any repeatedly touched surfaces in the Tech Labs will be disinfected regularly. These will include:

- Door handles. At least several times a day (if in use) or after each visitor
- Tables. After each use.
- Chairs. After each use.
- Any equipment the participant(s) touched with bare-skin or might be exposed to any bodily fluids. After each use.
- Pens used for filling out forms. After each use.
- Laminated forms with instructions for participants. After each use.
- Any non-disposable protection material. After each use.

Personal protection measure will be changed when needed:
- Facemasks will be renewed after no more than 4 hours (1).
- Disposable gloves will be thrown away and replaced by fresh ones either when changing rooms or whenever the wearer deems it necessary.

Furthermore, both the Tech Lab crew, the test leader(s) and any participants that will use any Tech Labs equipment will need to wear disposable gloves (after washing their hands) to avoid contaminating any surfaces. This is especially important for hard to clean items such as keyboards, mice, headsets, controllers, etc.
In some extreme cases, 1,5m distance might not be possible and a Tech Labs worker will need to help a participant up close. For these cases, the lab worker will wear personal protective equipment consisting of: face shield (personal and reusable), disposable gloves and a disposable apron. This additional protection can also be used whenever a lab worker or participant asks for it.

For instructions on removing personal protection equipment, please refer to Appendix 4.

Waste bins with lids (remote control or foot control) will be placed at several locations. At least one in the waiting area and in each lab space.

At the entrance of both labs there will be a dispenser with disinfecting gel so participants can sanitize their hands.
The Tech Labs crew will also personally take care of personal hygiene by washing their hands after coming in and after any trial of an experiment, they support. They will wear disposable gloves when interacting with participants and equipment used by participants.
Equipment used for development will be personal for as long as needed. If for some reason having personal equipment is not possible, the equipment will be disinfected after each use and stored in the storage room using disposable gloves.

The ventilation system of the NU building will be running at 100% 24-7 and the air-slots in the lab space will be open permanently to ensure the optimum of airflow through the labs.

**VR equipment**
Replaceable and easy to clean faux-leather coverings for the VR headsets will be used. These can easily be removed after a trial and cleaned properly before being used again, if necessary.
Participants of VR experiments will have to use so called ‘hat caps’ to cover their hair. This will reduce the changes of transmitting virus particles through the equipment.
For additional protection, sheets of cling film will be used between the participants face and a VR headset. This way there is no transmission of any bodily fluids (sweat, eye fluids, nose and mouth) into or onto the headset (see below).
The use of UV-C light to clean some equipment is currently under study. At the moment it is NOT deemed to be as effective as using cling film, because of the way the equipment (VR headsets, keyboards, mice, controllers, etc) is build. See Appendix 2 for more information on the use of UV-C light. If using a headset with build-in eye tracking is needed, it might not be possible to use cling film as this disrupts the eye tracking signal. In that case the use of UV-C light might be the best option.

Protocols

Note that when multiple experiments are running at the same time, some additional space restriction may come into play. Guiding rule here will be the maximum number of people in each space (waiting area 7th floor B-wing, working area 7B37, Cubicle Lab 7B20 and Game Cellar Lab 7B49). Note that the test leader (or Tech Labs crew) will always wear disposable gloves when using any equipment.

Protocol Arrival, Waiting area and departure

1. Before coming to the campus, participants fill out an online form or reply to an email form. This form will explain the current measures (including the general RIVM measures – see above) at the Tech Labs for participating in an experiment, ask questions about the participant’s health and point out any other relevant practical or legal issues. Only after answering the questions and agreeing to comply with all the measurements, the participant will be invited to participate. If the participants indicates that (s)he experiences any of the Covid-10 symptoms, they will not be invited to participate in any experiment at the Tech Labs.

2. The participant receives an invitation to participate at a specific date and time. They are asked to arrive 10 minutes before the start of their trial. They receive instruction as to how to reach the Tech Labs Waiting Area on the 7th floor and what measures are in place in the building.

3. To reach the Waiting Area (at the coffee corner on the 7th floor B-wing of the NU building), the participant follows the indicated walking routes and takes place on an empty chair.

4. The test leader (or a Tech Labs worker) welcomes them (at 1.5m distance) and explains the protocol.

5. The test leader asks the participant to wash their hands in the adjoining toilets.

6. The test leader hands out forms and ask the participant to fill-out these form(s). This will at least be a form asking the standard health questions (Appendix 1) which their will have to sign. The participant will also have to state their full name and at least a phone number of an email address where they can be reached if needed (contact research).

7. If the participant has any symptoms, refuses to fill out and sign the health and personal information form, the participant will be refused to participate and be asked to leave the waiting area.

8. The participant is asked to remember their hand size based on using the Hand Size Measure chart.

9. The participant is guided to the lab space for the trial.

10. Afterwards the participant is asked to leave the Tech Labs area and not wait around.

11. The test leader uses disinfectant wipes (or spray) to clean the chair, table and pen used by the participant.

Protocol cubicles
The test leader will have the experiment set up in the lab and checked that everything was cleaned as per protocol.

1. The test leader picks up each participant one-by-one from the Waiting Area and leads them to the lab space following the preset walking routes.
2. Inside the lab the participant disinfects their hands using the sanitizing gel provided.
3. The participant receives a pair of disposable gloves in their size and is asked to wear them until they leave the room, minimizing transfer of the virus through touch.
4. The test leader points the participant to their location and asks them to take a seat. Personal belongings such as bags and coats need to be placed on the floor inside the cubicle.
5. The test leader asks the participants to wear the disposable facemask that is on the desk to minimizing transferring the virus via equipment.
6. After all participants are seated the test leader explains the experiment.
7. The test leader tells the participants that no one is allowed to “just” walk away during or after the experiment but should ask the test leader for help.
8. After the trial the test leader guides the participants out of the lab space (not forgetting their personal belongings) one-by-one and asks them to leave the Tech Labs area.
9. During exiting the lab space the test leader shows how to safely remove and dispose of the facemask and gloves.
10. The participants then safely removes their facemask and gloves and places them in the waste bin near the exit.
11. After the trial the test leader will:
   a. Use a disinfecting wipe per cubicle to clean the chair and table.
   b. Use a disinfecting wipe per cubicle if a participant coughed or sneezed during the trial
   c. Place a new facemask on the desk.
   d. Use a disinfecting wipe to clean the door handles
   e. Reset the computers for the next trial

Optional
In an emergency, the test leader or a Tech Labs worker may have to approach the participant within 1.5m. In such a case the test leader (or lab worker) will wear a PPE set consisting of a face shield (personal), disposable gloves and a disposable apron. After use, the face shield will be disinfected with wipes and the gloves and apron will be disposed of.

Optional
If a participant coughs or sneezes during the trial (and is not wearing a facemask) the monitor will be wiped with disposable non-detergent, non-alcohol wipe. The mouse and keyboard will be removed and replaced with clean ones. The possibly infected ones are cleaned and stored in a special location for at least one week before using again.

Protocol VR research
The test leader will have the experiment set up in the lab and checked that everything was cleaned as per protocol.

1. The test leader picks up each participant one-by-one and leads them to the lab space following the preset walking routes.
2. Inside the lab the participant disinfects their hands using the sanitizing gel provided.
3. The test leader points out the Personal Belongings Table. Here the participant can place any items such as a coat, backpack, mobile phone, etc.
4. The participant is issued a pair of disposable gloves in their size and is asked to wear them.
5. If there is a pre-test survey, the test leader points the participant to the survey computer. The participant takes a seat.
6. The participant wears the facemask that is on the desk. The facemask only has to be worn during the survey.
7. If there is no pre-test survey:
   a. If this is a sit-down VR experiment, the test leader shows the participant to his/her location and ask them to be seated.
   b. If this is a walk-around VR experiment the test leader shows the participant to the setup table and asks him/her to stand on the marker.
8. The test leader explains the experiment and the steps that will follow to get ready for the experiment.
9. If there is a pre-test survey:
   a. The pre-test takes place first.
   b. Afterwards, if this is a sit-down VR experiment the test leader shows the participant to his/her location and ask them to be seated.
   c. Afterwards, if this is a walk-around VR experiment the test leader shows the participant to the setup table and asks him/her to stand on the marker.
10. The participant is asked to wear the hat cap over their head. The test leader can show by example how to do this.
11. The test leader then shows how to wear the headset with the cling film protective layer or an instruction video will be shown.
12. The participant picks up the cling film sheet and holding it at the top edge will cling it to his/her forehead aligning the edge along their hairline. The rest of the sheet will simply hang in front of the face.
13. The participant then makes sure the upper part is free of folds and crinkles by stretching it across the eyes and pulling it against their skin.
14. The participant then picks up the headset (headband is in the upright position) and push the face guard (faux-leather cover) against their face making a nice seal.
15. The participant then pulls the headband down and tightens the headband by using either the top straps or the back turn knob, or both.
16. The participant then picks up the lower edge of the cling film sheet and pulls it up over the outside of the headset and presses it against the headset so it will stick.
17. The participant should be able to see the handheld controllers (if needed) and will be asked to pick them up.
18. In a sit-down setup if a game controller is used it will be in the center of the desk and the participant will be able to pick it up (feeling their way).
19. In a walk-around setup the test leader approaches the setup table from the other side and rolls it out of the way.
20. The test leader now starts the experiment.
21. Afterwards, in a walk-around setup the test leader positions the setup table in front of the participant.
22. The participant is asked place the controller(s) on the table in front of them.
23. The participant then loosens the headband by turning the knob on the back counterclockwise.
24. The participant then carefully flips the headband up while holding on to the front of the headset.
25. The participant then carefully removes the headset from their face and hangs it on the special hook on the table.
26. If the cling film sheet did not remain attached to the headset, the participant is asked to carefully remove it from their face and deposit it in to the waste bin.
27. If the cling film sheet does remain attached to the headset, the test leader will remove this later.
28. If there is a post-test survey, the participant is asked to move to the survey computer and take a seat. The participant wears a facemask during the survey.
29. During exiting the lab space the test leader shows how to safely remove the facemask and gloves.
30. The participants is asked to safely remove their facemask and gloves and place them in the waste bin near the exit.
31. The participant picks up their personal belongings and is asked to leave the Tech Labs area.
32. The test leader will clean the following:
   a. Disinfect the door handles using wipes
   b. Disinfect the Personal Belongings table using wipes
   c. Remove any mice, keyboard or controllers from the Setup Table or desk and disinfect using wipes
   d. Remove the cling film from the headset (if still on) and drop it into the waste bin. If the inside of the sheet touches the gloves, the gloves must be thrown away and replaced with new ones!
   e. Remove the headset and disinfect it on the outside using wipes
   f. Remove the earphone covers and place clean ones on them. The dirty covers are placed in hot water with detergent and let to soak for an hour.
   g. Disinfect the Setup Table or desk using wipes
   h. Replace the used facemask (if used), gloves and cling film sheet.
33. The test leader will then set everything up for the next participant

Optional
If the experiment requires the build-in eye tracking, the cling film sheet cannot be used as it interferes with the eye tracking signal. In that case the steps involving applying and removing the cling film sheet in the protocol are skipped. Afterwards the headset is disinfected using the CleanBox for 1 minute (UV-C light). Extra care will be taken when cleaning the headset with wipes. Note that the headset needs to be prepared with the special hydrophobic liquid prior to use! This liquid will be reapplied after each experiment is done (all the participants have run a trial).

Optional
In an emergency the test leader or Tech Labs worker may have to approach the participant within 1,5m. In such a case the test leader (or lab worker) will done a PPE set consisting of a face shield (personal),
disposable gloves and a disposable apron. After use the face shield will be disinfected with wipes and the gloves and apron will be disposed of.

Optional
If a participant coughs or sneezes during the trial (and is not wearing a face mask) the monitor will be wiped with disposable non-detergent, non-alcohol wipe. The mouse and keyboard will be removed and replaced with clean ones. The possibly infected ones are cleaned and stored in a special location for at least one week before using again.
Equipment and disposables needed

Basic list is equipment needed.

- 4 Closed waste bins. Preferably with automatic or foot control.
- 3 Large roll of papers in a dispenser for drying.
- 4 Sets of disinfectant hand gel with a pump or handle.
- Pre-cut cling film rolls.
- Several boxes if disposal gloves in several sizes. Amount depends on number in box.
- VR-goggle mount (DIY).
- At least 100 “Hat caps”, preferably 250.
- 6 Packages with cleaning wipes (soap).
- 6 Packages with disinfectant wipes (70% alcohol).
- Boxes of disposable face masks.
- Boxes of disposable gloves in different sizes.
- Face shields for test leaders and lab workers.
- Disposable aprons.
- Large roll of marking tape for floor.
- Remote temperature tool for measuring visitor’s temperature.
- A CleanBox for UV-C disinfecting of headset.

VR extra’s

- Faceguard foam replacement 16mm: 53eu (set of 2) (https://vrcover.com/product/htc-vive-pro-foam-replacement-16mm/)
Appendix 1 - Survey symptoms and Personal information forms

If one of the questions of the health check is answered with YES, the participant may not come to the Tech Labs. The visit must be postponed until each question can be answered with NO. The personal information can be used for contact tracing in case of a contamination that can be led to the Tech Labs. Forms are in English and in Dutch.
## Health Survey (English)

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you had one or more of the following (mild) complaints in the past 24 hours or at the moment: rhinitis (stuffy nose), coughing, shortness of breath, fever (from 38 degrees Celsius) and/or an inexplicable loss of taste and/or smell?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Do you currently have a roommate / house member with a fever and/or shortness of breath complaints?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Have you had the new coronavirus (diagnosed with a laboratory test) and was it diagnosed in the last 7 days?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Do you have a roommate / house member with the new coronavirus (diagnosed with a laboratory test) and did you have contact with this roommate / house member less than 14 days ago while he/she still had complaints?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Are you in home isolation because you have had direct contact with someone diagnosed with the new coronavirus?</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

## Personal Information

<table>
<thead>
<tr>
<th>Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full name</td>
</tr>
<tr>
<td>Telephone number</td>
</tr>
<tr>
<td>Email address</td>
</tr>
</tbody>
</table>

Note: This information will be safely stored and only Tech Labs workers have access.  
Note: This information will only be used for Contact Tracing in case of an officially reported Covid-19 contamination that can be led to the Tech Labs in a period you participated in an experiment at the Tech Labs.  
Note: This information will be destroyed one month after participating in an experiment at the Tech Labs.
# Gezondheidsonderzoek (Nederlands)

<table>
<thead>
<tr>
<th>Item</th>
<th>Ja</th>
<th>Nee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heeft u in de afgelopen 24 uur of op dit moment last van een of meer van de volgende (milde) klachten: neusverkoudheid, hoesten, kortademigheid in rust of bij lichte inspanning, koorts (hoger dan 38 graden) en/of een onverklaard reuk- of smaakverlies?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heeft u een kamer- of huisgenoot met koorts of kortademigheid?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heeft u het Coronavirus gehad (vastgesteld door een officiële test) en was de diagnose in de afgelopen zeven dagen?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heeft een kamer- of huisgenoot het Coronavirus (vastgesteld door een officiële test) en bent u in contact gekomen met hem/haar in de afgelopen 14 dagen terwijl hij/zij nog klachten had?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bent u in thuisisolatie omdat u in contact bent geweest met iemand besmet met het Coronavirus?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

# Persoonlijke Informatie

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volledige naam</td>
<td></td>
</tr>
<tr>
<td>Telefoonnummer</td>
<td></td>
</tr>
<tr>
<td>Emailadres</td>
<td></td>
</tr>
</tbody>
</table>

NB: Deze informatie wordt veilig opgeslagen en is alleen toegankelijk voor Tech Labs medewerkers.
NB: Deze informatie zal alleen worden gebruikt voor Contact Onderzoek in het geval van een officieel bevestigde Covid-19 besmetting die teruggeleid kan worden naar de Tech Labs in de periode waarin u deelnam aan een onderzoek in de Tech Labs.
NB: Deze informatie zal vernietigd worden na 1 maand na deelname aan een onderzoek in de Tech Labs.
Appendix 2 – UV-C

UVC light is defined between 200-280nm. Far UVC light is defined between 200-222nm. UVC light is dangerous for organic material including human skin and retina. Exposure must be avoided. UVC light is block by most materials included transparent glass.
There are special UVC boxes available from CleanBox (quote needed) that irradiate equipment in a safe box using 265nm UV light. Disadvantage of using light is that there needs to be a clear line-of-sight between the light and the surface that needs to be cleaned. VR-goggles have multiple groves, openings and corners that make this line-of-sight not 100% guaranteed. Bounced light (hard with matte black plastic) is considerably less effective. Some indicate that plastics do suffer (age) under repeated exposure to UV light. It is unclear is the eye tracking hardware (LEDs and camera) can be damaged by the UVC light. Exposure to kill SARS (according to a medical article) needs to be at least 15 minutes, although the Clean Box manufacturer says 60 seconds is enough.

CleanBox CX1: $1800 plus $ 110 shipping, 2000eu offerte
Appendix 3 - Signs

Corona Measures

GO HOME if you’re experiencing any of these symptoms!

1. Fever
2. Cough
3. Shortness of Breath
4. Wash your hands frequently
5. Cough and sneeze into your elbow
6. Don’t shake hands
7. Keep 1.5m distance
8. Follow the paths

Tech Labs

General Corona measures poster to be displayed at multiple places in the Tech Labs.
Corona Measures

Avoid touching eyes, nose or mouth

Sneeze & cough in your elbow

If you need to leave, remain seated and call the test leader

Reminder poster for inside each cubicle.
Appendix 4 – Removing protective clothing

Take off the gloves without contaminating yourself, using the plucking and sliding mechanism:
- Basic rule when pulling out is: dirty against dirty and clean against clean.
- Grab the outside of the glove with your fingers.
- Take off the glove and hold it in the palm of the hand.
- Slide with two clean fingers under the other glove.
- Pull out the glove and throw the gloves away immediately.

Instruction use mouth mask:
- Grab mask by the elastic bands and place it around the ears.
- Make sure the mask fits well, press the nose clip.
- Test the mask by blowing, and see if there is not too much air leaking along your face.
- Wear the mask for a maximum of 3 hours and don't touch it again.
- Replace the mask if it is very wet.
- You take off the mask by only gripping the elastic bands.
- Throw the mask in the waste bin and do not touch it unnecessarily.
- Apply hand hygiene: wash your hands or disinfect them.
HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room except a respirator, if worn. Remove the respirator after leaving the patient room and closing the door. Remove PPE in the following sequence:**

1. GLOVES
   - Outside of gloves are contaminated!
   - If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
   - Hold removed glove in gloved hand
   - Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
   - Discard gloves in a waste container

2. GOGGLES OR FACE SHIELD
   - Outside of goggles or face shield are contaminated!
   - If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Remove goggles or face shield from the back by lifting head band or ear pieces
   - If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

3. GOWN
   - Gown front and sleeves are contaminated!
   - If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Unfasten gown ties, taking care that sleeves don’t contact your body when reaching for ties
   - Pull gown away from neck and shoulders, touching inside of gown only
   - Turn gown inside out
   - Fold or roll into a bundle and discard in a waste container

4. MASK OR RESPIRATOR
   - Front of mask/respirator is contaminated — DO NOT TOUCH!
   - If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
   - Discard in a waste container

5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE

PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE
References

1. De Medische Specialist:
   https://www.demedischspecialist.nl/sites/default/files/Leidraad%20persoonlijke%20bescherming%20in%20de%20klinische%20setting%20vanwege%20SARS-CoV-2.pdf