

Course 2020/2021

REGULATIONS AND INSTRUCTIONS FOR STUDENTS

FACULTY OF SCIENCE. UNIVERSITY OF ZARAGOZA



Facultad de Ciencias
Universidad Zaragoza

When I go to the Faculty HOW SHOULD I ACT?



I will always wear a **face mask**, which is **compulsory** at all times, and I will make sure I have a spare one in case it gets broken.

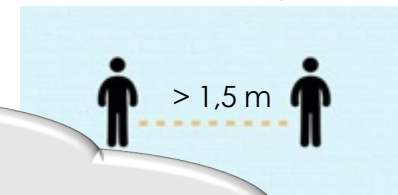
When I get in or out of buildings or a classroom, I **disinfect my hands with sanitizer** from the dispensers available. I will also carry my own sanitizer bottle with me.



IMPORTANT: I will avoid overcrowding around the dispensers, since there are quite a few of them distributed throughout the building: at the entrance of classrooms, seminar rooms, laboratories, etc.



I will respect the **direction marks** and I will maintain the **interpersonal safety distance** during breaks or when entering and leaving buildings.



- When **classes are over** I must leave the building right away.
- We will take turns to go to the **restrooms** and I will not go with my classmates.
- **We will not throng** inside or at the entrance of buildings.
- I will not smoke in the street, especially by building entrances which must be kept completely clear.



When I go to the Faculty WHAT SHOULD I DO IN THE CLASSROOM?

I will only occupy marked seats. I will pay especial attention to the mark's color. I will occupy a seat with a green mark in the morning session, and with an orange mark in the evening session.

It is important not to change seats, during the whole working day, for all the lectures that take place in the same classroom.



PLEASE... REMEMBER TO
FILL IN WITH YOUR NAME
EVERY HOUR ON THE LINK
TO THIS
CLASSROOM (C1)

<https://forms.gle/Z2pec2vJRZiRCbgp8>

In order to make potential trackings easier if there is a positive covid case, I must keep my own class attendance record. I must always **fill in before the beginning of each class a 'Google Forms' questionnaire** and write down every day the names of those classmates who occupy the seats closest to me.

AYÚDANOS
A PREVENIR
CONTAGIOS

GRACIAS

When I go to the Faculty WHAT SHOULD I DO IN THE CLASSROOM?

Where feasible, **I will take my own laptop** for computer practice, since it is more hygienic.



I must not share materials with my classmates.

Seminars and exam reviews of any kind will preferably be carried out online. If they are face-to-face, **I will always comply with interpersonal distance regulations.**



I will not go out between classes.

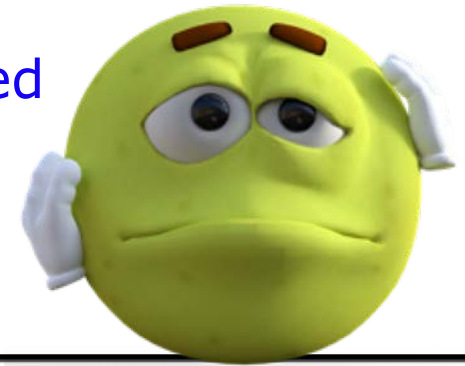
The teacher leaving the classroom will be responsible for opening the windows in order to air the classroom between classes, and erasing the board if it has been used.

If I can, I will help them

**Airing
classrooms is
very
IMPORTANT**

WHEN CAN I NOT GO TO THE FACULTY?

- When I have a fever or symptoms consistent with COVID-19
- If it has been declared I have had close contact with an infected person
- If I live with people with symptoms



SYMPTOMS CONSISTENT WITH COVID-19

- FEVER
- DRY COUGH
- HEADACHE AND/OR SORE THROAT OR GENERAL MALAISE
- SHORTNESS OF BREATH
- LOSS OF SMELL OR TASTE
- MUSCLE ACHES
- GASTROINTESTINAL PROBLEMS OR DIARRHOEA
- CHEST PAIN
- SKIN RASHES

Preventative control procedures.

- Take my temperature.
- Observe whether I have any symptoms consistent with COVID.



IMPORTANT

I must send a mail to the Occupational Risks Prevention Unit (jefeuprl@unizar.es) with a copy to the institution's covid-19 responsible person: covid_ciencias@unizar.es and the corresponding Degree Coordinator.

If any symptoms occur

- **Contact my Health Center**, which will determine whether a PCR test is needed or otherwise.
- **Let the University know this situation** and begin a cautionary confinement until the results are available.



If I have undergone a PCR test...

- In case of a **negative PCR**: Resume University life.
- In case of a **positive PCR**:
 - Make a list of all persons I have had close contact with since before the symptoms appeared.
 - Confinement for as long as the health authorities determine.
 - For at least 14 days.
 - Until a negative PCR is obtained.

I must tell the University about my PCR test result, whether it is positive or negative, and about any other incident or variation of the situation

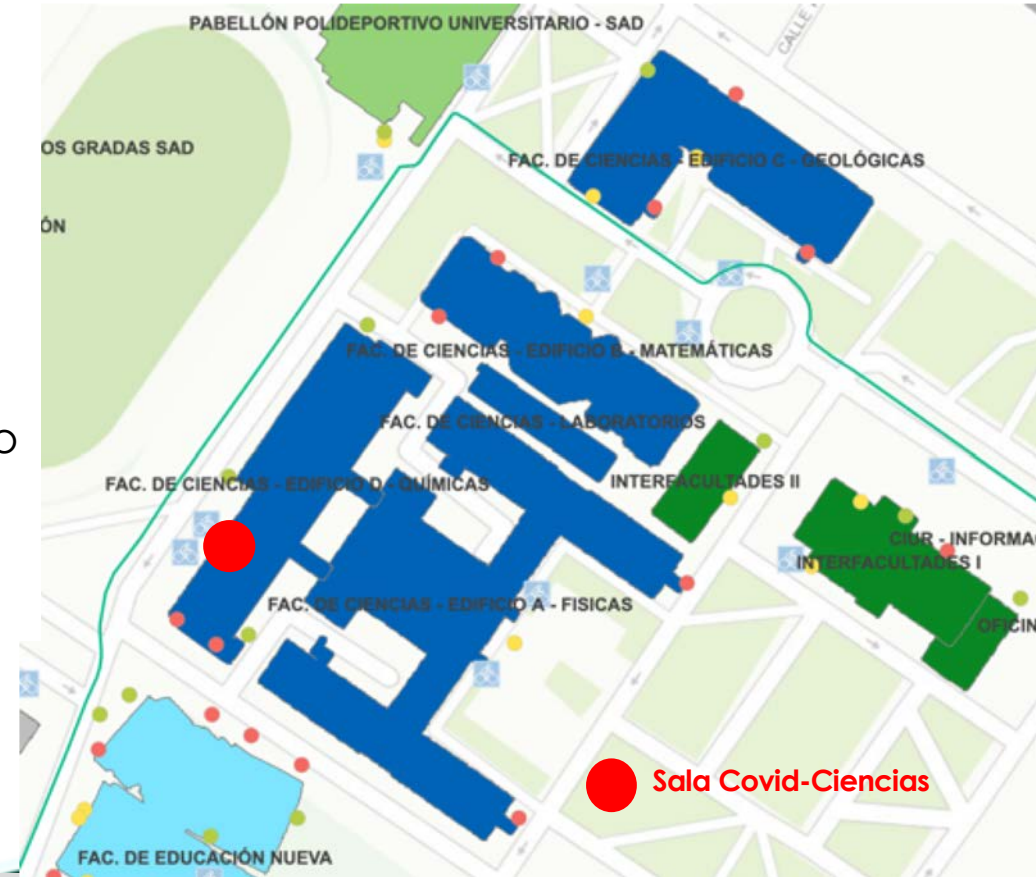
If I am covid positive: My cautionary home confinement must be extended to the whole family unit.



If I have any symptoms consistent with COVID I must:

- Go home, if I feel capable to do so, avoiding public transport.
- If I feel very bad, I should get away from people and get confined in the Faculty of Science COVID room (**Meeting Hall of Building D - Opposite the Janitor's Room**). Then I should call a relative or a friend to take me home.
- Warn the Center's COVID 19 responsible person, or I tell a classmate to do so: covid_ciencias@unizar.es

At home I must begin a strict home confinement, until a diagnose is available.



When I get home, I should immediately let my primary healthcare center know my situation –so that I can have a diagnosis test– or, if it is a serious case, I should dial 061 and let them know.



Situations that may arise

SITUATION	CASES	CONDITIONS / MEASURES	
Suspected case	<ul style="list-style-type: none"> - The person has symptoms - They have not been tested 	<ul style="list-style-type: none"> - Test must be done within 2 hours - Preventative confinement for 14 days since the date of diagnosis - Tracking close contacts 	
Close contact	Person who has closely been at the same place as a suspected or confirmed case	<p>The following conditions must be met:</p> <ul style="list-style-type: none"> - Distance should be below 1,5 m. - For at least 15 minutes - With no personal protection 	<ul style="list-style-type: none"> - Those who have had close contact with a confirmed case: - Confinement for 14 days since the date of the last contact - If during those 14 days they have any symptoms, they will be considered a suspected case - If they have no symptoms after the 14 days, they may resume work
Casual contact	Person who has been at the same place as a suspected or confirmed case, but very sporadically	<p>The following conditions are not met:</p> <ul style="list-style-type: none"> - Distance below 1,5 m. - For at least 15 minutes - Without personal protection 	No special measures to be taken

If I am a suspected case or a close contact, I must tell the University of Zaragoza: jefeuprl@unizar.es, covid_ciencias@unizar.es and my Degree Coordinator

WARNING THE UNIVERSITY

If I am a suspected case or a close contact, I must tell the University of Zaragoza: jefeuprl@unizar.es, covid_ciencias@unizar.es and my degree coordinator

All data are to be clearly indicated

- Name and surnames
- Group I belong to = students
- Center, degree, course and group I am registered in
- Kind of situation: confirmed case, probable or possible close contact as applicable. If a PCR test has been done or I am awaiting the result
- Date of the diagnosis or the contact

And remember that if you have been in contact with a confirmed case

**I must be confined for 14 days after the contact
EVEN IF THE RESULT OF MY PCR IS NEGATIVE**

Your collaboration inside and outside the classroom is essential. The key lies in everyone's individual responsibility, both inside and outside the center, in order to...



- Avoid confinements
- Know and keep seeing our classmates even though from a little further away.
- Know our teachers personally.
- Ask and participate in class.
- Carry out all scientific projects scheduled for this year.
- Actively participate in University life, although in a different way.

