

Guidelines for infection prevention at Alfaskolen

Students

Revised 01 October 2020

Purpose

All students visiting Alfaskolen's premises must comply with the infection control measures. These guidelines are developed to inform students on how Alfaskolen shall secure infection control on campuses and what responsibility the students have. In developing Alfaskolen's guidelines, we have tried to balance between different considerations:

- Safeguarding the health of our employees and students – minimizing the risk of infection
- Securing student progression and Alfaskolen's day-to-day business
- Securing a good working and learning environment – psychosocially and physically
- Limiting the potential consequences/scope of an outbreak of infection among employees or students
- Facilitating transmission tracking in case of infection among employees or students
- Limiting the spread of the virus in society when commuting to campus

The guidelines will be continuously updated based on periodic risk assessments and government guidelines.

Decision and responsibilities

Alfaskolen's leadership team have compiled the guidelines for infection prevention on Alfaskolen's premises. The decision and conditions for on-site activities are based on recommendations and guidelines from the Norwegian authorities. The safety representative and the occupational health service are involved in developing and revising the guidelines. Students are responsible for contributing to a safe working environment and minimizing infection transmission by following the instructions from Alfaskolen and national authorities.

The main infection control measures at Alfaskolen

1. Stay at home if you are sick

- Sick people should stay at home, regardless of the type of disease and even if you have mild symptoms.

2. Keep good hand hygiene and cough etiquette

- Use disinfection at the entrances.
- Wash the hands with soap and water (min 30 sec.). Especially after coughing / sneezing, after visiting the toilet, after touching doorknobs, elevators etc, before meals and otherwise for visibly dirty hands. Alcohol-based disinfectants are effective against coronavirus and are an option if handwashing facilities are unavailable.
- Use tissues / paper towels when you cough or sneeze. If this is unavailable, cough or sneeze into the crook of the elbow.
- Avoid touching your face or eyes.
- Avoid touching more than necessary and be aware of where you put your mobile phone.

3. Reduce contact with others

- Keep 1-meter distance, preferably 2 meters.
- Use the stairs instead of elevator when possible, and respect maximum capacity as posted.
- Avoid public transport, especially during rush hour.

Infection prevention - information for students

- If you are quarantined or infected

In case of quarantine or confirmed infection with Covid-19, you must inform Alfaskolen about this in writing. You must not come to our premises if you are in quarantine or infected.

In confirmed infection cases, Alfaskolen will assist health authorities in tracking possible exposure and notifying close contacts within the limits of the privacy act.

- Keep 1-meter distance, preferably 2 meters

FHI recommends keeping at least 1 metre distance to others. In case of confirmed infection anyone who has been within 2 meters of the infected for more than 15 minutes must contact health service for testing.

Students are responsible for keeping the required distance to others on our premises.

- Use only available seats

Alfaskolen has spaced the available seats in all classrooms with at least 1-meter distance from each other. In the hallway, please do not use the seats that are labelled "not available".

- Use of face mask

Alfaskolen's guidelines for infection prevention and the infection control measures are based on the advice from the health authorities and FHI. The health authorities recommend the use of face mask where it is not possible to keep a 1 metre distance. With 20/100 000 cases in the last 14 days and where the cases are not largely due to known outbreaks or import cases, the health authorities recommend the use of face masks on public transport where it is not possible to keep 1-meter distance.

Students with special needs

Students that are in the risk groups may need help and adjustment to secure the student progression. Please see FHI's information on who is in risk groups and advice to risk groups [here](#).

Facility measures

- Cleaning

The cleaning routines are according to FHI's guidelines.

- Buildings/technical

- o Infection control measures are communicated through posters and screens

- o All seats in classroom are spaced with a least 1 metre distance. Most rooms are equipped with single-space desks.

- o All classrooms are equipped with hand-sanitizers and desk disinfectants

- o Selected chairs in the hallway are marked "non-available"

- o The reception area, vending machine area and bathrooms are marked with tape spaced with 1-meter distance.

- o Elevators are marked with maximum capacity of 1 person to comply with distance regulations.

Contact information

These guidelines will not give answers to all situations and dilemmas that may arise. Each employee must use personal judgement when assessing different situations and finding the right balance between infection control, ensuring operations and taking into consideration individual needs of the employees and students.

If you need guidance in these situations, please contact Alfaskolen's safety representative **Kerstin Kapsberger** (Kerstin@alfaskolen.no, +47 22 41 01 20)