

Recommendations of the Director of the Institute of Physics of The Polish Academy of Sciences regarding the prevention of spreading of the SARS-CoV-2 virus among the employees and PhD students of the Institute of Physics (IF PAN)

1. I recommend that persons returning from regions in which the COVID-19 disease has occurred remain at home for two weeks, and check their body temperature 2 times a day. In the case that a body temperature above 37.1 degrees Celsius occurs, or that coughing appears, it is recommended to immediately notify the local Sanitary and Epidemiological Station.
2. Persons who did not visit a risk or affected area, and did not have contact with an infected person, but are coughing, sneezing or have a virus infection, must stay at home (sick leave, holiday leave, or remote work). This is mandatory.
3. Persons who are assigned quarantine or hospitalised due to a SARS-CoV-2 infection are required to inform their direct superior about this fact. Every head of group or organisational unit that receives such information must immediately inform the occupational health and safety officer about the occurrence.
4. Persons in increased risk groups (more than 65 years of age, suffering from protracted illness, or having a weakened immune system) are recommended to remain at home.
5. I advocate to take special safety precautions and to avoid large gatherings.
6. For as long as the risk of epidemic remains current, I recommend to preventively disinfect your hands using the disinfectant made available in all the buildings of the Institute.
7. I recommend that all employees stay up to date with the communications given out by the Chief Sanitary Inspectorate (*Główny Inspektorat Sanitarny*) and apply all the recommendations given there to their own behaviour.
8. Taking into account the possibility that the employees or the premises of the Institute may at some moment be placed under quarantine, it is not recommended to leave any lab equipment, apparatus, or water flow turned on overnight.