Guidance on restricting occupational activities in response to the novel coronavirus COVID-19

Recommendations by the In-house Medical Service (AMD) of the University of Münster

Last update: 27 Feb. 2020

If you show no symptoms, have not visited any RKI-designated risk areas in the past 14 days and have had no contact with others who have tested positive for COVID-19:

There are no restrictions to occupational activity and/or interaction with other persons.

If you show no symptoms but have visited an RKI-designated risk area in the past 14 days and/or had close contact with others who have tested positive for COVID-19:

In consultation with the public health department (*Gesundheitsamt*), you should avoid contact with others for 14 days following your return or last contact with the infected individuals and remain at home in self-quarantine.

If you suffer from flu-like symptoms, have visited an RKI-designated risk area in the past 14 days and/or had close contact with others who have tested positive for COVID-19:

This is a suspected case of COVID-19. You should avoid engaging in contact with others. Remain at home and phone your general practitioner and the public health department immediately for further instructions.

If you suffer from flu-like symptoms, but have not visited any RKI-designated risk areas in the past 14 days and have had no contact with others who have tested positive for COVID-19, but have visited a region in the past 14 days where cases of COVID-19 have been confirmed:

Diagnostic testing is necessary. You should avoid contact with others until your test results are in. Contact your general practitioner (GP) by phone as soon as possible to have yourself tested for COVID-19. If your GP is unable to conduct the test for some reason, you may contact the In-house Medical Service (AMD) by phone to arrange a swab test.

AMD der WWU
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If you suffer from flu-like symptoms but have not visited RKI-designated risk areas and/or regions with confirmed COVID-19 cases or had contact with persons who have tested positive for COVID-19:

Regardless of the pathogen, you should always avoid contact with others if you suffer from cold symptoms. If you are sick, you should remain at home and contact your general practitioner by phone first for further instructions. You are not helping anyone – including yourself – by coming to work sick!