SARS-CoV-2 antigen self-tests for HHU employees

Important! Self-tests do not offer any protection against a SARS-CoV-2 infection. However, self-tests make it possible to detect infection early on, which makes it easier to control the spread of the disease. This is why self-tests at HHU are an addition to the general hygiene regulations (in German: AHA-L – i.e. face mask, hygiene, social distancing, airing regularly) in place.

HHU provides one COVID-19 antigen self-test per week for students and employees to use on a voluntary basis. The self-tests will be distributed at two locations on campus:

- Building 23.01.00 Foyer
- Building 26.11.U1Foyer

The distribution sites are staffed Monday through Friday from 7.30 am to 4pm.

The following rules must be observed when using the SARS-CoV-2 antigen self-tests:

- Staff working at the distribution sites will not provide any advice.
- The SARS-CoV-2 self-test must be done at home before getting to HHU in order to avoid immediate contact with others in the event of a positive test.
- The following must be taken into account when performing self-tests:
  - Different manufacturers produce the tests, which means that there can be differences in how to use them
  - Read all instructions before starting the test
  - When you conduct the test, take your time and make sure that you are relaxed and that you follow the manufacturer’s instructions diligently
  - Find a clean, well-lit work surface with enough space for all utensils
  - Get everything else ready that you are going to need in addition to the test kit, such as a mirror or a watch
  - Wash or disinfect your hands thoroughly before you start the test and after you have finished the test
  - No other persons should be present in the room during gargle tests because this can lead to the emission of aerosols; air out the room thoroughly after the gargle test
  - You will find more information about the self-tests at www.corona.hhu.de/selbsttests
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- If you test negative, you can resume your work.
- In the event of a positive result, the following must be taken into account:
  1. You are not allowed to enter HHU until you can show a negative PCR test according to the procedure described below.
  2. The supervisor and the Human Resources Department (zeitmanagement@hhu.de) will be informed about the positive test result.
  3. A positive test result in the antigen test must be confirmed with a PCR test for SARS-CoV-2. For this purpose, the responsible public health department (Gesundheitsamt) or the family doctor will be contacted.
  4. Self-isolate immediately and avoid contact with other persons. On no account should you travel to the PCR test site by public transport. For more detailed information see: https://www.infektionsschutz.de/coronavirus/wie-verhalte-ich-mich/bei-positivem-corona-test.html

- Provided HHU's applicable hygiene regulations in place (distance over 1.5m, wearing of medical/FFP2 face mask, no ‘unprotected’ contacts) have been observed at all times in your work environment, no ‘category 1 high-risk contact’ as defined by the Robert Koch Institute was taking place. Even so, a voluntary, precautionary consideration of contact persons with a possible quarantine should be made until the result of the confirmatory test becomes available. The decision lies with the employee's supervisor. Additional information for employees and supervisors to be taken into account regarding COVID-19 suspected and contact cases is given at: https://www.corona.hhu.de/hygienekonzept

- If the PCR test you took for confirmation is also positive, the persons concerned must self-isolate and follow the instructions given by the responsible health authority. Employees must also:
  1. inform the supervisor and the Human Resources Department (zeitmanagement@hhu.de)
  2. send the health department’s order regarding the necessary isolation to the Human Resources Department (zeitmanagement@hhu.de).

The supervisors instruct the employees based on these operating instructions. The instructions must be documented.

It must be clearly emphasized again that self-tests do not provide any protection against infection with SARS-CoV-2. However, self-tests help to detect asymptomatic infections in particular earlier on and to act accordingly. In combination with HHU’s AHA-L hygiene rules, they thus minimise the risk of getting infected with SARS-CoV-2.

Stay safe!