



CORE FACILITIES

Advice for us working at CF During the COVID-19 pandemic

Assumptions for those of us working at Core Facilities vary. Some of us can work entirely from home, some need to be at the lab, and some are responsible for the animals. Many of us also meet with users from other institutions. So, what can we as staff at CF do to minimize the risk of spreading infection? Here we have gathered some advice and tips.

Limiting the Spread of Infection

- If you are ill, stay home from work and contact your manager
- Keep your distance from others when in our facilities
- Wash your hands regularly with soap and water, alternatively use hand sanitizer
- Keep updated on national and local recommendations

Working from Home

All staff who can, should work remotely from home. This is the main rule at the University of Gothenburg and also at CF. Your manager is responsible for deciding on remote work with regards to type of work, your working environment and current spread of infection.

If you work mainly remotely and need help to arrange a better working environment at home, contact your manager to agree on what equipment that can be provided. Remember that you can always contact your work environment representative (arbetsmiljöombud, AMO). Further information in Swedish:

[Arbetsmiljö vid arbete hemifrån \(GU Medarbetarportalen\)](#)

[Arbetsmiljön när du jobbar hemifrån \(Arbetsmiljöverket\)](#)

[Tips och råd vid distansarbete \(Prevent\)](#)

Meetings

- Wherever possible hold meetings remotely via Teams, Zoom or other tools.
- Physical meetings can still be held with colleagues whom you meet daily or with your manager
- Try to find a large meeting room where you can keep a safe distance from each other
- Use a projector to avoid sitting together in front of a small PC screen
- If it is not possible to keep distance from one another, for example when using a microscope, use face masks

Commuting to and From Work

If you need to commute to and from your work place, please remember to:

- Keep a safe distance from other travelers, both on the vehicle and when getting on and off
- If possible, travel during hours with less commuters
- If possible, avoid travelling on public transport

Keep a Safe Distance at the Office

In all our facilities and in the lunch rooms, there are signs reminding us to keep a safe distance to each other so that we can protect ourselves and our colleagues from the risk of exposure. We will be setting up additional signs where needed.

At lunch time, coffee and rest times the facilities can easily become overcrowded. Avoid standing in a queue or close to each other and respect the signs showing the maximum number of people permitted in the room at a time. If possible, adjust your lunch hours so that not everyone eats lunch at the same time.

Please respect the increased distance between seating in the lunch and meeting rooms.

Each Facility has Specific Rules

Since the beginning of spring 2020, each facility at CF have had their own specific rules to reduce the risk of spread of infection. These rules are continuously updated and it is important for staff and users to follow them so that together, we can reduce the risk of infection.

[Rules for each facility at CF during the COVID-19 pandemic](#)

Learn more

[FAQ – for staff at GU](#)

[Akademiliv about the vice-chancellor's decision for spring 2021](#)

If you are ill: Recommendations from the Public Health Agency

If you are ill with runny nose, cough, fever or other symptoms of COVID-19:

- **Stay home!**
- **Contact your healthcare provider for advice on testing**

Below is a brief summary of the Swedish Public Health Agency's guidelines (2020-11-16). These can change depending on how the situation develops. *Therefore, always stay updated on the authority's website.*

Stay home from work if you have symptoms

If you have symptoms that pass within a day, and if the symptoms cannot be connected to a known reason (for example migraine or allergy), you need to stay home and be free of symptoms for a minimum of two days before going back to work.

If you have had symptoms for more than one day and have not been tested, stay home for a minimum of seven days. You can go back to work only after you are healthy and seven days have passed since you became ill. This also applies if you still have mild symptoms such a slight cough, runny nose or loss of smell and taste. This is based on the assessment that individuals with a normal recovery do not infect others with COVID-19 after seven days.

[Source: Om du eller någon i familjen blivit sjuk](#)

If you have tested negative for COVID-19

If your test shows that you are negative, you can return to work as soon as you are healthy and feeling well.

If you have tested positive for COVID-19

Contact your manager for further advice. You can come back to work only if you are healthy and if a minimum of seven days has passed since you first became ill. In the last two days you should be completely fever free, and feeling well.

If a family member has symptoms of COVID-19

If someone in your household is ill with runny nose, cough, fever or other symptoms of COVID-19, that person should isolate at home. You and others in your household should follow the guidelines on how to reduce risk of spread. If possible, work from home.

If a family member has confirmed COVID-19

When someone in your household has confirmed COVID-19, then everyone in the household will be contacted by the Health Care providers for further instructions. Stay home and avoid contacts with others.