

Pilot project SARS-CoV-2 self-tests

Addendum to the HHU directive in place

Important! Home self-tests offer no protection against a SARS-CoV-2 infection. However, by self-testing at home you can detect an infection early on and therefore contribute to better containing and monitoring 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.

- As a *pilot project*, HHU makes available a sufficient number of home tests for each working group.
- These home tests enable each student working on their final project as well as every other member of the respective working group to take a covid self-test twice a week.
- The home self-tests can be obtained from the ZCL, analogously to the medical face masks. The order must be signed by the head of the research group. The signature confirms that this research group is working on final projects and that the number of tests ordered is adequate. When you place your order, you must also include the number of persons who are present in the working groups regularly as well as the number of final projects per week.
- ZCL issues these tests to a maximum number of two persons from each working group who have previously been authorised by the head of the research group.
- Alternatively, it will be possible to purchase self-tests from Lyreco via your HHU account in the foreseeable future.
- In order to detect as many infections as possible, we recommend that you take a self-test every Monday and Thursday.
- Please complete the home test before travelling to HHU. Please observe the following when you take the test:
 - Different manufacturers produce home test kits, which means that there can be differences in how to use them
 - Prior to taking the test, read the instructions on how to use the test fully and thoroughly
 - 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 surface with sufficient space for all utensils needed

- 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
- If you use a gargle test, make sure that no other persons are in the room with you because this type of test can lead to the emission of aerosols; air out the room thoroughly after the gargle test
- Click here for a how-to video explaining at-home tests:
<https://m.youtube.com/watch?v=XGMIrqczycs>
- If you test negative, you can start or resume your work at HHU.
- If you test positive, please observe the following:
 1. Inform the head of the research group about the result.
 2. A positive test result must be confirmed with the help of a PCR test for SARS-CoV-2. In order to do that, contact your local health authorities (*Gesundheitsamt*) or your family doctor.
 3. 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>
- The head of the research group informs the other members about the positive test result. Provided the hygiene regulations in place (distance over 1.5m, wearing of medical face mask/ FFP2 mask) have been observed at all times, no ‘category 1 high-risk contact’ as defined by the Robert Koch Institute was taking place. Even so, all group members should self-isolate voluntarily until the result of the confirmatory test becomes available. The decision lies with the head of the research group.
- Should the confirmatory PCR test also be positive, the affected student must
 1. self-isolate
 2. and inform the head of the research group about the result either via phone or by e-mail
 3. forward the health authorities’ order to mandatorily self-isolate via the SSC to their responsible PAV so that the deadline for the completion of the final project can be extended in due form.
- In case of a positive PCR test, all persons who worked in the same laboratory/office* must self-isolate. Research at HHU can be resumed if two home tests taken on two consecutive days are negative. Should you test positive in one of the home tests, you must take a PCR test as described above.

* The work group heads define what is to be considered common laboratories, offices or other corresponding units.

- The research group heads have the group members sign a confirmation that they have read these guidelines.
- The heads of the working groups are asked to report the number of positive self-tests, the number of PCR tests and the number of false positive tests once a week to the following e-mail address: lutz.schmitt@hhu.de. This data helps to evaluate the self-tests, so that they can perhaps be made available to a larger group of people at HHU as a next step.

We must emphasise once again that at-home self-tests do not offer any protection against a SARS-CoV-2 infection. They can, however, help to detect in particular asymptomatic infections earlier and to act accordingly. **In combination** with the AHA-L hygiene regulations in place at HHU, they therefore lower the risk of contracting a SARS-CoV-2 infection.

Stay safe!

If you have any questions concerning the hygiene measures, please send a message to corona-hygiene@hhu.de