Covid-19 - Staying Safe in the Workplace

→ UNITED SPACE IN EUROPE

March 2023
COVID-19 is an illness that affects mostly lungs and airways. Symptoms can be mild, moderate, severe or fatal. The incubation period is between 2 and 14 days.

Main symptoms: cough, fever, muscle pain, difficulty breathing, tiredness.

Infection:
- Infection can be spread to people who are nearby, as droplets could be inhaled into the lungs
- It is also possible that someone may become infected by touching a surface, object or the hand of an infected person.
COVID-19 – PRESENCE ON-SITE

STAY AT HOME and inform the ESRIN Medical Officer if:

- You have symptoms including, fever (higher than 37.5 C), cough, difficulty in breathing, muscle pain & tiredness or other symptoms. (call your doctor in case of doubt)

- If you tested positive to Covid 19.
COVID-19 – HOW TO PROTECT YOURSELF AND OTHERS

Wash hands frequently
Cleaning hands with soap and water or an alcohol-based hand rub

Maintain social distancing
If you’d like to feel safer, wearing masks and social distancing are still the most efficient behaviours to be applied, especially in all common areas and meeting rooms

Avoid touching your face eyes, nose and mouth
Hands touch many surfaces and can pick up viruses

Practice respiratory hygiene
Covering mouth and nose with bent elbow or tissue when coughing or sneezing.
COVID-19 – HAND HYGIENE
Soap and Water and Hand Sanitizer

Sanitiser dispensers in ESRIN have been improved. No single bottle will be distributed at the entrance.
If you’d like to feel safer…

Surgical or FFP2 masks are available on request at the main gate.
COVID-19 – HOW TO WEAR A MASK SAFELY

Remember to:

- Wash your hands before and after use
- Apply the mask as shown in the diagram
- Still maintain social distancing even when wearing your mask
- Do not leave used masks lying around.
To ensure the safety of the working environment an analysis of critical areas has been carried out.

**Open space or shared offices**
Designed to guarantee at least 1 meter distance.

**Meeting Rooms**
If you need to use a meeting room call the IT Service Desk (80700).

**Canteen**
The canteen operates from 12:00 to 14:00.

**ESRIN Medical Centre**
Medical visits will be on an appointment basis.

**Uliveto – Travel Agency**
Clubs activities and Mission travels are back to normal.
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<th>Emergency Contacts</th>
<th>Contact Information</th>
<th>Opening Times</th>
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<td>ESRIN Emergency Number</td>
<td>Onsite: 3333&lt;br&gt;Offsite/Mobile: +39 06 941 80333</td>
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<td>ESRIN Medical Centre</td>
<td>Dr Francesco Draicchio:&lt;br&gt;• Onsite: 80290&lt;br&gt;• Offsite/Mobile: +39 06 941 80290&lt;br&gt;Ms Simona Pannullo (Mon/Wed/Fri):&lt;br&gt;• Onsite: 88396&lt;br&gt;• Offsite/Mobile: +39 06 941 88396</td>
<td>Available via email and phone during opening hours</td>
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<td>ESRIN Security</td>
<td>Onsite: 80220&lt;br&gt;Offsite/Mobile: +39 06 941 80220&lt;br&gt;Email: <a href="mailto:esrin.security@esa.int">esrin.security@esa.int</a></td>
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