1 (2)

# Students’ practical training at HUS during the COVID-19 pandemic: actions in situations where a student becomes sick or is exposed.

HUS is a teaching hospital with a large number of medical and health students. As a general rule, students are subject to the same decisions related to preventing the COVID-19 pandemic as HUS staff.

Instructions for students diagnosed with a COVID-19 infection

1. The student has symptoms of a COVID-19 infection and has not been tested yet:

* + The student stays away from practical training and avoids contacts outside their home
  + If it is necessary to leave home, the student wears a surgical face mask or FFP2 mask without valve in all situations.
  + The student books a laboratory PCR test (koronabotti.hus.fi) even if an antigen test performed at home was negative.
  + Even if the COVID-19 test analysed by a laboratory is negative, the student stays away from work until the symptoms have disappeared.

1. The student’s COVID-19 test result is positive (either a “home test” or a PCR test performed by a laboratory):

* + If an antigen test performed at home or a PCR test analysed by a laboratory is positive, the student must stay away from practical training.
  + A student’s positive home test result does not need to be confirmed by a laboratory test. If the student needs information about recovery from COVID-19 for an EU COVID certificate due to section 48a of the Communicable Diseases Act, the student must take a laboratory PCR test to confirm a positive home test.

* + The student reports their illness to the supervisor of the practical training work unit.
  + The supervisor identifies potentially exposed patients and employees inside the hospital.
  + The student reports their infection to persons outside the workplace with whom

they were in close contact without a mask starting two days prior to the

2 (2)

first symptoms (two days prior to testing for those with no symptoms). The student asks anyone exposed to the infection to avoid contacts for five days after last meeting the employee.

* + If the municipality’s physician in charge of communicable diseases issues a quarantine decision, this must always be observed
  + The student avoids contact outside the home for at least five days after the start of the symptoms or, in the case of an asymptomatic person, for five days from the date of the test.
  + Students may return to practical training five days after the start of the symptoms IF they have been asymptomatic for two days. A dry cough or, for example, loss of the sense of smell does not prevent a return to work. Check this with the unit. The starting date of the symptoms is counted as day zero. Before returning to practical training, the student must be asymptomatic for two days.
  + After returning to practical training, the student must wear a FFP2 mask without valve during their work shifts for 10 days after the start of the symptoms (or after the test date in the case of an asymptomatic person). During meals, a 2-metre safety distance and a time frame of less than 15 minutes must be observed, or meals must be eaten alone.
  + Control samples are not taken after recovery from COVID-19.

Actions when a student has been exposed to COVID-19 and is asymptomatic:

* + As a general rule, municipalities in the Uusimaa region no longer place exposed persons in quarantine. However, if the municipality’s physician in charge of communicable diseases issues a quarantine decision, this must always be observed.
  + A person exposed to COVID-19 during their free time continues to work normally if they are asymptomatic. If they develop symptoms, the person stays away from work and books a test: Koronabotti.hus.fi.  COVID-19 samples are not taken from an exposed student if they are asymptomatic.
  + Regardless of vaccinations, all exposed students must wear an FFP2 mask without valve while working for 10 days after an exposure situation, and meals must be taken with a 2-metre safety distance and a time frame of less than 15 minutes OR the meals must be taken alone.

Authors: Elina Koota and Susanna Ruuskanen. Approved by: Infectious Diseases Outpatient Clinic Veli-Jukka Anttila and Mari Ala-Houhala 26 January 2022