Guidance for Returning to work in Office and Low Hazard Spaces SARS-CoV-2 (Covid-19)
1. Introduction

1.1 This document outlines the University high level policy for enabling research staff to operate in offices and other general areas following the removal of specific Covid controls justified by the reduction in covid risk due to ongoing vaccinations programs. The University’s current covid risk assessment can be found on the health and safety covid resources page.

1.2 This document complements existing government guidelines and requirements.

1.3 In the event that you develop symptoms of Covid-19 or test positive you must self isolate, inform your line manager and complete the UoS Covid reporting form.

1.4 As of the 16th of August 2021 close contacts of covid positive persons are not required to self isolate if they are under 18 or have been double vaccinated, but should arrange to take a PCR test. If you do not meet this criteria then you must self isolate and report as described in section 1.3 above.

1.5 Staff should wash their hands regularly with soap and water for a minimum of 20 seconds.

1.6 Anyone traveling to the UK must ensure that they are following the required testing and or quarantine arrangements for new arrivals as determined by the covid status of their country of origin and or regions they have travelled through.

1.7 Individuals that have been informed by a medical professional that they are unlikely to be protected by the vaccine due to not producing relevant antibodies should contact their line manager and HR about reasonable adjustments and may require an occupational health referral.

1.8 It is strongly recommended that any member of the University of Sussex that is able to be vaccinated against covid-19 does so. Line managers and supervisors should be flexible where possible to enable staff to attend vaccination appointments when required.

1.9 Tissues used to catch a sneeze or cough should be covered with a tissue and disposed of immediately into a standard waste bin.

2. Testing

2.1 All staff and students attending campus should take an LFD (lateral flow device) test at least once a week. Ideally 2 tests would be taken weekly 3 days apart. Where this is not practical 1 test is acceptable.

- LFD tests are available via the following routes
- From the UoS run test centre (when operational)
- From on campus home testing kits distribution points
- From the on campus pharmacy
- Direct home delivery from UK gov
2.2 LFD tests should be performed regardless of if an individual has been vaccinated. The only group that should not perform regular LFD tests are individuals that have had a confirmed case of covid within 90 days of the test.

2.3 PCR (polymerase chain reaction,) testing should be performed by individuals with symptoms or individuals that have requested a PCR test as a result of a positive LFD. In this case an individual should self isolate unless they have a negative PCR test after the initial LFD test. PCR tests can be ordered here.

3 Face coverings

3.1 Face coverings are not mandated in University of Sussex operated buildings, with the exception of the Clinical Imaging Sciences Centre due to it being a shared NHS facility and the presence of patients.

3.2 Face coverings are recommended in large gatherings where it is not possible to distance yourself from other persons. Examples of this would include but is not limited to to;
- Public transport
- Crowded internal corridors of shopping centres, bars and relevant areas on campus
- Sporting events
- Theatres

3.3 Buildings with high footfall will have signs stating that at times of high occupancy the university expects and recommends that face coverings are worn.

4 Shift Working

4.1 For critical services requiring work on site line managers may consider shift working to ensure that any isolations do not cause members of staff to isolate at the same time as outlined under points 1.3 and 1.4 above.

5. Room Selection and Ventilation

5.1 Ahead of return to campus an assessment has been carried out of spaces and their ventilation rate by SEF. This included an assessment of mechanical ventilation systems, identifying the room that is determined to have the lowest number of air changes (discounting cupboards, plant rooms and other less accessible areas) and then assessing the number of air changes in this space. The worst case ventilation rate for each building can be found here. Occupied offices and teaching space should therefore have a rate greater than the rate specified in the ventilation paper.

5.2 Should you have concerns about a specific room a form to query the ventilation rate within specific places is available here and should be completed by the member of staff with concerns having discusses with their line manager. This form is for spaces that have 7 or more occupants.

5.3 A review of the area will cause on of the following to occur
- Information will be provided on the ventilation system
- A check may be carried out on the windows and their ability to be opened
- The installation of a CO2 monitor to monitor the ventilation rate
- Setting a room occupancy limit
- The room may be removed from use

5.4 All mechanical ventilation systems that are able to bring in outside air have been set to bring the maximum amount of external air into the building. A majority of systems perform any heat reclamation by running warm air leaving the building through pipes that run alongside cold air coming in so as to warm incoming air. This method enables the retention of heat without recycling any particles into the building and is demonstrated in figure 1 below.

![Figure 1](image1.png)

5.4 Ventilation system settings will be reviewed in November 2021. If additional heating is required it is important to note that convection heaters should not be used on the basis of fire safety. Oil filled radiators should be used in areas where additional warmth is required, an example of this is shown in figure 2 below.

![Figure 2](image2.png)