

# Illness, symptoms and corona positive

During corona we need to take extra precautions as advised by the Danish Authorities. Analog is following the [official guidelines from ITU](#) on how to act, should you have symptoms for or be tested positive for corona. It is of high importance that every barista conform to these guidelines!

## Feeling ill

Should you feel ill or have symptoms of corona, you should stay at home. If the symptoms appear while on shift in Analog or at ITU, you must leave ITU immediately.

ITU guidelines says that students who feel ill or have symptoms, should stay at home. This also applies for baristas in Analog.

Should you become ill prior to or during a shift in Analog, you **must leave Analog and ITU**. Please inform your shift mates and try to find a substitute by writing in the Facebook group.

## Get tested if you have symptoms of corona

### Symptoms of corona

Among several, these are the most typical symptoms of corona:

- Dry cough
- Sore throat
- A high temperature
- Headache
- Breathing difficulties
- Muscle pain

Read more on what to do if you have symptoms of corona in this [leaflet from the Danish Health Agency](#).

# Tested positive for corona

If you are tested positive for corona, you must **inform SAP** (remember to say that you are a Analog barista) and then **Andreas Frost** or **Jonas Anker Rasmussen** so the Board can take relevant initiatives.

## *Contact info*

Andreas Frost +45 4230 8171 / [afro@itu.dk](mailto:afro@itu.dk) / [Facebook](#)

Jonas Anker Rasmussen +45 2275 6709 / [anjr@itu.dk](mailto:anjr@itu.dk) / [Facebook](#)

If you are tested positive for corona, it is important that you inform SAP and then the board, so we can work together with ITU management to contain the virus. When you call SAP, please tell them that you are a barista in Analog.

You must stay at home until you have been **without any symptoms for 48 hours**. Have you not shown symptoms, you must stay home **until 7 days after you was tested positive**. Hereafter we look forward to have you back on board in Analog. **Read more in the ITU guidelines.**

## Shift mates of a barista tested positive for corona will be sent home

Even though we all try our best to keep a good social distance in Analog, it might be more difficult to do with your shift mates. Therefore the board assess that fellow shift mates can be considered to be a *close contact*.

SAP will make the final assessment and contact those who are considered a close contact directly.

Fellow shift mates who are sent home will have to show a negative corona test before they can return to Analog. This is in accordance with ITU's guidelines.

## If you are a close contact of a person who has tested positive for corona

If you are informed that you are a close contact of someone who has tested positive for corona, you should have a test done, even if you have no symptoms. **You must stay home until you have tested negative.**

You can according to the Danish Health Agency be considered a close contact if you e.g. are sharing a home with an infected person, have had direct physical contact with an infected person (e.g. through hugging) or have had close face-to-face contact (at a distance of less than one metre for more than 15 minutes).

You are considered a close contact if you have had close contact with an infected person from 48 hours before the person started displaying symptoms until 48 hours after the symptoms have ceased.

If the person who has tested positive has no symptoms, you are considered a close contact if you have had close contact with the infected person from 48 hours before they were tested positive until seven days after the test.

Read more in this **leaflet from the Danish Health Agency**.

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