

Sickness Policy

ReGeneration 2030

We, ReGeneration 2030, are a youth organisation. We work mostly online together but also hold some in-person events. This policy aims to reduce the spread of infectious diseases at our events and covers how we all interact with each other and the space to do this. Organizers of ReGeneration 2030 events and participants should follow national health guidelines.

To reduce the spread of infectious diseases at our events, all participants:

1. **Avoid sharing utensils** or anything that goes inside your mouth with others (cups/forks/spoons etc) in between washes.
2. **Regularly wash hands** throughout the day with soap and water for at least 20 seconds. This is a good way to slow the spread of a range of different infectious diseases, including COVID-19. If it isn't possible to wash your hands, then you can use disinfectant.
3. **Sneeze and cough into our elbows** (not your hand or into the air) to reduce the spread of germs.
4. **Distance ourselves when we feel unwell.** If you begin to feel unwell (with a potentially infectious disease) please inform the organisers. Then either leave the event until you feel better, or wear a facemask when indoors with people, and keep a distance of 1m to each other wherever possible. If any of your symptoms are similar to that of COVID-19, please take a rapid COVID-19 test*. You can get these from any pharmacy in Åland, most supermarkets, or by contacting the core team.
 - a. If the test is negative: stay away from the event venues until you feel considerably recovered. Most infectious diseases are most infectious in their early stages.
 - b. If the test is positive: isolate yourself from others until five days have elapsed since your symptoms started, you have been fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved.
 - c. If your condition worsens greatly after being tested positive (under 24 hours after taking the test), contact the local emergency room (tel. +358 18 538 500 for events hosted on Åland) and the core team.
 - d. *Isolating with COVID can sometimes be boring and unpleasant, especially when you're away from home. Let the core team know if your test is positive so that the ReGeneration 2030 team can support you.*

Those organising the event:

1. **Regularly ventilate spaces** every hour to keep air fresh and moving. If the temperature outside is warm enough (eg, over about 18c) prop open windows/doors for the duration of its use. It's one of the best ways we can reduce the spread of respiratory diseases during our event, including COVID-19.
2. **Have COVID-19 tests & masks on hand**, the number of which should be 5-10% of the total number of people who will be present for the event.
3. **Distribute information** about this policy to everyone at the event and make sure everyone knows what to do if they feel unwell.
4. If possible, also have **disinfectants** on hand
5. Ensure an **open communication** of information relevant to participants' health and safety i.e. good transparency about the health situation and what we're doing about it.

*COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. This disease is usually present in wild animals and spread to humans and began a global pandemic in 2020. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention, and some will take months or even years to recover. **COVID-19 is the most common infectious disease in our region that can cause long-term disability, which is why we are particularly cautious about not spreading it.** The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing, or breathe.

The most common symptoms of COVID-19 are:

- Fever
- Dry cough
- Fatigue

Other symptoms that are less common and may affect some patients include:

- Loss of taste or smell,
- Nasal congestion,
- Conjunctivitis (also known as red eyes)
- Sore throat,
- Headache,
- Muscle or joint pain,
- Different types of skin rash,
- Nausea or vomiting,
- Diarrhoea,
- Chills or dizziness.

Pandemics and sustainability

We are currently living through a period of unprecedented species extinction, in a world system that is destroying more and more wild spaces in order to produce energy, food and stuff. This greatly increases the risk of pandemics like the COVID-19 pandemic in 2020-2023, by driving animals into contact with humans in ways that they haven't been before, allowing pathogens to jump.

A just and rapid sustainable transition that safeguards wild spaces and reduces intense animal agriculture will make us safer from pandemics like the COVID-19 pandemic in the long term. And that's what we unite to fight for!

Adopted: 2020

Last amended: 12.08.2025

This policy is based on recommendations of the WHO as well as Åland's provincial government:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.ahs.ax/patienter/coronasmitta>