

COVID-19 Policy

ReGeneration 2030

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 became 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. The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe.

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 COVID-19 at our events and covers how we all interact with each other and the space in order to do this.

This policy has been updated in March 2024, specifically for the purpose of ReGeneration Week 2024.

Symptoms of COVID-19

COVID-19 is a fast-evolving virus with a number of different strains currently present in humans. There is a lot of variance in how symptoms present. 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.

Guidelines for all participants in our events:

1. **Sharing utensils** - avoid sharing anything that goes inside your mouth with others (cups/forks/spoons etc) in between washes.
2. **Hand washing** - wash your hands regularly 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. Alternatively, use disinfectant.
3. **Coughs and sneezes** spread diseases. If you need to cough or sneeze, do it into your elbow (not your hand or into the air) to reduce the spread.
4. **Feeling unwell** - if you begin to feel unwell (with a potentially infectious disease) please leave the event until you feel better. 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: please 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: please 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) 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.*
5. **Precautions** - in any case, you are also encouraged to take a self-test at your own responsibility before attending the event. Additionally, keep in mind that vaccination helps to provide protection from severe disease.

Code of conduct for workers and volunteers running the space:

1. **Ventilation** - this means keeping the air fresh and moving. It's one of the best ways we can reduce the spread of respiratory diseases during our event, including COVID-19. Workers/volunteers in every room ventilate every room that is used. If the temperature outside is warm enough (eg over about 18c) prop open windows/doors for the duration of its use. If the temperature outside is cold, open windows/doors for 5 minutes every hour or so.
2. **COVID-19 tests & masks** - rapid COVID-19 tests as well as face masks are bought before each event (the number of which should be at least 10% of

the total number of people who will be present for the event). The core team is responsible for distributing these if they're needed.

3. **Information distribution** - workers/volunteers distribute information about these policies and procedures to everyone at the event and make sure everyone knows what to do if they feel unwell.

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 this one 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 this one in the long term. And that's what we are here to learn about and fight for!

Adopted: 2020

Last amended: 18.03.2024

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/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-mass-gatherings>

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