

**MINISTRY OF HEALTH**  
**TECHIRGHIOL BALNEAR AND REHABILITATION SANATORIUM**

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**RECOMMENDATIONS ON THE ORGANISATION OF A  
SCIENTIFIC EVENT IN THE TECHIRGHIOL  
BALNEAR AND REHABILITATION SANATORIUM**

**DECISION no. 44 of 07.07.2021 on the proposal to extend the state of alert and the measures to be applied during this state of alert to prevent and combat the effects of the COVID-19 pandemic:**

- extends the state of alert throughout the national territory for a period of 30 days, starting on 12.07.2021;
- proposes to maintain the organisation of conferences with a maximum number of 150 people indoors with the provision of a 2 sqm area for each person, with the wearing of a protective mask and in compliance with the public health rules laid down in the order of the Minister of Health, if the cumulative incidence per 14 days in the county/locality is less than or equal to 3/1,000 inhabitants; more than 150 persons are allowed indoors with the provision of 2 sqm per person, if all persons are vaccinated against SARS-CoV-2 for whom 10 days have passed since the completion of the full vaccination scheme.

**RISK FACTORS TO BE CONSIDERED AND SPECIFIC RISK REDUCTION MEASURES**

- **Exposure during travel** - airports, airplanes, bus stops, buses, train stations, trains, public transport, gas stations and rest stops, places where physical distancing may be difficult and ventilation may be poor - participants will be asked to maintain a minimum safety distance of 2 m from other people and to avoid crowding in any of these places.
- **Indoor event** - very intensive ventilation of the space will be provided, both artificial, calculated at 12-15 air changes per hour, and natural, with windows open at all times, with meals served outside at least for people in high-risk categories (elderly and/or with chronic illnesses).
- **Duration of the event** - will be shortened to a maximum of 3 days with a maximum of 6 h per day of physical presence in conference rooms, compensated by online materials.

- **Number and crowding of people at the event** - no more than 150 participants physically present in total will be admitted; presentations held in different rooms with attendance by choice, less than 70% of room capacity, with seating arranged to provide 2-4 sqm per person.
- **Behaviour of the participants during the event** - hugging, handshakes and other interactions below 2 m distance will not be admitted; all persons will wear single-use masks, which will be given at the entrance to the hall and taken off to be replaced when changing the conference room; door handles will be covered with Nanoseptic covers, which provide a continuous process of oxidation of organic contaminants and with the help of light and through mineral nanocrystals, create a stronger oxidation reaction than that created by the use of chlorine and work 24/7, the oxidation process of organic contaminants being a continuous one.

## **OVERALL RISK REDUCTION STRATEGY**

### **Promoting healthy behaviours that reduce the spread**

- Staff and participants will stay home if they have symptoms of any kind or have had close contact with a symptomatic person.
- The participation fee will be refunded for event participants who are symptomatic and withdraw at the start of the event.
- Epidemiology triage of participants and staff will be carried out daily - non-contact thermometer temperature screening and symptom screening. Those with a temperature above 37.5 and/or symptoms of any kind will not be allowed to participate in the event and a COVID-19 rapid test will be performed.
- Antiseptic dispensers with hydroalcoholic solutions for hand sanitizing by rubbing will be set up in the circulation halls.
- Soap dispensers, paper towel dispensers and antiseptic dispensers will be installed in the sanitary facilities.

### **Physical distancing**

- The organisation of the event will take into account the capacity of the space so that the participants remain at a distance of 2 m = 6 feet = 2 arm lengths.
- Participants will be reminded on arrival to stay at least 2 metres away from people not living with them.
- Participants and staff will be informed not to greet others with physical contact (handshakes, hugs). This reminder will be included in the vicinity of the physical distancing signs.

- Gathering people in groups will be discouraged and spending breaks outside with interaction with people in the same group and relaxing walks outdoors will be recommended.

### **Use of masks**

- Staff and participants will be required to wear masks, applied completely over the nose and mouth, throughout the event. For entry to the conference rooms masks will be provided by the organiser, taken off and changed for a new one when entering a new room (taken off, disposed of in the household waste bin with bag and hands rubbed with antiseptic before fitting the new one). Outside the conference rooms participants must bring and use masks from their own sources.
- Staff will advise participants to ensure correct use and collection of masks.
- The following categories of persons are exempt from the requirement to wear a mask:
  - a person with a disability who cannot wear a mask or cannot safely wear a mask for reasons related to the disability;
  - a person for whom wearing a mask would create a health hazard;
  - a lecturer while defending the presentation, without direct interaction with the audience.

### **Hand hygiene and respiratory etiquette**

- Staff and participants will be asked to wash their hands frequently with soap and water, or rub with antiseptic, for at least 20 seconds, and instructions for washing/rubbing will be taped to the soap/antiseptic dispensers or displayed nearby.
- If soap and water are not available, staff and participants may use hand sanitizer containing at least 60% alcohol and rub their hands until dry.
- Participants will be discouraged from shouting, especially indoors. Music levels will be kept low so that people do not have to shout or speak loudly to be heard.

### **Adequate supply**

- The necessary amount of soap, hand sanitizer containing at least 60% alcohol, paper towels, napkins, disinfectant wipes, masks and touchless garbage cans (with pedal and bag or of plastic with bag, ensuring easy collection and efficient cleaning/disinfecting), surface cleaners and

disinfectants, air disinfectants will be provided in sufficient quantities for the duration of the event...

## **Signs and messages**

- Pictograms promoting protective measures will be posted in highly visible locations:

The wear a mask pictogram will be mounted at the entrance to the building and in each conference room and on transit hallways:

### **WARNING**

Wearing a mask is mandatory/you must wear a mask

The hand wash pictogram will be mounted in the room, restrooms and lunchroom

### **HAND WASHING IS MANDATORY**

social distancing, no fever, no coughing, no sneezing, no shaking hands, no hugging pictograms, will be displayed in break areas



- Measures to reduce the spread of COVID-19 implemented at the event will be emailed to participants and regularly broadcast on internal TV.
- Videos on behaviours that prevent the spread of COVID-19 will be posted on internal TV.
- Preventive measures will be promoted on the event website and via the event social media accounts. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html> will be used as a source of information.
- Posters promoting preventive behaviours will be translated into one or more international languages.

## **Maintaining a healthy environment**

- Cleaning and disinfection of rooms will be performed at least once a day and as often as needed additionally during the day.
- Disinfectants active on encapsulated viruses with the shortest time of action and preferably RTU shall be used for disinfection.

- Cleaning and disinfection will be carried out in strict accordance with internal procedures.
- Disinfectants and consumables will be provided throughout the event: soap for hand washing, hand sanitizers with at least 60% alcohol, paper towels for hand drying, surface and air disinfectants, garbage bags for waste collectors, etc.
- At the end of each programme the air in the conference rooms, transit hallways and restrooms will be disinfected.
- Once a day the air in the accommodation areas will be disinfected.
- Restrooms
  - A sufficient number of shared restrooms will be designated according to the number of participants to avoid queuing,
  - Cleaning staff will check regularly, at least three times per shift, that the restrooms are operational.
  - Restrooms will be cleaned and disinfected on a regular basis, at least three times a day, especially high touch surfaces such as sinks, toilets, doorknobs, countertops, light switches.
  - Only high-level, short-acting disinfectants, active on enveloped viruses, preferably RTU, shall be used for toilet disinfection.
- **Ventilation**
  - Prior to the event all ventilation systems will be checked and adjusted to provide 12-15 air changes per hour. Natural ventilation will be used to the maximum by opening windows and doors.
  - Portable ventilation equipment will not be used to reduce the potential spread of any pathogens.
  - Participants will be invited to spend as much time as possible outdoors.
- **Water systems**
  - Bottled drinking water will be provided at the table and participants will be encouraged to bring their own bottled water to the room.
  - For hygiene, hot and cold water will be provided continuously and water quality will be checked chemically and bacteriologically before the event is scheduled.
- **Particular aspects**
  - Outdoor activities will be promoted.
  - Online attendance options will be offered in addition to in-person attendance to help reduce the number of in-person participants.

- All entrances and exits will be used in an organized manner and overcrowding will be discouraged.
- Seating will be redistributed so that people can stay at least 2 metres apart.
- A maximum of 2 people should be accommodated in the room.

### **Physical barriers and guides**

- Physical guiding signs will be installed, with tape on the floors and signs on the walls, to ensure social distancing and observance of circuits.
- One-way flow circulation plans will be established in order to reduce bottlenecks and ensure the ability to maintain physical distancing at the event.
- Multiple but one-way entrances and exits will be used, with appropriate signage and congestion of any kind will be discouraged.
- Both arrows drawn on the floor and wall-mounted signs will be used to indicate the proper direction of movement of participants.
- Physical barriers, such as sneeze guards and partitions, will be installed in areas where it is difficult for people to stay at least 2 metres apart (e. g. information desk or dividing lanes for different directions of circulation where the flow cannot be directed through another circulation lane).

### **Common areas**

- Dining rooms will be used on series, so as to ensure a distance of 2 metres between 2 people and, when possible, the terrace, which provides an open space, will be used. Dining areas will be rigorously disinfected between meals according to own procedures.
- Recreation areas will be set up outside.

### **Food services**

- All dining areas, including the terrace, will be used and seats will be arranged so that diners remain at least 2 m apart by removing tables/chairs/markings tables/seats/seats that are not in use.
- Seating capacity per hall will be limited to a maximum of 70% of the authorised capacity.
- In closed dining rooms all windows will be opened for efficient air exchange.
- Participants will be assigned a numbered table seat. Signs will be set up with the route to follow for each numbered group and there will be staff assigned to direct people to tables to avoid overcrowding and queues.
- Meal times will be respected so as not to create queues.

- The routes will be marked with tape on the floor and signs and a one-way flow will be created (entry through one door and exit through another).
- Dining rooms will be rigorously cleaned and disinfected between meals.
- For people at higher risk of illness, seating will be provided on the terrace for better ventilation of the space.

### **Shared items**

- Participants will be discouraged from sharing items that are difficult to clean, sanitize or disinfect.
- Any sharing of food, tools, equipment or supplies by staff members will also be limited.
- Adequate supplies will be provided to minimize the sharing of high-touch materials to the extent possible, or otherwise their use will be limited to a group of staff members or participants or they will be rigorously cleaned and sanitized between uses.
- Microphones will be disinfected between two speakers and will not be passed from one person to another during the dialogue presentation.

### **Protections for event staff and participants at higher risk of severe disease from COVID-19**

- Options will be provided for staff at higher risk of severe illness (elderly and people with underlying medical conditions) that limit the risk of exposure: teleworking, event organisation rather than working at the registration desk etc.
- In-person meetings will be replaced with video or teleconference calls whenever possible.
- The option of virtual attendance, in-room dining or terrace seating will be offered for participants at higher risk of severe illness.
- Participants will be provided with information about local COVID-19 levels so that they can make an informed decision about participation and any travel restrictions before travelling to the event.
- The confidentiality of people at higher risk of severe illness regarding their underlying medical conditions will be protected.

### **Limited, staggered or roster shifts and attendance times**

- The number of participants will be significantly reduced by allowing online participation, the proceedings will be carried out on sections in groups not exceeding 70 people simultaneously in the same room and the duration of presentations will be shortened.

- Staff will work in limited shifts, in staggered shifts so as to shorten the duration of the presentation and will be instructed to keep a distance of 2 m from other people.
- Attendance times will not be imposed in order to minimise the number of participants at the venue.

## Travel and transit

- All participants travelling by air from a foreign country will be required to present a negative COVID-19 test result taken no more than 3 days before.
- Participants traveling from another location will be required to follow CDC traveller recommendations:

**CORONAVIRUS DISEASE 2019 (COVID-19)**

**Domestic Travel**  
RECOMMENDATIONS AND REQUIREMENTS

	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before travel	✓	
Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

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- The use of transport options that minimise close contact with others (e.g. walking or cycling, driving or riding in a car - alone or only with those in the room, wearing a mask on public transport) will be encouraged.
- Staff will be allowed to change their hours so that they can commute during less busy periods.
- Staff and participants will be advised to wash their hands with soap and water for at least 20 seconds as soon as possible after the journey.
- Drivers involved in the organisation will be expected to wash their hands often, wear masks and maintain a physical distance from passengers, clean and disinfect the vehicle after each transport.
- Parking lots will be reconfigured to limit crowding points.
- Participants will be informed in due time of all legislative changes affecting passengers.

## **Designated COVID-19 contact point**

- An office to be responsible for responding to all COVID-19 concerns will be set up. All employees and participants will need to have information on where this office is located and how they can be contacted by telephone.
- Staff and participants will need to self-report to this office if:
  - have symptoms of COVID-19,
  - tested positive for COVID-19,
  - have been in contact with someone with COVID-19 in the last 14 days.
- Participants will be informed of cancellations and restrictions in effect in order to limit people's exposure to COVID-19 (e.g., limited hours of operation or extended hours with limited attendance at any one time).

## **Back-up staffing plan**

- A list of trained back-up staff will be established in case of absenteeism.

## **Staff training**

- Staff will be trained on all safety protocols according to their own procedures:
  1. clinical triage with temperature monitoring at shift entry and self-report in case of present symptoms or contact with confirmed or suspected case;
  2. screening by rapid test or PCR according to the regulations in force;
  3. express recommendation for vaccination;
  4. 14-day quarantine in case of contact with a confirmed case;
  5. wearing a mask is compulsory;
  6. repeated hand hygiene (washing with soap and water/rubbing with hydro-alcoholic solution);
  7. keeping a permanent distance of 2 m from other people.

**Recognition of signs and symptoms** - any person with respiratory, digestive or altered general condition will be rapidly tested for Covid-19.

**Supporting endurance capacity** - outdoor movement will be promoted with repeated times for relaxation and sufficient sleep.

**If someone becomes ill** the following will be done:

- The sick staff will no longer appear to work until they meet the criteria to discontinue home confinement;
- participants with symptoms in the county should go home and see their GP or call 112, depending on how severe their symptoms are;

- participants with symptoms from outside the county will be isolated in isolator, rapidly tested for Covid-19 and in case of positive test kept in isolation until recovery or if necessary, transferred to a higher-level hospital unit;
- persons who have had close contact with a person with symptoms should be isolated at home or in their own room until confirmation/denial of the potential source;
- persons who have been exposed to contact with a confirmed case of COVID-19 should be quarantined for 14 days at home or in their own room;
- transport of the patient will be done only by ambulance or by own car in case of home transport; public transport is not allowed;
- the areas through which an ill person passes will be closed and will not be used until after terminal cleaning and disinfection, according to their own procedures;
- all identified cases will be reported to the designated COVID-19 contact point and to County Public Health Directorate Constanta;
- a list of participants with their contact details and place of accommodation will be kept at the designated COVID-19 contact point to facilitate the establishment of contacts.

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