

HINDUSTAN COLLEGE OF SCIENCE & TECHNOLOGY  
FARAH-MATHURA

PRECAUTIONARY NOTE & ACTIONS  
FOR  
**COVID-19**



PREVENTION AND CONTROL  
IN  
COLLEGE CAMPUS

(FOR STUDENTS / FACULTY / STAFF)

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# I. FACTS ABOUT COVID-19

## **What is COVID-19?**

COVID-19 is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV.'

The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold.

## **What are the symptoms of COVID-19?**

Symptoms can include fever, cough and shortness of breath. In more severe cases, infection can cause pneumonia or breathing difficulties. More rarely, the disease can be fatal. These symptoms are similar to the flu (influenza) or the common cold, which are a lot more common than COVID-19. This is why testing is required to confirm if someone has COVID-19.

## **How does COVID-19 spread?**

The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can also be infected from and touching surfaces contaminated with the virus and touching their face (e.g., eyes, nose, mouth). The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it.

## **Who is most at risk?**

We are learning more about how COVID-19 affects people every day. Older people, and people with chronic medical conditions, such as diabetes and heart disease, appear to be more at risk of developing severe symptoms. We know it is possible for people of any age to be infected with the virus.

## **What is the treatment for COVID-19?**

There is no currently available vaccine for COVID-19. However, many of the symptoms can be treated and getting early care from a healthcare provider can make the disease less dangerous. There are several clinical trials that are being conducted to evaluate potential therapeutics for COVID-19.

## **How can the spread of COVID-19 be slowed down or prevented?**

As with other respiratory infections like the flu or the common cold, public health measures are critical to slow the spread of illnesses. Public health measures are everyday preventive actions that include:

- ✓ staying home when sick;
- ✓ covering mouth and nose with flexed elbow or tissue when coughing or sneezing. Dispose of used tissue immediately;
- ✓ washing hands often with soap and water; and
- ✓ cleaning frequently touched surfaces and objects.

As we learn more about COVID-19 public health officials may recommend additional actions.

## II. INTRODUCTION

The outbreak of coronavirus disease (COVID-19) has been declared a Public Health Emergency of International Concern (PHEIC) and the virus has now spread to many countries and territories. While a lot is still unknown about the virus that causes COVID-19, we do know that it is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can also be infected from touching surfaces contaminated with the virus and touching their face (e.g., eyes, nose, mouth). While COVID-19 continues to spread it is important that communities take action to prevent further transmission, reduce the impacts of the outbreak and support control measures.

The protection of student and educational facilities is particularly important. Precautions are necessary to prevent the potential spread of COVID-19 in college and school settings; however, care must also be taken to avoid stigmatizing students and staff who may have been exposed to the virus. It is important to remember that COVID-19 does not differentiate between borders, ethnicities, disability status, age or gender.

Measures taken by colleges can prevent the entry and spread of COVID-19.

## III. COLLEGE ADMINISTRATORS, FACULTY AND STAFF

### *Key Messages & Actions*

#### Basic principles

Following basic principles can help keep students, faculty, and staff safe at college and help stop the spread of this disease:

- Sick students, faculty and other staff should not come to college
- College should enforce regular hand washing with safe water and soap, alcohol rub/hand sanitizer or chlorine solution and, at a minimum, daily disinfection and cleaning of college surfaces
- College should promote social distancing (a term applied to certain actions that are taken to slow down the spread of a highly contagious disease, including limiting large groups of people coming together)

#### Ensure safe college operations

Clean and disinfect college building, classrooms and especially water and sanitation facilities at least once a day, particularly surfaces that are touched by many people (railings, tables, sports equipment, door and window handles, teaching and learning aids etc.)

Implement social distancing practices that may include:

- Staggering the beginning and end of the college day
- Cancelling sports games and other events that create crowded conditions
- Create space for student's desks to be at least one metre apart

### Establish procedures if students or staff become unwell

Plan with local health authorities and update emergency contact lists. Ensure a procedure for separating sick students and staff from those who are well – without creating stigma – and a process for informing parents/caregivers, and consulting with health care providers/health authorities wherever possible. Students/staff may need to be referred directly to a health facility, depending on the situation/context, or sent home. Share procedures with staff, parents and students ahead of time.

### Promote information sharing

Coordinate and follow guidelines from the national health and education authorities. Share known information with staff, caregivers and students, providing updated information on the disease situation, including prevention and control efforts at college.

### Plan for continuity of learning

This can include:

- Use of online/e-learning strategies.
- Assigning reading and assignments for home study.
- Assigning faculty to conduct daily or weekly follow up with students through zoom app.
- Review/develop accelerated education strategies.

## **CHECKLIST FOR COLLEGE ADMINISTRATORS, FACULTY AND STAFF**

- 1.** Promote and demonstrate regular hand washing and positive hygiene behaviors and monitor their uptake.
  - Ensure soap and safe water is available for regular hand washing.
  - Encourage frequent and thorough washing (at least 20 seconds).
  - Place hand sanitizers in washrooms, classrooms, halls, and near exits/entry where possible
- 2.** Increase air flow and ventilation where climate allows (open windows, use air conditioning where available, etc.)
- 3.** Post signs encouraging good hand and respiratory hygiene practices
- 4.** Ensure trash is removed daily and disposed of safely

## IV. STUDENTS

Student should understand basic information about coronavirus disease (COVID-19), including its symptoms, complications, how it is transmitted and how to prevent transmission. Stay informed about COVID-19 through reputable sources such as UNICEF, WHO and national health ministry advisories. Be aware of fake information/myths that may circulate by word-of-mouth or online.

### CHECKLIST FOR STUDENTS

- 1.** In a situation like this it is normal to feel sad, worried, confused, scared or angry. Know that you are not alone and talk to someone you trust, like your parent / faculty / friends so that you can help keep yourself and your college safe and healthy.
  - Ask questions, educate yourself and get information from reliable sources
  
- 2.** Protect yourself and others
  - Wash your hands frequently, always with soap and water for at least 20 seconds
  - Remember to not touch your face
  - Do not share cups, eating utensils, food or drinks with others
  
- 3.** Be a leader in keeping yourself, your college, family and community healthy.
  - Share what you learn about preventing disease with your family and friends.
  - Model good practices such as sneezing or coughing into your elbow and washing your hands.
  
- 4.** Don't stigmatize your peers or tease anyone about being sick; remember that the virus doesn't follow geographical boundaries, ethnicities, age or ability or gender.
  
- 5.** Tell your parents, another family member, or a caregiver if you feel sick, and ask to stay home.

**Stay Home,  
Stay Safe**

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