

## GUIDELINES FOR STAFF, FACULTY AND STUDENTS FOR COVID-19 EXPOSURES

### EXPOSURE TO A PERSON WITH CONFIRMED COVID-19

Quarantine for 14 days

**OR**

Get tested for COVID-19 within 5-8  
days of exposure or earlier if  
symptoms appear

### EXPOSURE TO A PERSON WITH SUSPECTED COVID-19

Quarantine for 14 days or until you  
learn that the person tests negative

If the person tests positive, you continue  
the 14 days and you get tested at 5-8  
days or earlier if symptoms appear

**ASYMPTOMATIC PERSONS WHO TESTED NEGATIVE AFTER 5-8 DAYS  
CAN GO BACK TO CLASS/WORK AND MONITOR SYMPTOMS.**

**IF YOU DEVELOP COVID-19 SYMPTOMS, CONTACT YOUR PERSONAL HEALTHCARE  
PROVIDER/ FAMILY PHYSICIAN. STAY AT HOME, SELF-ISOLATE AND PLEASE CONFIRM  
YOUR TEST RESULT WITH YOUR ADVISOR/SUPERIOR.  
CALL THE UNIVERSITY OF BALAMAND AT 961 6 930250 EXTENSION 1020 AS SOON AS  
POSSIBLE IF YOUR TEST IS POSITIVE.**

 **YOU'RE WORRIED ABOUT YOUR SYMPTOMS  
YOU'RE NOT SURE WHAT TO DO**

**Contact Your ADVISOR & or UOB MEDICAL HOTLINE  
961 6 930250 Ext. 7777  
MOPH COVID19 Hotline: 01594459**



## WHAT IS A CONTACT

A **CONTACT** is a person who has experienced any one of the following exposures during the **2 days before and the 14 days after the onset** of symptoms of a probable or confirmed case:

Face-to-face contact with a probable or confirmed case within 1.8 meter and for at least 15 minutes

Direct physical contact with a probable or confirmed case

Direct care for a patient with confirmed COVID-19 disease without using recommended personal protective equipment

Lives in the same household as a person with COVID-19 and shares spaces and personal utensils (toilet, dishes, towel, etc.)

Attended the same gathering and sharing food with a person with COVID-19

## SELF ISOLATION

For patients with severe illness, duration of isolation for up to 20 days after symptom onset may be necessary.

For persons who never develop symptoms, isolation and other precautions can be discontinued 10 days after the date of their first positive RT-PCR test for SARS-CoV-2 RNA

### You need to continue to SELF-ISOLATE until both of these apply:

- It has been 10 days since you first developed symptoms
- You have not had any symptom for at least 72 hours without taking any medication



**LOSS OF TASTE AND SMELL MAY PERSIST FOR WEEKS OR MONTHS AFTER RECOVERY AND NEED NOT DELAY THE END OF ISOLATION**

## GENERAL GUIDELINES

While you wait for your test, you should behave as if you have the virus and self-isolate

Drink enough water to avoid dehydration - your urine should be light yellow or clear

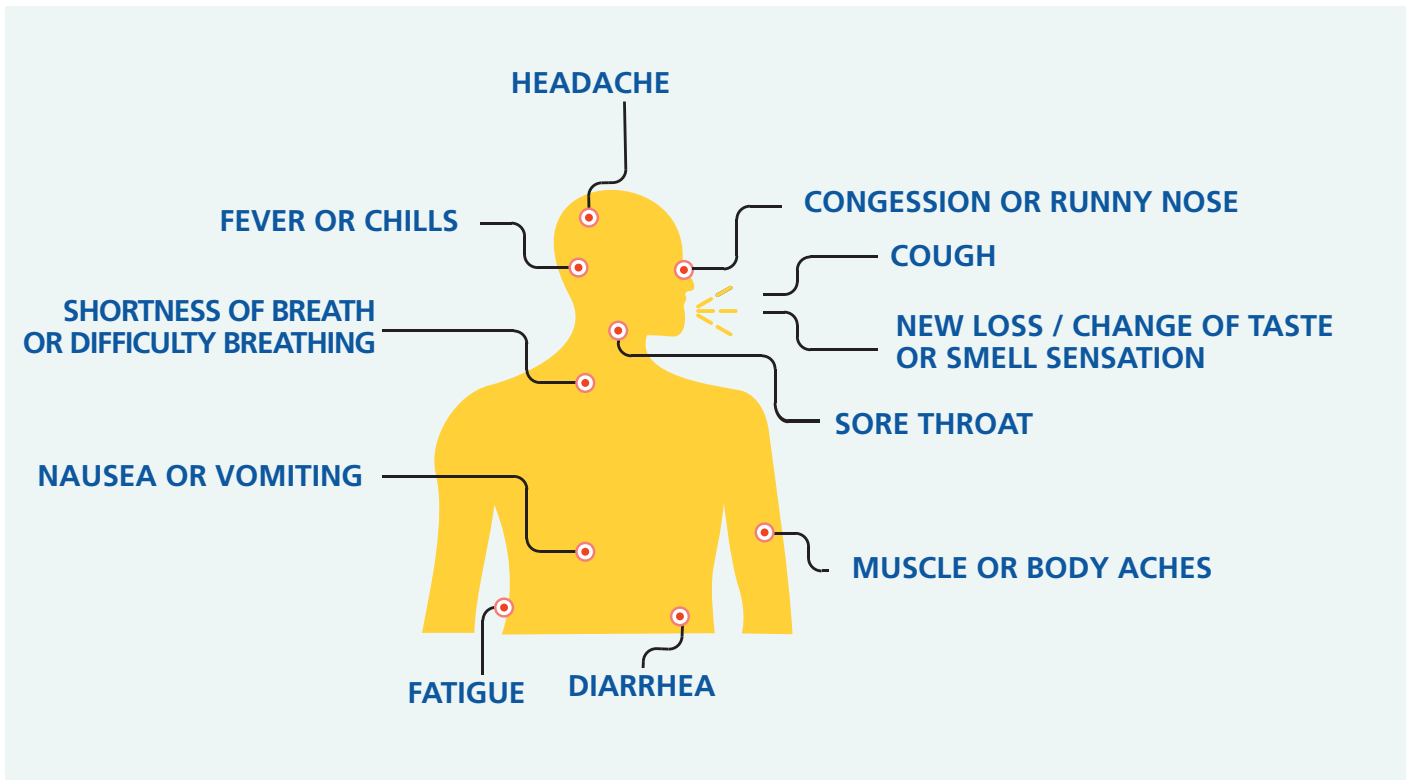
People in your household will need to restrict their movement

Well balanced nutrition is crucial to ensure vitamins intake. Paracetamol may help with symptoms such as pain or fever

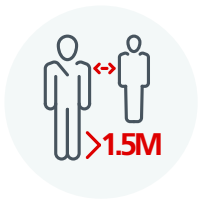
If symptoms get worse seek medical help (calling your health care provider or the next ER department then heading to them if recommended)

Managing stress can preserve the functions of your immune system, such as, relaxation techniques, deep breathing exercise, listening to music, meeting friends virtually, etc.

# COVID-19 SYMPTOMS INCLUDE



## GENERAL PREVENTIVE MEASURES



Practice physical distancing (more than 1.5 m even within your household)



Wear face mask at all times (N95 face mask without filter is mandatory for all students during their clinical training)



Practice hand hygiene frequently (with water and soap for 40-60 sec, or with hand sanitizer containing 70% alcohol for at least 20 sec)



Preserve respiratory hygiene (sneezing in the elbow, cover mouth and nose with a tissue then throw it and clean hands)



Keep hands away of the face



Keep on cleaning surfaces using soap and water than sodium hypochlorite solution 0.5% (1 volume of chlorine 5% added to 9 volumes of water)

# ? HOW TO SELF-ISOLATE

# DO

Stay at home, in a room with a window you can open.

Keep away from others in your home as much as you can. Use a separate toilet if possible, if not, toilet should be cleaned with soap and water and 0.5% sodium hypochlorite solution after each use.

Check your symptoms - call a doctor if they get worse.

Cover your coughs and sneezes using a tissue - clean your hands properly afterwards.

Wash your hands properly and often.

Use your own towel - do not share a towel with others.

Clean your room every day with soap and water then with the 0.5% sodium hypochlorite solution without drying it.

Wash linen at 60-90 degrees Celsius then expose them to the sun.

Have the food brought to you to the room door in single use utensils. Throw them in a plastic trash bag in the room.

Dispose the waste in a closed trash bag. Put it at the room door. The care giver wearing face mask and gloves will dispose it in a second trash bag and mark it with a "C" letter.

**If self-isolation in your home is not feasible, contact your municipality for community isolation services**

# DON'T

Do not go outside unless you have your own outdoor space where you can get some fresh air.

Do not go to work, school, religious services or public areas.

Do not share your things, for example: food, dishes, drinking glasses or other household items.

Do not use public transport or taxis.

Do not invite visitors to your home.

Keep away from older people, anyone with long-term medical conditions and pregnant women.

## **NURSING PROGRAM 10/10/2020**

This guidance is based on available information about COVID-19 and is subject to change as additional information becomes available. Adapted from WHO & CDC guidance  
[National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)