

Guide

For Conscious Return of Student at Tec de Monterrey.

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Tecnológico
de Monterrey

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Cultural change as a prevention strategy from TecSalud's perspective

In December 2019 the appearance of a new virus, SARS CoV2, in the Chinese city of Wuhan, modified all known human structures, from the social to the economic, causing a greater impact on a sanitary scale.

The virus causes the disease known as COVID-19 that so far has infected more than 72 million human beings and has caused more than 400 thousand deaths globally. The challenge it has imposed in all countries has made them face the crisis with their best arguments, but with heterogeneous and changing results.

SARS CoV-2 belongs to the family of coronaviruses, infectious agents known since decades ago and are responsible for 30% of common cold cases. The big difference of their known relatives with the current viral agent lies in three characteristics: their degree of contagiousness, a long incubation time and its higher lethality. Thousands of people over age and individuals with comorbidities such as diabetes and cardiovascular disease -between others - are particularly susceptible to the entity caused by this new coronavirus.

In order to reduce the rate of transmission of the epidemic, the following should be considered: the duration of the infection, meaning that the longer it lasts, the greater the possibility of contagion; the chance, that implies the possibility of the infected individual having contact with other healthy people and spreading the virus to them ; the probability of transmission, which depends on the agent itself and its environment; and finally, the susceptibility of an individual to get the virus and become ill.

The efforts to have a vaccine or a healing treatment are massive, but so far without conclusive results. Therefore, the best strategy for pandemic control lies in community epidemiological measures.

Isolating the sick and monitoring their close contacts decreases the opportunity; the probability of contagion decreases as the distance of physical contact increases, implementing the use of contact barriers such as masks, and sanitize regularly and routinely our hands, as well as all those surfaces, we touch. Susceptibility is modified by separating from risk people who are vulnerable.

Cultural change today is the best strategy that we as citizens can have. The health measures in our study centers and workspaces provide us with a window of opportunity while biotechnology provides us with the vaccines or drugs needed to fight the disease.

Dr. Fernando Castilleja
TecSalud
June 2020

The conscious return is the culture that we want to promote among the Tec community, where with reliable information and safe protocols each one of us acts in a responsible way, making decisions for our own care and of others.

Making way for the new reality

Our guiding principles are:



HEALTH AND WELL-BEING OF OUR COMMUNITY

Conscious reopening will provide an environment with protocols to safeguard health, safety and well-being of all members of our community



GRADUAL IMPLEMENTATION

The conscious reopening plan of the Tecnológico de Monterrey is will be developed in four phases, the execution of which will be gradual, adapted to the local reality and with a specific timetable for the evolution of the pandemic according to the epidemiological traffic light indicated by the health authorities.



PROMOTING RESPONSIBILITY AND SELF-PROTECTION

We encourage the adaptation of new habits that guarantee the fulfillment of health and hygiene measures, based on universal values, such as responsibility, solidarity, civic awareness, common sense and prudence of each member of our community.

Our academic experience with HyFlex+Tec

We are now preparing to start the semester based on the new reality, where new guidelines will be necessary on campus to study any modality you choose.

We will gradually resume the classroom activities for those who have voluntarily enrolled in training units and subjects in the hybrid modality. The exact starting dates will vary according to the academic program, and return will occur as long as the evolution of the pandemic and state, federal and/or TecSalud recommendations allows.


To learn more about



What should I know?

We are preparing our facilities and our professors and employees to return to campus gradually when the state and federal traffic lights allow it. At that time, the campuses will be ready to receive you if you are enrolled in a hybrid format, following the protocols designed to minimize the risks of contagion. The most important thing is to take care of the health of all members of the Tec community and to achieve this we need your commitment

BEFORE RETURNING TO CAMPUS

- Make sure you have completed the "Commitment to My Wellness" course available at 
- Download the App Sap Fiori Client (available in IOS and Android) to your cell phone that will allow you to sign the "Responsible Return Letter" and access the daily health questionnaire.

BEFORE MY TRIP TO CAMPUS

- Plan your day.
- Answer the health questionnaire on the App Sap Fiori Client (available in IOS and Android) before going to campus to obtain a QR code (valid only on that day) that you must present in the sanitary filters facilities to access the campus. If your QR code is red, stay home, consult your doctor and call the TQueremos line at 800 8139 500
- Have with you anti-bacterial gel and 2 face masks. They are recommended in fabric and washable or double-layer cotton
- Consider that your access to the campus will take longer than usual
- Make sure you carry the face mask in any means of transport you use to get to the campus

ARRIVING AT CAMPUS

- The use of face mask is mandatory throughout your stay on campus
- Enter the campus through the sanitary filter, keeping the healthy distance of 1.5 meters
- Show the green QR code that validates that you answered the daily questionnaire in the App Sap Fiori Client (available in IOS and Android)
- Allow to take your body temperature
- Uses antibacterial gel
- You must leave through the sanitary filter; we recommend you go directly to your home and avoid public places.

NEW REALITY AND COEXISTENCE WITHIN THE CAMPUS

- Go to your classroom while maintaining a healthy distance and respecting the signage
- The campus and classrooms will have reduced capacity to ensure social distancing
- You should avoid any displays of affection, including greetings, that involve physical contact, as well as sharing school materials or personal items.
The "Saludo Tec" is promoted
- Follow the prevention measures indicated for each of the spaces (classrooms, library, cafeteria, etc.)
- Wash your hands frequently with water and liquid soap following the recommended by WHO
- Keep the work or study area you use, as well as your personal items, clean and disinfected, and be sure to do this when you move to different spaces.
- You will find new signs with the recommended number of people in each space (classrooms, workspaces, cafeterias, etc.) Likewise, routes have been signposted (with routing to and from) to reduce the risk of contact, control the circulation in the corridors of the buildings and maintain the healthy distance when moving
- Forgotten items on campus will be discarded

MY LIFE OUTSIDE THE TEC

- If you have roomies, agree on prevention and health measures that you will keep to protect yourselves
- Avoid social gatherings and going to public places.
- If you must go out, always use your face mask
- Maintain frequent hand washing with water and liquid soap or antibacterial gel.

**REMEMBER THAT BY TAKING CARE OF YOURSELF,
YOU TAKE CARE OF OTHERS.**



MEDICAL SERVICE

- In order to reduce possible infections, first contact medical offices on campus will provide care only for urgent cases (fractures, cuts, acute pain, fainting, etc.)
- We have installed a module of exclusive attention to suspicious cases of COVID-19 (First Aid Module, MAP).
- If during your stay on campus you show symptoms that could be considered suspicious of COVID-19, please go directly to the First Aid Module
- Remember that you also have access to doctors 24/7 through the TQueremos line 800 813 9500



WELFARE AND COUNSELING

- You have the 24 / 7 service of:



800 8139 500



tec.orienta-me.com
App: **Orienta** ▶

- If a suspicious case occurs, the protocol "Attention to suspicious cases on campus" will be activated and your tutor, successful mentos, student, career/ program director will contact you.
- Remember that you have additional resources on the site:
<https://tqueremos.mty.itesm.mx>



Support for your health and well-being

At the Tec de Monterrey, our priority is the safety and health of all our students.

We seek to ensure that the TEC community is informed of the measures and protocols that we have designed to minimize the risk of contagion at our facilities on their return to campus. The success of these measures depends on all of us; we are counting on you

- People belonging to groups at risk must continue their activities in a remote way
- Your tutor, student success mentor, career/program director will be ready to assist you when you need it. You should send him/her an email if you have suspicious symptoms, or if you are confirmed from COVID-19. You should not report to the campus or facilities until the first aid module at campus determines that you can do this, they will send the authorization through your tutor, mentor, or student success, career/program director who will in turn provide you with that information
- **Mandatory daily use of the App Sap Fiori Client** (available in IOS and Android)
- If you have had contact with a confirmed case of Covid-19 you should report it through the TQueremos line, your tutors, student success mentors, career directors and/or program directors.
- **If necessary, the use of tests will be one of the tools used to monitor and mitigation of risk of contagion**
- Your tutor, student success mentor or career/program director will contact you to inform you about the people you had contact within the face-to-face classes to take the necessary measures of confinement

We have carried out extensive hygiene measures through cleaning and disinfection routines on all campuses. We will privilege the use of natural ventilation; however, we will reinforce the maintenance routines of the heating, ventilation and air conditioning systems.

During the day and at the end of the day, we will reinforce hygiene measures through constant cleaning, disinfection and waste management routines.



Residences

- Use of superior protocols and reinforced hygiene measures and healthy distance in all facilities to protect your health.
- The occupation of the rooms will be individual
- Cancellation of visits until further notice
- Use of exit passes (permissions).
The recommendation is that you limit your trips to only the essential, classes on campus, purchase of food, medicine or for health reasons.
- There will be activities in social networks of integration and healthy coexistence
- Accompaniment of campus medical services In case any resident is confirmed from COVID-19 must stay in his or her room under isolation and the corresponding protocol will be implemented for security of all residents, the medical staff of the First Aid or Medical Service will perform a medical evaluation to the resident and will recommend the respective medical treatment



Cafeterias

- **The cafeteria services will be available during the semester with all the necessary prevention measures based on the official standards issued by the Mexican Secretariat of Health.**
- The modality of the service in our cafeterias will be food to go, with alternatives Pick&Go and Box Lunch. You will have to consume your food in the open spaces



Library

- Spaces like library and learning commons will be restricted, and if the conditions allow it, will be available with a reduced capacity and maintain thus the healthy distance.

LiFE Activities



- Check out the LiFE@home activities
- If the campus is on an orange or yellow traffic light, check with LiFE of your campus

The pandemic has tested us as individuals, as an institution, and as society. Throughout these months we have learned that our responsiveness depends on our ability to adapt and be flexible in the face of uncertainty and the diversity of our geographic footprint on a national level. Until now, we have been guided by our founding principles and the confidence and commitment of all of you with your training at Tec.

We are proud of you, our students, because we have seen that you are giving your best to continue with your studies, your projects and your dreams, in spite of these adverse conditions that we had not lived. The role of thousands of professors and employees is to ensure that we continue to fulfill our purpose: Education that Transforms Lives

**We invite you to visit the site frequently to
keep updated with official information.**

<https://tec.mx/en/conscious-return>



The information contained herein may change without notice depending on the knowledge evolution of SARS CoV2, government and TecSalud guidelines. This includes the possibility of returning to confinement if necessary.