

What to do if I am confirmed with COVID-19?



Announce



Call the following hotlines:

Tec de Monterrey
TQueremos hotline

Phone: 800 813 9500

Tecmilenio

Your Wellness Network

Phone: 800 711 9671

Cellphone: 4422953042

**Press the SOS App
button, if you are on
campus go to MAP.**

24-hour hotline, available every day
of the year, staffed by specialists,
where you can talk about
emotional, medical, nutritional,
financial and legal issues.

Bring Help



Your campus medical
leader will contact you. He
or she will offer you
support and advice, as well
as campus safety
protocols, home care and
hospital advice.

Communicate



Your health status through the follow-up and approval from your
campus medical leader in order to notify your professors of your return
date and return you to your activities.

Remember

You will be assisted at all times by your mentor, tutor, career/program director
and the TQueremos Hotline or your Wellness Network.

We invite you to consult the information
about the gradual return to our campuses at:
<https://tec.mx/en/conscious-return>