

These are the 8 key points of prevention and monitoring against COVID-19 that you should know:

1 If you have symptoms of COVID-19

- **Stay at home** if you have any of the following symptoms:
 - Runny or stuffy nose
 - Headache
 - Throat pain
 - Muscle pain
 - Fever
 - Cough
 - Loss of taste and smell
 - Burning eyes
 - Fatigue
 - Chest pain
 - Breathing difficulty
 - Diarrhea, nausea, vomiting
- We recommend you **do a test (preferably PCR)** within the first 24 hours of the onset of symptoms.
- If you start with symptoms **on campus**, report immediately to **Medical Services**.

2 Types of tests and their use

- **PCR:** It is recommended for people **with or without symptoms**.
- **Antigen:** It is recommended for people **with symptoms**. In case the result is negative, we recommend you to make a **PCR test to confirm your diagnosis or remain in isolation and wait for indications from Medical Services**.

3 You have COVID-19

- Stay at home, **call the TQueremos line (800-813-9500)** either **report as soon as possible to the Medical Services of your campus**.
- **Consult with your trusted doctor the appropriate treatment** according to your state of health and symptomatology.
- Notify your mentor, tutor, or program director.
- Respect the isolation period, described below.

4 Isolation measures

- In case you are diagnosed with COVID-19, it is important that you **isolate yourself for 7 days** from the first symptom and **report it to Medical Services at campus**.
- You can **return to your face-to-face activities on day 8 without the need to take another test**, only if you meet the following criteria:
 - 24 hours without fever
 - General improvement of symptoms
 - 7 days from symptom onset
- If you make one **diagnostic test for COVID-19** and it comes out negative but **if you continue with symptoms, check with your campus Medical Services if you can return to your activities in person**.

5 Had contact with a confirmed case of COVID-19

- If you have **close contact¹** with a person diagnosed with COVID-19 (regardless of your vaccination schedule) and you do not present symptoms, you can continue with your face-to-face activities without the need to quarantine.
- If you have **risk contact²** with a person diagnosed with COVID-19 (regardless of your vaccination schedule), you must carry out **quarantine³** of 7 days and if you do not present symptoms at the end of it, you can return to your face-to-face activities without having to undergo any tests. If you want to shorten this period, take a test (ideally PCR) in an external laboratory within 5 days of the last contact and report it to the Medical Services of your campus.

1. **Close contact:** contact with a person diagnosed with COVID-19 at a distance of less than 1.5 meters for a time equal to or greater than 15 minutes in total in a period of 24 hours (eg. contact with a person for three 5-minute periods over 24 hours). A person is still considered a close contact even if he or she was wearing a face mask.
2. **Risky contact:** prolonged and/or repetitive contact with a person diagnosed with COVID-19 without the use of face mask (eg. contact with a positive family member with whom you cohabit).
3. People who do not have symptoms and had COVID in the last 60 days, will not need to quarantine; they must report Medical Services of their campus to receive instructions.

6 Vaccination

- The **vaccination reduces** significantly the **severity of the disease**.
- If you have not been vaccinated, we strongly recommend you do so and stay up to date with the doses that correspond to you.
- Even with the complete vaccination schedule and booster shot, you can still get COVID-19, so it is important to maintain preventive measures.

7 Recommended Additional Protocols

- The use of face masks is voluntary if the campus regulations allow it, it is recommended to use **KN95 or three-layer surgical mask**, avoiding those that are made of fabric with one or two layers or have a valve.
- During meal times we recommend you respect a healthy distance and use **outdoor spaces**.
- Avoid crowds and **ventilate the spaces** where you are

8 Symptoms requiring immediate medical attention

- Contact your doctor if:
 - You have a persistent fever higher than 38°C that does not respond to medication.
- Go to the nearest hospital if:
 - Your oxygen saturation is less than 92%.
 - You have difficulty breathing or shortness of breath, persistent pain or chest tightness, and you feel confused or lost alertness.

Remember that we are all promoters
and an example when following
health protocols and mutual care.

For you, for me, for Tec

* These measures apply from August 2022.
They will be reviewed and updated according to the progress and evolution of the pandemic.



Visit <http://tec.mx/en/conscious-return>

You are the campus.