

These are the key prevention and follow-up points you should know:

1 If you have symptoms of COVID-19

- If you have any of the following symptoms, **stay home**:
 - Runny or stuffy nose
 - Headache
 - Sore throat
 - Muscle pain
 - Fever
 - Cough
 - Loss of taste and smell
 - Burning eyes
 - Tiredness
 - Chest pain
 - Difficulty breathing
 - Diarrhea, nausea, vomiting
- We recommend **taking a test (preferably a PCR)** within the first 24 hours of the onset of symptoms.
- If you develop symptoms **on campus**, report to the Medical Services on campus.
- If the diagnosis is confirmed, stay home and **ask your doctor about the appropriate treatment** according to your health status and symptoms.

2 Types of tests and their use

- **PCR**: Recommended for **people with or without symptoms**.
- **Antigen**: Recommended for people **with symptoms**. If the result is negative, we recommend a **PCR test to confirm your diagnosis**.

3 You have COVID-19

- Stay home and **call TQueremos line (800-813-9500)** or **report to Medical Services on your campus**.
- Immediately **notify** your mentor, tutor or program director.
- Follow the guidance for the **period of isolation**, as described in point 4.

4 Isolation measures

- In case of being diagnosed with COVID-19, it is important that you **isolate yourself for 7 days** from the date your symptoms began and **report to Medical Services on your campus**.
- You will be able to **return to your in-person activities on day 8** without the need for another test, only if you meet the following criteria:
 - 24 hours without fever
 - Improvement of symptoms
 - 7 days from onset of symptoms
- If you have a **negative diagnostic test for COVID-19** but you **continue with symptoms**, consult with **Medical Services on your campus** if you can **return to your activities in person or not**.

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 status) and you do not have symptoms, you can continue with your face-to-face activities without the need to quarantine. It is highly recommended to take a test (ideally PCR) within 5 days of the last contact and report it to the Medical Services of your campus.
- **If you have risky contact² with a person diagnosed with COVID-19** (regardless of your vaccination status), you must quarantine ³ for 10 days and if at the end of it you do not have symptoms, you can return to your face-to-face activities without having to take a test. If you want to shorten this period, take a test (ideally PCR) in a laboratory 5 days after the last contact and report it to the Medical Services of your campus.

1. **Close contact**: contact with a COVID-19 positive person 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 individual 5-minute periods over 24 hours). A person is still considered a contact narrow even if he was wearing a mask.
2. **Risk contact**: prolonged and/or repetitive contact with a person positive for COVID-19 without the use of face mask (eg, contact with a positive family member for COVID-19 with whom you cohabit).
3. People who do not present symptoms and had COVID in the last 60 days, it will not be necessary for them to perform quarantine; they must report to campus Medical Services to receive directions.

6 Vaccination

- **Vaccination significantly reduces the severity of the disease**.
- If you **have not been vaccinated, we strongly recommend doing so**.
- If it has been **6 months** since your last vaccination dose, you must get your **booster vaccination** as soon as the opportunity opens up for your age group.
- Remember to **register your vaccination**, learn how to do it here:

<http://tec.mx/registratuvacuna>

- Even with the complete vaccination schedule and booster dose, you can still get COVID-19, so it is **important to keep preventive measures**.

7 Additional recommended protocols.

- Use **KN95/N95 mask or double surgical mask with triple layer**.
- During **meal times** make sure you **respect the 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**.

9 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 for January to July 2022 semester.
We will review the protocols again for the August to December 2022 semester.*



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

We expect to see you soon!

You are the campus.