

What to do if you test positive for COVID-19 or if you have symptoms?



Call the following
hotlines:

Tec de Monterrey

TQueremos hotline

Phone: 800 813 9500

Tecmilenio

Your Wellness Network

Phone: 800 711 9671

Cellphone: 4422953042

01

**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.

02



Your campus medical
service leader will
contact you to offer
support.



Follow-up and approval
from your campus
medical leader so that
you can return to your
activities.

03



Communicate the medical approval
to your professors and let them know
when you return to the classroom.

04

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 information about
the gradual return to our campuses at:

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