

Fast guide

Campus Activities

Updated: August 8, 2022

Integrated COVID-19 protocol for campus activities

Purpose	Generally guide hygiene and safety measures to prevent COVID-19 infections based on applicable state and federal regulations.
Reach	Aimed at all Tecnológico de Monterrey students, collaborators, professors, suppliers, and visitors from all campuses.

Activity	Description
1) General guidelines	<p>Academic, sports, cultural and student group activities of LiFE must be carried out following this rules:</p> <ol style="list-style-type: none"> 1. The use of face masks is voluntary if the campus regulations allow it, it is recommended when you are in closed spaces. 2. Immediately monitor and report the appearance of symptoms compatible with COVID-19 to Campus Medical Services. 3. Privilege the use of open spaces whenever possible. 4. Ensure ventilation of the spaces we use (for example, open doors and windows at least 5 minutes after each session). 5. Perform frequent hand hygiene. 6. Try to maintain a healthy distance. 7. Respect the capacity limitations based on current state regulations.
2) Prevention, care and timely report	<ul style="list-style-type: none"> • Because vaccination reduces the severity and transmission of the disease, it is recommended to stay up to date with the vaccination schedule against COVID-19, according to the current official provision. • For student activities, it is necessary that all participants are asymptomatic, this means they are not considered suspected cases of COVID-19 (present symptoms in the last 7 days). • All members of Tecnológico de Monterrey community should monitor for symptoms of COVID-19. In case of symptoms, it is essential to stay home, not attend campus and report to Medical Services immediately to receive instructions (quarantine, isolation, diagnostic test) and medical monitoring. This report can be: <ul style="list-style-type: none"> ○ Directly at the Campus Medical Service. ○ Through TQueremos line.
3) Face mask use	<p>Generally</p> <ul style="list-style-type: none"> • The use of face masks is voluntary if the campus regulations allow it, it is recommended when you are in closed spaces. • It is recommended to use KN95 or three-layer surgical masks, avoiding those made of one or two layers or with a valve.

Activity	Description
	<ul style="list-style-type: none"> Specifically, athletes and artists (singers, dancers, and actors) can remove their face masks during their activity and, if required, must have individual microphones. This applies to any type of venue.
<p>4) National and international travel</p>	<p>National and international trips and intercampus visits:</p> <ul style="list-style-type: none"> <u>It will not be necessary to test for COVID-19 before or after the trip or intercampus visits.</u> Monitor the appearance of symptoms during the week after the trip and report any eventuality to the Campus Medical Service to receive instructions. <u>For any form of transportation, it is suggested to wear a mask at all times regardless of state regulations</u> Ground transportation: 100% occupancy. Accommodation in quadruple rooms is allowed. It is necessary that all traveling attendees are asymptomatic and not considered suspected cases of COVID-19. For international travel, the measures and restrictions that are in force at the time of traveling to the country in question will be applied.

Note: It is necessary to frequently review the updates in hygiene and safety measures by federal entity and international standards.

I. Glossary

1. **Activities on campus:** academic, sports and cultural activities, classes and intercampus visits (competitions, tournaments, visits by ambassadors, etc.).
2. **Open space:** spaces that are not delimited by four walls, which allow good ventilation.
3. **Closed space:** covered enclosures delimited by four walls.
4. **Hand hygiene:** rub hands following the recommended technique using 70% alcohol gel for 20 to 30 seconds.
5. **Hand washing:** rub hands following the recommended technique using running water and soap for at least 40 to 60 seconds.
6. **Healthy distance:** what the current regulations dictate; an interpersonal space of at least 1.5 meters is suggested.
7. **Symptoms compatible with COVID-19:**
 - a. Presence for more than 24 hours of fever greater than 38°C
 - b. Cough
 - c. Fatigue
 - d. Diarrhea
 - e. Throat pain
 - f. Headache
 - g. Eye irritation or pain
 - h. Nasal congestion or runny nose
 - i. Loss of taste or smell
 - j. Muscle or joint pain
 - k. Chest pain and/or shortness of breath