

## Abu Dhabi Polytechnic

"Building the Future of U.A.E Technologies" "نبني مستقبل التكنولوجيا في الإمارات"

بوليتكنك أبو ظبي



# Return to Campus COVID-19 Awareness Presentation

Fall  
2020



**Abu Dhabi Polytechnic**

*"Building the Future of U.A.E Technologies"* "نبني مستقبل التكنولوجيا في الإمارات"

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# Presentation Outline

- 1. What is the novel Coronavirus COVID-19?**
- 2. How is the Coronavirus (COVID-19) transmitted?**
- 3. Ways to protect yourself from Coronavirus (COVID-19)**
- 4. Sneezing and Coughing Etiquettes**
- 5. Hand washing and personal protective equipment (PPE)**
- 6. What should you do before returning to campus?**
- 7. What should you do on campus?**
- 8. Campus Guidelines**
- 9. What should you do if you have COVID-like symptoms?**
- 10. Contact details for information and help**

# What is the novel Coronavirus COVID-19?

**Novel Coronavirus (COVID-19) is a new strain of virus which causes illness in humans. COVID-19 is known to cause respiratory infections ranging from the common cold to more severe diseases. Currently there is no vaccine.**

## **Symptoms:**

- **Fever**
- **Tiredness**
- **Dry cough**
- **Some may have flu-like symptoms such as aches and pains, nasal congestion, runny nose and sore throat or diarrhea in some cases.**
- **These symptoms are usually mild and begin gradually**

# How is the Coronavirus (COVID-19) transmitted?

Human Coronavirus strains are spread from one sick person to another through:

- Coronavirus strains are spread from person to person through contaminated droplets from a person who is sick with the illness (through coughing or sneezing) or contaminated hands
  - The virus can spread through touching an infected surface
  - People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets
- **This is why it is important to stay more than 1.5 – 2 meters away from any person**



# Ways to protect yourself from Coronavirus (COVID-19)

- 1. Wash hands thoroughly with soap and water for at least 20 seconds**
- 2. If no water/soap, use an alcohol-based hand sanitizer**
- 3. Boost your immunity by healthy lifestyle such as eating healthy food, drinking water, physical activity and getting enough sleep.**
- 4. Avoid close contact with anyone showing signs of flu-like symptoms**
- 5. When sneezing/coughing make sure to cover your mouth and nose with tissue then dispose properly. Use your elbow in the absence of tissue.**

# Ways to protect yourself from Coronavirus (COVID-19)

6. **Maintain at least 1.5 – 2 meters distance between yourself and anyone who is coughing or sneezing**
7. **Avoid touching your eyes, nose or mouth without washing your hands**
8. **Avoid shaking hands, and just wave**
9. **Avoid nose-to-nose greeting, hugging or kissing others**
10. **Avoid contact with animals (live or dead)**

# Sneezing and Coughing Etiquettes



UNITED ARAB EMIRATES  
MINISTRY OF HEALTH & PREVENTION



دائرة الصحة  
DEPARTMENT OF HEALTH



هيئة الصحة بدبي  
DUBAI HEALTH AUTHORITY



مركز أبوظبي للصحة العامة  
ABU DHABI PUBLIC HEALTH CENTRE

NOVEL CORONAVIRUS COVID-19 AWARENESS

**Keep others protected**  
by practising good sneeze  
and cough etiquette



CATCH IT



BIN IT



KILL IT

## Cover coughs and sneezes



Cough or sneeze into your sleeve, not your hands. Avoid touching your face with your hands.

Or



Cover your mouth and nose with a tissue and put your used tissue in a wastebasket.



Wash your hands with soap and water for at least 20 seconds.

Or



Clean hands with alcohol-based hand sanitizer.

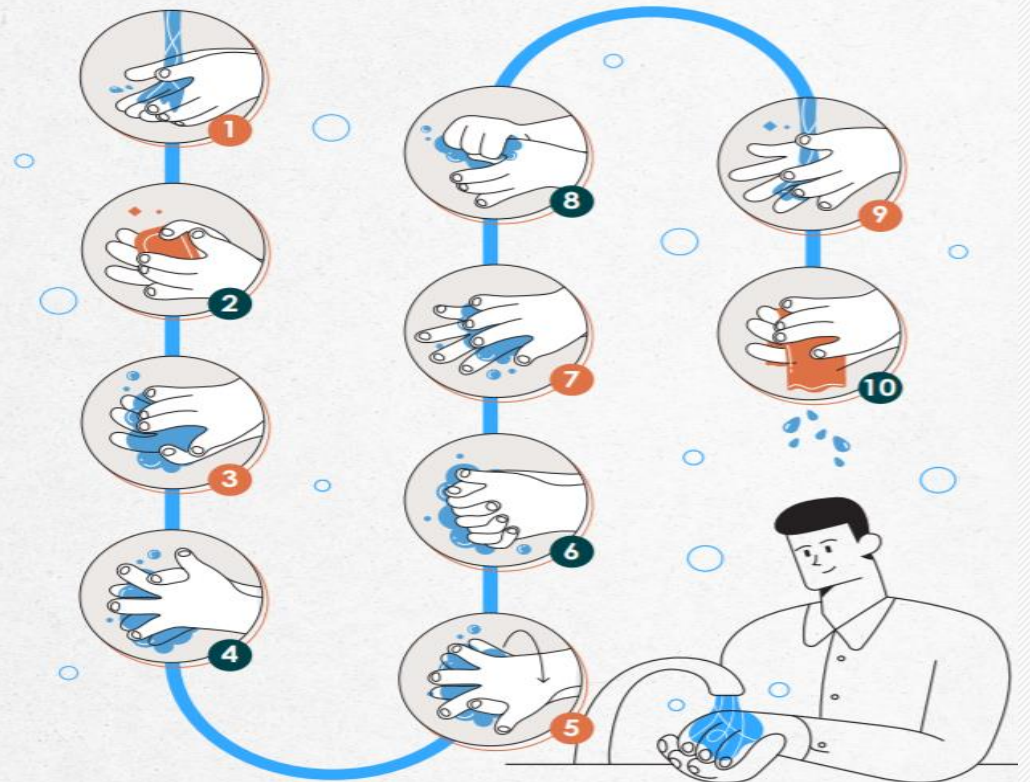


# Hand Washing and Sanitizing

- **Hands are to be washed for at least 20 seconds**
- **Hand sanitizers must be applied using the correct method**

## WASH YOUR HANDS

One of the most important ways to protect yourself from COVID-19 infection is to wash your hands well and often. This is the right way to do it:



# Personal Protective Equipment (PPE)

- **Face masks and gloves are for single use only**
- **Face shields are to be disinfected daily immediately after you return home**



First, wash hands well



Place mask to cover mouth, nose and chin



Pinch the nose piece over your nose



Fix mask using the straps behind the head or looping behind the ears



Make sure the mask covers the mouth, nose and chin



Remove the mask without touching the outer surface and dispose in the trash

# Personal Protective Equipment (PPE)

- **Face masks and gloves are for single use only**
- **Face shields are to be disinfected daily immediately after you return home**

## How **NOT** to Wear a Mask



“The Escape Hatch”



“The Earring”



“The Sniffer”



“The Stache”



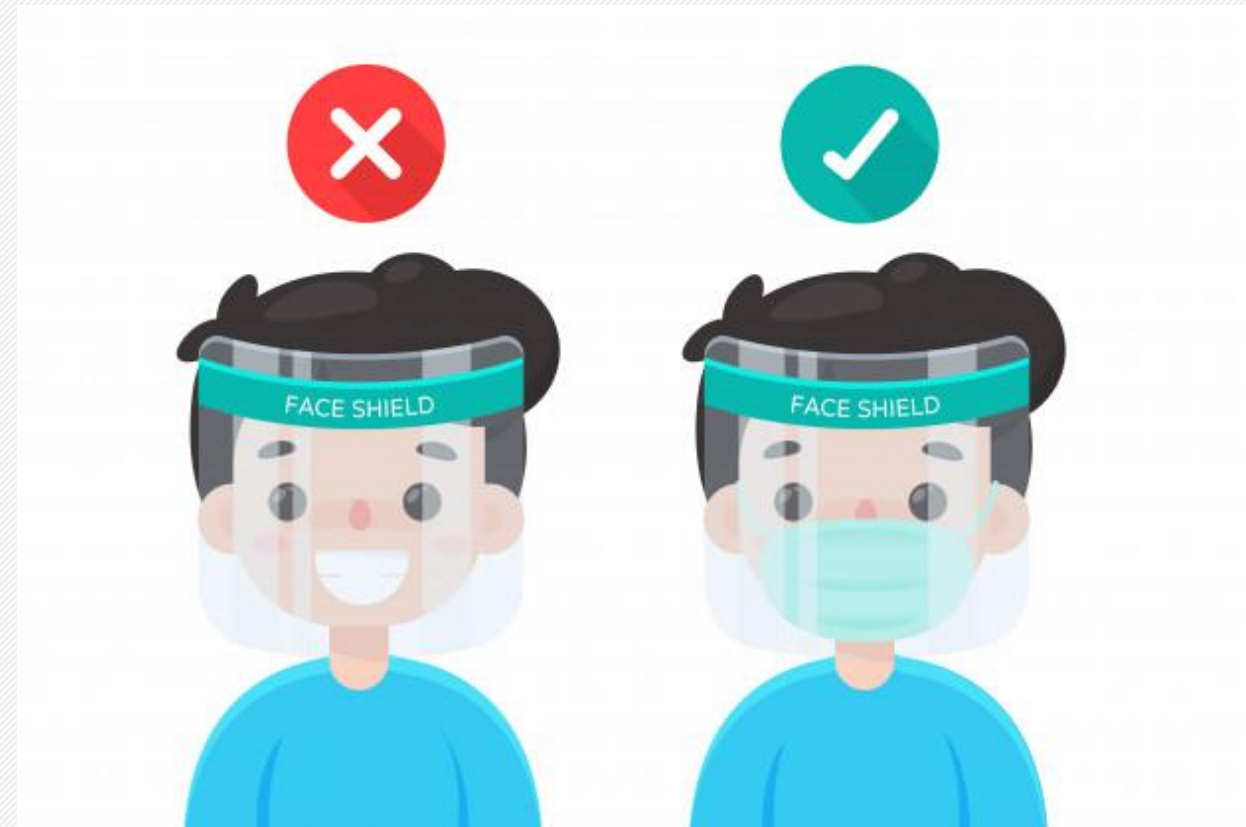
“The Nose Plug”



“The Neckbeard”

# Personal Protective Equipment (PPE)

- **Face masks and gloves are for single use only**
- **Face shields are to be disinfected daily immediately after you return home**



# What should you do before returning to campus?

- **Download Al Hosn application**
- **Obtain COVID test, with negative result**
- **Attend awareness presentation and sign the declaration form**
- **Understand and know the guidelines**
- **Acquire appropriate PPE and sanitizers**
- **Identify People of Determination or their guardians**



# What should you do on campus?

- **Wear face mask and appropriate PPE**
- **Use designated entrance, exits, hallways and stairs**
- **Scan Al Hosn application at entrance to enter campus**
- **Abide by the guidelines and verbal / signage instructions**
- **Keep social distancing at all times**

# Campus Guidelines

- 1. All students/staff are required to attend an awareness seminar before returning to campus**
- 2. All students/staff must register on the AI Hosn contact tracing application and display a “Green” status upon entering the campus**
- 3. All students/staff entering the campus must maintain monthly COVID testing from the relevant authorities**
- 4. All campuses entrances will monitor temperature screenings of everyone entering the campus**
- 5. Anyone with underlining health conditions will require permission to enter the campus from the Director’s Office**
- 6. No visitors will be permitted to enter the campus, unless approved by the Director’s Office**
- 7. Everyone is required to follow physical distancing guidelines (minimum of 1.5 to 2 meters) and follow the personal protective equipment (PPE) guidelines as recommended by the relevant health authorities**
- 8. Everyone is required wear face masks and face shields in communal areas or as directed**
- 9. All campuses will develop a planned daily intake and managing of students / staff for each campus**

# Campus Guidelines

10. All campuses will **reduce the headcount capacity in classrooms in accordance with MoE guidelines of 1.5 – 2 meters**
11. **Buildings, classrooms, laboratories and other facilities will be disinfected daily and after each use**, in line with recommendations of the relevant authorities
12. Support (not inclusive of cleaning staff) & maintenance service staff will not enter the campus when students and staff are present
13. Bus transport capacity will be reduced to 30%; with social distancing on buses; all passengers' temperatures will be checked prior to boarding
14. **Gatherings and group activities such as trips, celebrations, sports events, etc. are not permitted**
15. **All meetings will be conducted online**
16. **Ordering and delivery of food to campus is not permitted**
17. **Trained health and safety official(s) will ensure that people and processes in the campus comply with health and safety protocols**

# What should you do if you have COVID-like symptoms?

- 1. Stay at home and do not come to campus**
- 2. Seek medical advice immediately**
- 3. Inform the college**

## **Students must inform:**

- 1. Student Services**
- 2. Lecturer(s)**
- 3. Head of Department / Program**

## **Staff must inform:**

- 1. Line manager**
- 2. Human Resources**

# Contact details for information and help

**For any medical support or inquiry, please contact:**

- **"Estijaba" service operation center – Abu Dhabi Department of Health: 8001717**
- **Ministry of Health & Prevention: 80011111**
- **Dubai Health Authority: 800342**