



Avicenna International College

AIC Rules and Protocols

R-117

*“Prevention and Protection Policy
Against Coronavirus Infection
At Avicenna International College”*

Extraordinary and Emergency Actions, 2020.

INTRODUCTION

COVID-19 is a new Coronavirus that can cause severe upper respiratory infections leading to pneumonia and other complications. This disease started in December 2019 in China and has spread to many countries around the world since then. It has been shown in several European countries too.

There is no reason for panic and it has been shown that the severity and mortality rate of this disease is very low, however, it is a common responsibility of all members of Avicenna International College to work collectively and proactively to reduce the risk of the spread of the virus (if any) on the premises of AIC and during its everyday educational activities.

AIC management will remain in contact with the Hungarian health authorities and will strictly follow all the requirements and instructions issued by such authorities. In an extreme and unexpected situation, AIC will be ready to provide education online to students while they are staying home for a definite period of time, upon the instructions of Hungarian health authorities.

INTERVENTIONS

During the months of March, April and May 2020 the following measures will be implemented and all students and faculties will cooperate and follow these steps:

1. Hand sanitizers will be placed at the entrance of the premises. All students and employees and visitors are required to sanitize their hands upon entering AIC. Similar sanitizers will be placed at each level and at the restaurant.

2. We will be considerate to others, use handkerchiefs if we sneeze, and reduce the number of handshakes. We are careful not to touch the mouth, nose, and eyes.
3. All students who arrive from Italy, Iran, Korea, and China should report this to the Student Center via phone or email and stay at home for 2 weeks. AIC faculty will provide all possible help to these students online.
4. All students who have the early signs of a simple cold or flu (headache, fever, cough, pain in the body, difficulty in breathing, diarrhea), should remain at home and call 00361-4653777 (Generali) and ask for advice. Explain your problems and symptoms. Ask for a medical check-up and you will be given an appointment for a visit by a doctor. Mention your name and say that you are the student of AIC.
5. All students and staff should complete and answer all the questions in any questionnaire that they may receive with respect to coronavirus disease.

If there is any new development or any instructions from the health authorities, AIC will provide follow-up or new instructions.

Mr. Csaba Dani (Principal) and Mr. Mehran Anvari (Health and Hygiene Supervisor) are hereby appointed to supervise the complete implementation of the above regulations. They will report regularly to the Office of President. All colleagues and students may contact these colleagues or our staff at the Student Center to share their suggestions or observations.

Dr. Shahrokh MirzaHosseini
President
Budapest, 2020, March 03.

The Following Questions and Answers are from WHO.

1. What is a coronavirus?

Coronaviruses are a large family of viruses that may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

2. What is COVID-19?

COVID-19 is an infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

3. What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who get COVID-19 becomes seriously ill and develop difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. About 2% of people with the disease have died. People with fever, cough and difficulty breathing should seek medical attention.

4. How does COVID-19 spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and

surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. 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 meter (3 feet) away from a person who is sick. WHO is assessing ongoing research on the ways COVID-19 is spread and will continue to share updated findings.

Can the virus that causes COVID-19 be transmitted through the air?

Studies to date suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air. See the previous answer on “How does COVID-19 spread?”

Can COVID-19 be caught from a person who has no symptoms?

The main way the disease spreads is through respiratory droplets expelled by someone who is coughing. The risk of catching COVID-19 from someone with no symptoms at all is very low. However, many people with COVID-19 experience only mild symptoms. This is particularly true in the early stages of the disease. It is, therefore, possible to catch COVID-19 from someone who has, for example, just a mild cough and does not feel ill. WHO is assessing ongoing research on the period of transmission of COVID-19 and will continue to share updated findings.

Can I catch COVID-19 from the feces of someone with the disease?

The risk of catching COVID-19 from the feces of an infected person appears to be low. While initial investigations suggest the virus may be present in feces in some cases, spread through this route is not a main feature of the outbreak. WHO is assessing ongoing research on the ways COVID-19 is spread and will continue to share new findings. Because this is a risk, however, it is another reason to clean hands regularly, after using the bathroom and before eating.

5. What can I do to protect myself and prevent the spread of disease?

Protection measures for everyone:

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. COVID-19 is still affecting mostly people in China with some outbreaks in other countries. Most people

who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Why? Droplets spread the virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
- Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent the spread of viruses and other infections.
- Stay informed on the latest developments about COVID-19. Follow the advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.
- Why? National and local authorities will have the most up to date information on whether COVID- 19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading:

- Follow the guidance outlined above. (Protection measures for everyone)
- Stay at home if you begin to feel unwell, even with mild symptoms such as headache and a slight runny nose, until you recover.

- Why? Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.
- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers.
- Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent the possible spread of COVID-19 and other viruses.

6. How likely am I to catch COVID-19?

The risk depends on where you live or where you have traveled recently. The risk of infection is higher in areas where a number of people have been diagnosed with COVID-19. More than 95% of all COVID-19 cases are occurring in China, with the majority of those in Hubei Province. For people in most other parts of the world, your risk of getting COVID-19 is currently low, however, it's important to be aware of the situation and preparedness efforts in your area.

WHO is working with health authorities in China and around the world to monitor and respond to COVID-19 outbreaks.

7. Should I worry about COVID-19?

If you are not in an area where COVID-19 is spreading, or if you have not traveled from one of those areas or have not been in close contact with someone who has and is feeling unwell, your chances of getting it are currently low. However, it's understandable that you may feel stressed and anxious about the situation. It's a good idea to get the facts to help you accurately determine your risks so that you can take reasonable precautions. Your healthcare provider, your national public health authority and your employer are all potential sources of accurate information on COVID-19 and whether it is in your area. It is important to be informed of the situation where you live and take appropriate measures to protect yourself. (See Protection measures for everyone).

If you are in an area where there is an outbreak of COVID-19 you need to take the risk of infection seriously. Follow the advice issued by national and local health authorities. Although for most people COVID-19 causes only mild illness, it can make some people very ill. More rarely, the disease can be fatal. Older people and those with pre-existing

medical conditions (such as high blood pressure, heart problems or diabetes) appear to be more vulnerable. (See Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading).

8. Who is at risk of developing severe illness?

While we are still learning about how COVID-2019 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, or diabetes) appear to develop serious illness more often than others.

9. Are antibiotics effective in preventing or treating the COVID-19?

No. Antibiotics do not work against viruses, they only work on bacterial infections. COVID-19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID-19. They should only be used as directed by a physician to treat a bacterial infection.

10. Is there a vaccine, drug or treatment for COVID-19?

Not yet. To date, there is no vaccine and no specific antiviral medicine to prevent or treat COVID- 2019. However, those affected should receive care to relieve symptoms. People with serious illnesses should be hospitalized. Most patients recover thanks to supportive care.

Possible vaccines and some specific drug treatments are under investigation. They are being tested through clinical trials. WHO is coordinating efforts to develop vaccines and medicines to prevent and treat COVID-19.

The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue, and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing. For more information, see basic protective measures against the new coronavirus.

11. Is COVID-19 the same as SARS?

No. The virus that causes COVID-19 and the one that causes Severe Acute Respiratory Syndrome (SARS) are related to each other genetically, but they are different. SARS is more deadly but much less infectious than COVID-19. There have been no outbreaks of SARS anywhere in the world since 2003.

12. Should I wear a mask to protect myself?

People with no respiratory symptoms, such as cough, do not need to wear a medical mask. WHO recommends the use of masks for people who have symptoms of COVID-19 and for those caring for individuals who have symptoms, such as cough and fever. The use of masks is crucial for health workers and people who are taking care of someone (at home or in a health care facility).

WHO advises the rational use of medical masks to avoid unnecessary wastage of precious resources and misuse of masks (see Advice on the use of masks). Use a mask only if you have respiratory symptoms (coughing or sneezing), have suspected COVID-19 infection with mild symptoms, or are caring for someone with suspected COVID-19 infection. A suspected COVID-19 infection is linked to travel in areas where cases have been reported, or close contact with someone who has traveled in these areas and has become ill.

The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing. For more information, see basic protective measures against the new coronavirus.

13. How to put on, use, take off and dispose of a mask?

1. Remember, a mask should only be used by health workers, caretakers, and individuals with respiratory symptoms, such as fever and cough.
2. Before touching the mask, clean hands with an alcohol-based hand rub or soap and water.
3. Take the mask and inspect it for tears or holes.

4. Orient which side is the top side (where the metal strip is).
5. Ensure the proper side of the mask faces outwards (the colored side).
6. Place the mask on your face. Pinch the metal strip or stiff edge of the mask so it molds to the shape of your nose.
7. Pull down the mask's bottom so it covers your mouth and your chin.
8. After use, take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
9. Discard the mask in a closed bin immediately after use.
10. Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.

14. How long is the incubation period for COVID-19?

The “incubation period” means the time between catching the virus and beginning to have symptoms of the disease. Most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around five days. These estimates will be updated as more data become available.

15. Can humans become infected with the COVID-19 from an animal source?

Coronaviruses are a large family of viruses that are common in animals. Rarely, people get infected with these viruses which may then spread to other people. For example, SARS-CoV was associated with civet cats and MERS-CoV is transmitted by dromedary camels. Possible animal sources of COVID-19 have not yet been confirmed.

To protect yourself, such as when visiting live animal markets, avoid direct contact with animals and surfaces in contact with animals. Ensure good food safety practices at all times. Handle raw meat, milk or animal organs with care to avoid contamination of uncooked foods and avoid consuming raw or undercooked animal products.

16. Can I catch COVID-19 from my pet?

No. There is no evidence that companion animals or pets such as cats and dogs have been infected or could spread the virus that causes COVID-19.

17. How long does the virus survive on surfaces?

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

18. Is it safe to receive a package from any area where COVID-19 has been reported?

Yes. The likelihood of an infected person contaminating commercial goods is low and the risk of catching the virus that causes COVID-19 from a package that has been moved, traveled, and exposed to different conditions and temperatures is also low.

19. Is there anything I should not do?

The following measures **ARE NOT** effective against COVID-2019 and can be harmful:

- Smoking
- Taking traditional herbal remedies
- Wearing multiple masks
- Taking self-medication such as antibiotics

In any case, if you have fever, cough and difficulty breathing seek medical care early to reduce the risk of developing a more severe infection and be sure to share your recent travel history with your health care provider.