

## PRECAUTIONARY AND CONTINGENCY MEASURES

The University of Minho (UM) has a task force to monitor the evolution of the situation regarding the COVID-19, being in permanent contact with the public health authorities to eventually propose the adoption of the recommended measures for the health protection of the academic community.

The official websites of the UM with information and guidance on this matter are:

<https://www.uminho.pt/PT/viver/COVID-19>;

<https://www.uminho.pt/EN/student-life/COVID-19/Pages/default.aspx>.

However, following the guidelines of DGS and the University contingency plan, we inform you of the procedure to take in the case of a suspected case and also remember the prevention recommendations.

### SUSPECTED CASE - DEFINITION

At this time, the definition of a suspected case results from the combination of 2 criteria:

- i. person with signs and symptoms of acute respiratory infection (fever, cough or difficulty breathing) and
- ii. person who has been in areas with active community transmission 14 days before the onset of symptoms (China, South Korea, Japan, Singapore, Iran, Northern Italy); or who has had contact with a confirmed or probable case of COVID-19 within 14 days before the onset of symptoms.

### PROCEDURE FOR A SUSPECTED CASE

Any member of the UM community with signs and symptoms of COVID-19 (with criteria compatible with the definition of a suspected case), if they are at UM, should:

- immediately notify the direct leadership and then the Security Guard through the Number (+ 253 601 601 or +351 253 510 603) to open the door of the isolation room;
- put on a mask (available in the room);
- call SNS24 (808 24 24 24) after entering the isolation room, and follow the instructions given;
- in the case of a Suspected Case validated by the SNS24, must remain alone in the isolation room, with a mask, until the arrival of the INEM team, which ensures transport to the reference Hospital.

If the signs and symptoms are manifested at home, or elsewhere, call SNS24 (808 24 24 24) and follow the guidelines given.

We recall the recommendations issued by health authorities to prevent the transmission of this acute respiratory disease, namely:

- wash your hands frequently with soap and water, during 20s at least;
- adopt respiratory etiquette measures: cover your nose and mouth when you sneeze or cough (with a tissue or with your arm, never with your hands; throw the tissue in the trash);
- wash your hands whenever you blow your nose, sneeze or cough;
- avoid close contact with patients with respiratory infection.
- avoid touching the eyes, nose or mouth with your hands dirty or contaminated with breathing secretions;
- restrain from participating in person in the event and inform the local organizers or the authorities in case you feel any of the symptoms currently associated to COVID-19 possible infection;

All updated information about COVID-19 can be found here: <https://www.dgs.pt/corona-virus.aspx> .

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*I, undersigned, declare that, to the best of my knowledge, have not felt any of the symptoms currently associated to COVID-19, am not infected or have not been in contact with any infected individual, or have been in an active infection area for the past 14 days. I also confirm that I was informed about all the above mentioned prescriptions, and I am acting in good will.*

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*Date, signature.*