

UNIVERSITY OF ZIMBABWE
ABRIDGED COVID-19 PROTOCOL

Covid-19 is caused by a virus (SARS-CoV-2) which is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. You can be infected by breathing in the virus if you are within close proximity of someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth.

What to do in Case of Suspected COVID-19!!

1. Please do not go to work or lectures if you have any of the following symptoms: Fever AND cough or new onset of any 3 of the following: fever, cough, general weakness/tiredness, headache, muscle weakness, sore throat, runny nose, muscle aches and pains, shortness of breath and loss of taste or smell.
 - 1.1 If you are on the Main Campus report to the Student/Staff Clinic to access testing and guidance.
 - 1.2 If you are at the Parirenyatwa Campus, access testing at Parirenyatwa Hospital Casualty Department.
 - 1.3 If you are at home, phone the National Call Centre on 2019 or 2023, or your family doctor for more information on how to get tested. Do not use public transport to go to the clinic or hospital because you run the risk of infecting others.
 - 1.4 Before you get your test to confirm COVID-19 status, avoid possible transmission by self-isolating from family and other members, e.g. workmates and roommates.

2. If and/or when symptoms of COVID-19 are detected at the **Main Entrance into Campus during routine screening**,
 - 2.1 The individual suspected to have COVID-19 is barred from entering campus if they are visiting, non-UZ publics.
 - 2.2 If the suspect is a member of staff or student, Security details at the entrance will alert the Staff or Student Clinic immediately.
 - 2.3 The Staff or Student Clinic will facilitate an ambulance to collect the symptomatic individual from the entrance to a Holding Bay for further evaluation by clinic staff.
 - 2.4 Cases with mild symptoms are discharged to isolate at home or student residences, pending the outcome of their COVID-19 test results.
 - 2.5 Cases with severe symptoms will be referred to Parirenyatwa Hospital for further management.

3. If and/or when staff or student present symptoms at their **work station or teaching/learning venue on campus**,
 - 3.1 The case is reported immediately to the Head of Department/Unit.
 - 3.2 The Head of Department alerts either the Student Clinic or the Staff Clinic on Extension 21078.
 - 3.3 The suspected individual is taken to the COVID-19 Holding Bay by the Health Personnel for further evaluation.
 - 3.4 The suspected case is either discharged or referred for further management pending the outcome of the COVID-19 tests results.

4. If and/or when students present with symptoms at **Student Residences**,
 - 4.1 The cases are reported to the Student Development Officer (SDO) at the Janitor's Office.
 - 4.2 The SDO reports the cases to the Student Clinic.
 - 4.3 The Resident Nurse attends to the case and makes the necessary recommendations to the Chief Nursing Sister.
 - 4.4 Asymptomatic cases are monitored in isolation at selected student residence(s).
 - 4.5 Severe symptomatic cases are referred to a COVID-19 management centre, i.e., Parirenyatwa Hospital.

5. If and/or when a non-resident student present with symptoms at **boarding houses**,
 - 5.1 The case is reported to the Student Development Officer responsible for non-resident students on 0242 303211 Extension 21051 or 0784309989.
 - 5.2 The SDO reports the case to the Resident Nurse.
 - 5.3 If the student is in close proximity to campus, the Resident Nurse will visit and assist the student at the off-campus residence.
 - 5.4 If the student is at a registered Boarding House far from campus, the Resident Nurse will direct the student to the nearest health clinic or COVID-19 management centre as she makes plans to visit the student (if necessary).

Please note that:

- i. While not every individual with a cough or cold has COVID-19, it is important to treat every ailment with caution. However, there is no need to panic or stigmatise fellow workers and students simply because of colds and flues.
- ii. It is critical that we all get tested when we notice signs of ill-health.
- iii. We are all encouraged to be vaccinated for COVID-19. The University of Zimbabwe Staff Clinic is now a COVID-19 vaccination centre, for staff and their dependents.
- iv. All staff and students who test positive for SARS-CoV-2 are to be isolated for 10-14 days before joining others at work and/or school.
- v. All staff and students who get into contact with COVID-19 positive individuals must be registered as 'contacts' and be quarantined until and unless they test negative for COVID-19.
- vi. All areas and facilities used by COVID-19 positive staff and students must be disinfected immediately.
- vii. **To prevent the spread of COVID-19:**
 - Clean your hands often. Use soap and water, or an alcohol-based hand rub.
 - Maintain a safe distance (1-2m) from anyone who is coughing or sneezing.
 - Wear a mask.
 - Don't touch your eyes, nose or mouth.
 - Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
 - Stay home if you feel unwell.
 - Seek medical attention if you have the symptoms above.
 - **Identify infected persons and isolate them.**

NB: *These Protocols must be read together with the UZ COVID-19 POLICY GUIDELINES (see the UZ Website).*