



LET'S MEET AT UC CAMPUSES

GUIDELINES FOR A SAFE RETURN IN COVID-19 TIMES

### Days at UC campuses

The commitment of the community and every member is key for having success during this period of gradual return. It is relevant that we all work together on this challenge. Self-care is the basis for keeping us all healthy and protecting yourself is the best way to take care of others.

There are five basics to prevent contagion:

- 1) wash your hands frequently and/or use alcohol-based hand gel,
- 2) always maintain at least a 1-meter distance between yourself and others and respect occupancy (referring to the number of people allowed to be in the same physical space),
- 3) wear a mask permanently,
- 4) ventilate and sanitize spaces, and
- 5) comply with protocols for on-campus operations.

In order to assist you to understand and implement these basics to prevent COVID contagion, watch the video '*Estrategias para el retorno gradual*' which will be available at our website and in social media soon.

**Before coming to the campus and/or leaving your place, it is important that you follow these recommendations:**

- To be **free of symptoms** of COVID-19 (muscles pain, headache, sore throat, cough, loss of taste or smell, gastrointestinal issues such as diarrhoea or other symptoms associated with a cold.)
- Not to have fever. Your temperature has to be less than 37°C.
- Not to have been in contact with people diagnosed with COVID-19 during the last 14 days.
- Not to have been in contact with people with symptoms and waiting for PCR test results.
- To have completed your quarantine or isolation according to what was stipulated by the health authority, if you had close contact or you have been diagnosed with COVID (suspected, confirmed or possible case). Remember that you must have been registered before attending the campus in person.

- Take food from home in reusable containers which will be washed at home. You will be able to heat it in microwaves available. Subsequently, there will be an authorized distributor where you can buy food once the opening of food services is announced.
- Wear your mask at every moment within the campus and bring at least one replacement mask to change. It is your responsibility to carry at least two masks from home. They can be reusable or disposable, but we recommend the latter option.
- The university will deliver **two reusable masks** to each staff member upon return to face-to-face work activities, one time only, after presenting their identity card to their work unit. Students will receive one reusable mask at their academic unit, after presenting their TUC. This way, they will have them available for their use.
- Carry alcohol-based hand gel in a container for your personal use. There will be dispensers available at campus to refill it. We do not want you to run out of alcohol-based hand gel, but you need to refill it making sure that the container is free from residue.
- Be cautious on your way from home to campus. Maintain **distance** between yourself and others, using your mask and sanitizing **your hands** during and after your trip. Wash your hands with water and soap as soon as you arrive at your destination.
- Always wear your mask in public transport or when ride-sharing a private car.

#### Once at campus

- Follow access instructions (Access Protocol). In steps 1 and 2 of return, show your **TUC** before entering the campus and **check your temperature** at the totems enabled at campuses.
- From step 3, when students join, it will not be required to show the TUC to enter the campuses, but it is expected that each member of the community controls their temperature in totems enabled for it.
- Be available for random **temperature** checks with a digital thermometer to be undertaken by guards at the campuses.
- Maintain at least a 1-meter **distance** between yourself and others (one arm's length approximately). Greet from a distance.
- Always wear a mask at shared spaces and change it if it gets wet or after 6 hours of continuous use.
- Do not touch your nose, mouth or eyes. For this, we recommend you to keep your hands under the height of your shoulder.
- Wash your hands with water and soap frequently (every two hours if possible and always when you arrive on campus). If not possible, use **alcohol-based hand gel**.
- **Do not wash** your personal items or brush your teeth in public spaces.
- **Do not wash** items used at lunch on campus.
- **Glasses and cups remaining at campuses must be washed by the person who used them.**
- **Ventilate** spaces and keep doors open when possible.
- **Sanitize** mouse/keyboards/computer screens with disinfecting towels available at common spaces. Units will be able to provide wet towels to sanitize personal spaces.
- **Follow specific indications** for research activities. The Vice-Presidency of Research will communicate directions for lab and field work.

- **Maintain distance** from other people in common spaces for food. This happens because when we eat, we take the mask off, this is why we have to put special attention to physical distancing.
- **Identify** alcohol-based hand gel **dispensers** at the entrance of the buildings for the use of the entire community.
- Avoid using **elevators** that will be reserved for people with limited mobility. Respect the maximum occupancy stipulated for every user in case you need it.
- Leave garbage in the indicated trash bins outside the buildings. They will be emptied at the end of the day. Masks and personal safety materials must be disposed of in **covered containers** outside buildings. Avoid using trash cans indoors.
- **Do not turn on air conditioners.**
- Follow instructions from **COVID delegates.**
- Send your query or share your experience or feedback to the email [covid@uc.cl](mailto:covid@uc.cl).
- **If you are in campus and you experience any symptoms associated with COVID** (muscle pain, headache, sore throat or cough, loss of taste and/or smell, gastrointestinal issues such as diarrhoea), contact student health if you are a student (by approaching them directly or writing to [campussaludable@uc.cl](mailto:campussaludable@uc.cl)) or call extension 5000 if you are a staff member to contact the campus nurse.

**When you are back home, make sure of the following:**

- Have travelled on public roads using your **mask**.
- Keep physical **distancing**.
- **Wash your hands** with water and soap for 20 seconds when you arrive.
- Remove your **mask avoiding touching the part of the mask that is exposed**. Wash it or dispose of it if it is disposable. Wash your hands after taking your mask off.
- Avoid close contact with people from high risk groups (older people, pregnant women and people with chronic diseases).

And do not forget that with are available to answer your questions at COVID@uc.cl. Our remote support team will be attentive to answer to your queries or redirect you to the appropriate person.

*Gradual return, we keep on taking care of each other in our UC community.*