

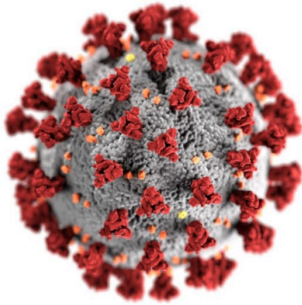


SCHOOL OF ECONOMICS
ARISTOTLE UNIVERSITY OF THESSALONIKI



Covid-19 protocol Safety Measures

Covid – 19 Protocol Safety Measures



Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).



Prevention

To prevent infection and to slow transmission of COVID-19, do the following:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Maintain at least 1 metre distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.



Symptoms

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

- fever
- dry cough
- tiredness

Less common symptoms:

- aches and pains.
- sore throat.
- diarrhoea.
- conjunctivitis.
- headache.
- loss of taste or smell.
- a rash on skin, or discolouration of fingers or toes.

Serious symptoms:

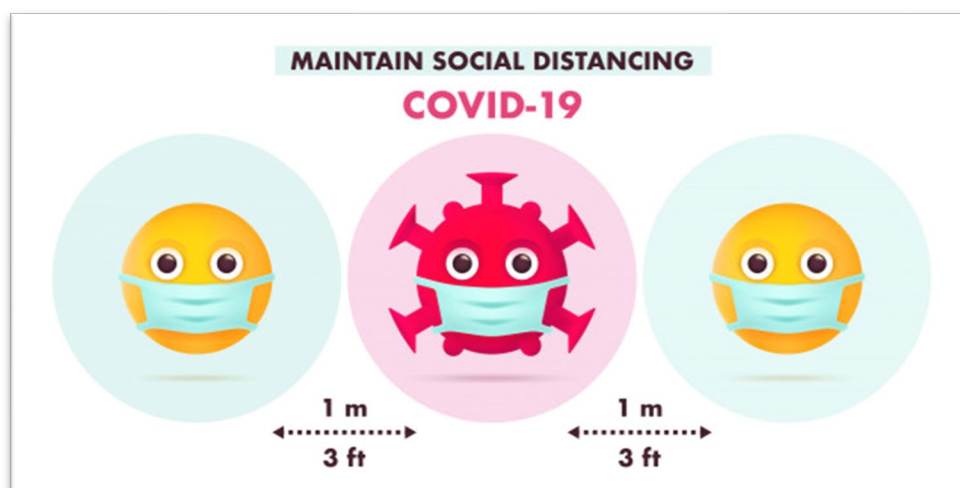
- difficulty breathing or shortness of breath.
- chest pain or pressure.
- loss of speech or movement.

Seek immediate medical attention if you have serious symptoms.

Always call before visiting your doctor or health facility.

People with mild symptoms who are otherwise healthy should manage their symptoms at home.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.



COVID-19

Coronavirus Symptoms



12 November 2020

SERIOUS COVID-19 SYMPTOMS REQUIRING IMMEDIATE MEDICAL CARE

- If you develop any of these symptoms, call your healthcare provider or health facility and seek medical care immediately.
- This is not an exhaustive list. These are the most common symptoms of serious illness, but you could get very sick with other symptoms – if you have any questions, call for help immediately.



Shortness of
breath/ Difficulty
breathing



Loss of speech
or mobility or
confusion



Chest pain

MOST COMMON SYMPTOMS



Fever



Cough



Tiredness



Loss of taste
or smell

LESS COMMON SYMPTOMS



Sore throat



Headache



Aches
and pains



Diarrhea



A rash on the skin
or discoloration
of fingers or toes


















Red or
irritated eyes

PLEASE NOTE:

- If you live in an area where malaria, dengue or other infections are common and you have any of above symptoms, seek immediate medical care according to the local health authorities.
- Stay in touch with your primary care provider to ensure you continue to receive the routine care you need, such as medication refills, follow-ups and other routine consultations.

Cold, Flu or COVID-19 – What's the Difference?

SYMPTOMS CHECKLIST

		COLD	FLU	COVID-19
Symptoms		Symptoms appear 1 to 3 days after infection	Symptoms appear 1 to 4 days after infection	Symptoms appear 2 to 14 days after infection
Fever			×	×
Chills			×	×
Cough		×	×	×
Shortness of breath or difficulty breathing			×	×
Fatigue		×	×	×
Muscle or body aches		×	×	×
Headache		×	×	×
Sore throat		×	×	×
Loss of taste and/or smell				×
Congestion or runny nose		×	×	×
Post-nasal drip		×		
Sneezing		×	×	
Watery eyes		×		
Nausea or vomiting			×	×
Diarrhea			×	×

Source: Centers for Disease Control and Prevention

* Rarely

When someone should get tested for COVID-19?

If they have:

Acute respiratory infection (which starts abruptly with at least one of the following symptoms: fever, cough, dyspnea) regardless the provision of medical care at a hospital.

AND

At least one of the following epidemic criteria within the last 14 days before the beginning of the symptoms:

- Close contact with possible or verified case of SARS-CoV-2 infection (symptomatic or asymptomatic)

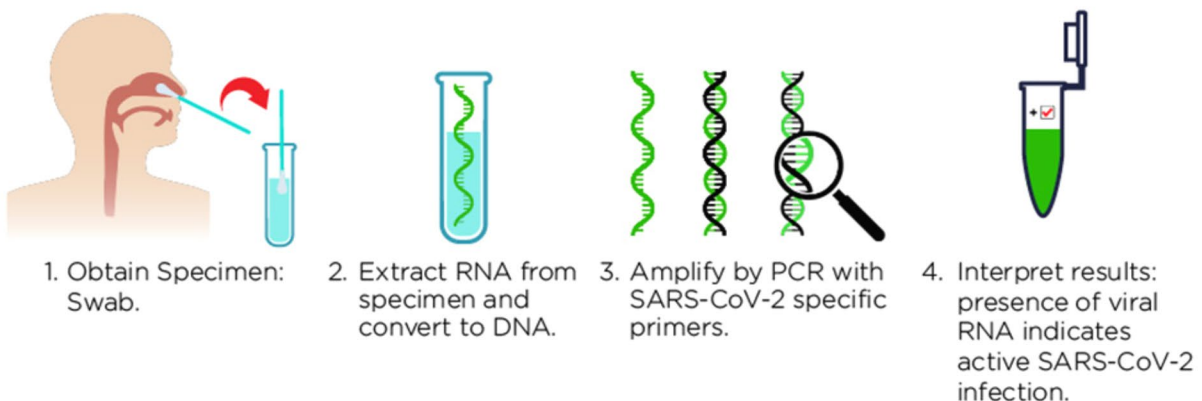
OR

- Travel history in areas suffering from SARS-CoV-2 based on the current epidemic data.

Every possible case needs to be tested IMMEDIATELY in a medical lab centre for the SARS-CoV-2 virus.

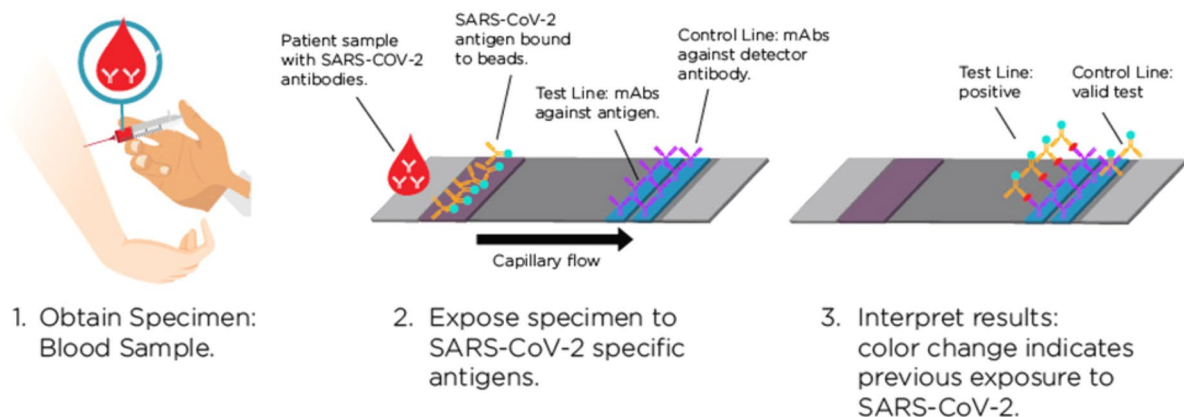
Molecular Tests (Nucleic Acid Detection)

Diagnose active SARS-CoV-2 infections



Antibody Tests (Serology)

Detect immune response to SARS-CoV-2 exposure



Actions if a student shows COVID-19 symptoms during her/his stay at AUTH

- Student ought to wear a face mask, and leave the campus immediately, after informing the responsible contact person (see table below).
- Student needs to get tested (preferably at a public hospital or any other medical centre of their preference).
- If the student does not require medical care at a hospital, and while waiting for the test results, she/he needs to stay self-isolated at home, in a well-ventilated room.

If the student's condition does not allow her/him to leave the University premises, then:

- The responsible contact person of the Covid-19 Health Committee is being informed.
- Student needs to wear a face mask and be self-isolated in a well-ventilated room, and stay away from other students/employees/ maintaining social distancing from his/her fellow students, employees, and academic staff.
- For emergence help please call 166 from a Greek mobile number, free of charge.

Actions if a student shows Covid-19 symptoms during her/his stay at home

- Student should get tested (preferably, at a public hospital or any other medical center of his/her preference).
- Student needs to inform the responsible contact person of the Covid-19 Health Committee in each Faculty (see the table below).
- If the student does not require medical care at a hospital, and while waiting for the test results, she/he needs to stay self-isolated at home, in a well-ventilated room.

If the test is positive

- Student needs to inform the responsible contact person of the Covid-19 Health Committee in each Faculty (see the table below) while also mentioning any other possible contacts in the campus (students in an auditorium, lab, library etc.).

When a student with a Covid-19 diagnosis may return back to the University?

- The student with a diagnosed positive test can return to the University 14 days after the beginning of the symptoms AND 3 days after the full remission from fever (without the use of any antibiotics medicine) and the full remission of any symptoms.
- The close acquaintances need to be distanced from the student; after receiving instructions regarding their health monitoring, they need to stay at home self-isolated; if they do not show any symptoms, they can return after 14 days.

If the test is negative

- The student may return to the University after at least 3 days from full remission from fever (without the use of any antibiotics medicine), and full remission of any symptoms.

For the responsible contact persons of the **Covid-19 Health Committee** in each Faculty of Aristotle University, please contact our Department at Erasmus-incoming@auth.gr

How you can help protect yourself and others from the Coronavirus

AVOID SHAKING HANDS



Instead, greet each other with a nod or a wave. The virus can be passed from one person to another by shaking hands and then touching your eyes, noses and mouth.

WASH YOUR HANDS



Wash your hands often - especially before eating and after being in public places. Even if they are not visibly dirty, clean them with alcohol based sanitiser.

COVER YOUR MOUTH



When coughing or sneezing, cover your mouth with a flexed elbow or tissue. Throw used tissues away into a closed bin immediately after use.

DON'T INFECT OTHERS



If you are experiencing symptoms of fever, cough and difficulty breathing, then seek medical attention and avoid close contact with others.

Be **SAFE** by avoiding coronavirus infection | Be **SMART** & inform yourself | Be **KIND** & support one another

 World Health Organization

 ROSEBANK UNION CHURCH