

**DEFINITION OF A SUSPECTED CASE
CORONAVÍRUS COVID-19 (SARS-CoV-2)**



The following definition is based on the information available at this time, in the European Center for the Prevention and Control of Transmissible Diseases, and should be adopted by FMH community for the purpose of a better **tracking of suspected case of Coronavirus infection**.

Clinical Criteria		Epidemiological Criteria (Symptoms)
Acute Respiratory Infection (fever or cough or difficulty on breathing) requiring or not, hospitalization	AND	Travel history to areas with active community transmission in the 14 days before the onset of symptoms OR Contact with a confirmed or probable case of SARS-COV-2 / COVID – 19 infection, within 14 days before the onset of symptoms OR Health professional or person who has been to a health institution where they are treated patients with COVID-19

1. HOW TO PROTECT YOURSELF – HYGIENE CARE RECOMMENDATIONS AND CONTAMINATION PRECAUTIONS

At the **entrance points of the buildings**, next to the “concierges”, or at the **service points to the public**, namely Academic Services, Treasury, Expedient and other, and also in other places with a great flow of students, visitors and suppliers, antiseptic for hand hygiene product will be available.

The **changing rooms** and bathrooms, due to the nature of the interaction established there, raise the following precautionary **measures**:

- Prevent sports clothing or equipment from getting into contact with other user's equipment or clothing;
- Use individual lockers responsibly;
- Avoid physical contact and protect other users from your coughing or sneezing;
- Avoid simultaneous accumulation of users, wait for a while to avoid great accumulation at the same time and in the same space;
- Reduce the number of showers in use simultaneously, preferable to not using showers whenever possible;
- At higher levels of alert, the use of showers could be suspended, even if activities are maintained, with users being advised that showering will be taken at home.

All elements of the FMH community must follow these recommendations regarding **hygiene care**:

- Comply with basic hand hygiene procedures (washing hands with water and soap, rubbing them well for at least 20 seconds while covering all surfaces of the hand; soap and water should be used, preferably, before and after the preparation of food, before meals, after using the bathroom and whenever hands are dirty);
- Whenever anyone needs to sneeze or cough, comply with respiratory etiquette procedures avoiding coughing or sneezing into the hands, coughing and / or sneezing into the forearm or sleeve, with the flexed forearm or using a paper towel and hand hygiene;
- Alternatively, use alcohol or alcohol-based solution or acidic water for hand hygiene;
- Stay hydrated, drinking lots of water;
- Try to breathe through your nose;
- Use single-use tissues to blow your nose;
- Throw used tissues in a waste bin, washing your hands immediately after;
- Avoid touching your eyes, nose and mouth with your hands if they are dirty or contaminated with respiratory secretions.
- Avoid to share food or other personal items.
- In case you feel sick, you must stay at home.
- At the entry points of the buildings, next to the guards, or at the places of public attendance and in other places of greater flow of students, visitors and suppliers, antiseptic hand hygiene products will be available for use;

- Social conduct practices should be implemented, avoiding handshakes and close contacts with people who show signs of breath infection;
- Review of the procedures for social conduct, changing the frequency and / or the form of contact between members of the academic community, avoiding the handshake, face-to-face meetings, same post shared jobs.

2. PROCEDURES TO BE ADOPTED IN THE EVENT OF A SUSPECTED CASE

How to identify whether or not it is a suspicious case?

- Confirmed high fever (≥ 38.0)
- Cough
- Sore throat
- Muscle aches
- Joint pain
- Headaches
- Breathing difficulties
- Nausea, vomiting, and or diarrhea
- Check if any of the people with whom you have lived closely have developed any of the symptoms above.

The **student** with symptoms or the student who identifies another student with symptoms must communicate it to the Head of the Academic Affairs Management Division, with the mobile **phone number (+351) 926509485** quickly, which will immediately inform the Executive Director.

After informing the Head of the Academic Affairs Management Division, the student must go to the Isolation Room. If the student with symptoms needs help with mobility (mobility difficulties), assistance will be given to the isolation area by the Head of Division.

The Executive Director immediately informs the President of the Faculty of all suspicious cases.

ISOLATION ROOM

The placement of a member of the academic community in an area of isolation aims to prevent others from being exposed and infected, preventing the spread of the disease at FMH.

EDIFICIO COSTA E QUINTA DA GRACA

It is defined as the Isolation Room to support Edifício Costa and Quinta da Graca, the **FMH Medical Office** located in Edifício Lord, 2nd floor with telephone, with internal and external access to the Faculty, and sanitary facility for the exclusive use of the member(s) of the academic community with symptoms or suspected case. **Access to the isolation area** must be made **through the Edifício Lord Building** where two keys of the Medical Office are available - in a visible and duly signposted place - for direct collection, at any time and by anyone who needs access to the Isolation Room.

EDIFICIO ESTEIROS

It is defined as the Isolation Room to support the Edifício Esteiros, the **7E Room**, which telephone, with internal and external access to the Faculty, and sanitary installation for exclusive use of the academic community member(s) with symptoms or case suspect.

Access to the isolation area must be made through the Building Ordinance Mats where they are available - in a visible and duly signposted location - two keys from Room 7E for direct withdrawal, at any time and for any person who needs access to the Isolation Room.

Inside the room you will find an individual protection kit with mask and gloves disposable, thermometer, antiseptic solution for disinfection, water bottles and PARACETAMOL tablets.

Once in the Isolation Room, the procedure to be followed is as follows:

- The patient must follow the instructions that are available;
- Check the temperature and take the PARACETAMOL tablets, if confirms a fever;
- You must wear gloves and a mask, checking that it is well adjusted (adjust the face mask to allow complete occlusion of the nose, mouth and lateral areas of the face). Whenever the mask is moist it should be replaced by another;

• Whenever you replace gloves, masks and other materials that may be contaminated materials (disposable tissues, wipes) should be disposed of of trash container with pedal inside the room. The container will be properly lined with white and identified bag;

- In the room there is a telephone with an external connection so that the person in isolation can immediately contact the **Linha Saúde 24 (808 24 24 24)** giving an account of your health status. An NHS health professional 24 will question the patient about signs and symptoms and epidemiological link compatible with a suspected case of COVID-19;
- The contact between the person in isolation and those responsible for the contingency must be carried out by telephone.