

PROTOCOL AND RESPONSE to the
COVID-19 PANDEMIC 2020

Students in Campus Residences

VERSION 1



Cape Peninsula
University of Technology

creating futures

#KeepCreatingYourFuture

COVID-19



MASKS MANDATORY

**Any person not wearing
a mask will be denied
entry to CPUT
campuses, as per
government regulations.**

Call the National toll free COVID Helpline if you have symptoms **0800 029 999**



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1 Introductory Comments

The CPUT Response to the COVID-19 Pandemic is in accordance with the National Department of Health (NDoH), National Institute of Communicable Disease (NICD), The World Health Organization (WHO) and relevant Legislation.

COVID-19 is herein acknowledged as a Notifiable and Communicable Disease which is of a highly contagious nature.

Students residing in campus residences, are legally obliged to report their COVID-19 Positive status to the University. The University established and will maintain a Central Register and the Campus Health Head, Mr. Andries Slinger, will be the custodian of the register.

Students in campus residences are to report their COVID-19 positive status via the respective Residence Coordinator who will in turn notify the HOD Housing immediately, who will inform the Safety Health and Environmental Health Unit (SHE) on the prescribed COVID-19 Reporting Form.

The completed form is to be forwarded to Campus Health Acting HOD, Mr Andries Slinger at SlingerA@cput.ac.za without delay.

The COVID-19 Reporting Form will require the following critical information:

Student Name:	Contact Number:
Student Number:	Case Report (including Contacts where possible):
Faculty/Unit:	Date referred to the Campus Health:
Department/Section:	Other medical referral/attendance:
Reported by:	Tested: Yes/No and Outcome:
Campus Residence:	Any Other Information to Report if there is a co-morbidity Yes/No/Unknown):

The Department of Health (DoH) and the National Institute for Communicable Diseases (NICD). categorized Coronavirus Cases on three levels i.e. Suspected Cases, Confirmed Cases and Contacts which have similar but not identical approaches to the Levels of Care.

Contact Tracing must begin immediately after a COVID-19 Positive case is confirmed. All Buildings, Residential Units and Areas where a person found to be COVID-19 Positive was present must be identified and will be closed for access until cleaned and disinfected by the Office of IDFM.

Suspect-Confirmed-and Contact cases will all be dealt with according to National Protocol through Quarantine, Isolation and Hospitalization as appropriate.

2 Explanation of Terms

2.1 Quarantine

Quarantine is for people or groups who are asymptomatic, but who may be infected with COVID-19. Quarantine keeps these people away from others so they do not unknowingly infect anyone.

Currently quarantine is applied to:

- An individual or group of persons who were in close contact with a person infected with coronavirus;
- Persons at high risk of having been exposed during international travel; and
- Symptomatic persons who have been identified as requiring testing or who have tested, but are awaiting test results. These persons can be discharged if they test negative.

CPUT have three options for quarantine:

- (i) a state quarantine site if available, or
- (ii) quarantine at the campus provided site, if there is space or
- (iii) return home.

Individuals who are unable to quarantine or have failed to comply with quarantine requirements during self-quarantine will be admitted to a designated quarantine site.

Criteria for quarantine: In order to successfully quarantine, a person requires access to a separate room where the person should self-isolate (e.g. no-one else must sleep or spend time in the room). The person must also be able to contact and/or return to a health facility if their condition worsens.

Note that from a practical point of view self-quarantine and self-isolation have the same requirements.

Period of quarantine: The recommended duration of quarantine for COVID-19 exposure is 14 days from the time of exposure (close contact or entering the country). If the patient remains well during the period of quarantine, they do not need to test during or at the end of the 14-day period.

People discharged from quarantine or isolation after 14 days should self-monitor for a further 14 days (making a total of 28 days), and report development of any symptoms to their general practitioner, to the NICD hotline or to the campus health facility.

2.2 Isolation

While isolation serves the same purpose as quarantine, it is reserved for those who are already sick and/or have tested positive for COVID-19 infections, but do not require hospital admission for medical care.

The period of isolation is as follows:

- **Asymptomatic patients:** 14 days from time of positive test
- **Mild disease:** 14 days from onset of symptoms
- **Moderate or Severe disease:** 14 days following clinical stabilisation (no longer requiring oxygen)

2.3 Hospitalization

Hospitalization means admission to a designated Coronavirus Treatment Centre or Hospital for emergency and Intensive Care.

2.4 Co-morbidities

Co-morbidities mean the presence of one or more co-existing or primary health condition.

Refers to people of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised

Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications

- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Table 1: Types of Cases and their management approach.

CONFIRMED	SUSPECTED	CONTACT
Patient has COVID-19 infection	Strong suspicion that the patient might have COVID-19 infection.	Patient was in contact with a person/patient who has COVID-19 infection.
Treatment Plan	Treatment Plan	Treatment Plan
<ul style="list-style-type: none"> • Hospitalization and/ or isolation. • Intensive treatment and life-saving interventions as determined appropriate. 	<ul style="list-style-type: none"> • Placement in quarantine and close monitoring for 14 days • Quarantine can be in a designated area as determined by the state and or the university, or at home depending on the severity of the symptoms and the circumstances. 	<ul style="list-style-type: none"> • A Provincial health team to track and trace all contacts through an intensive process. • Placement in quarantine and close monitoring for 14 days • Quarantine can be in a designated area and or at university or at home depending on the severity of the symptoms and the circumstances.

GUIDELINES FOR QUARANTINE/ ISOLATION

Note that from a practical point of view quarantine and isolation have the same requirements.

- ✓ Protect yourself and others by cleaning your hands frequently throughout the day;
- ✓ Wash your hands with warm water and soap for at least 20 seconds before drying your hands thoroughly preferably with a clean single-use towel; alternatively, use alcohol-based hand sanitiser applied to clean hands;
- ✓ Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your elbow.
- ✓ Use a cloth face-mask.
- ✓ Throw used tissues in a lined trash can and immediately wash your hands with soap and water for at least 20 seconds, making sure you dry them thoroughly, preferably with a clean single-use towel; and avoid touching your eyes, nose and mouth with unwashed hands.
- ✓ As much as possible, limit your contact with people. Avoid having visitors. Remember however that food and other essential supplies can be dropped at your door. Maintain a distance of 1 to 2 metres during these deliveries. Minimise the time you spend in shared spaces such as bathrooms, kitchens and sitting rooms as much as possible and keep shared spaces well ventilated;
- ✓ Clean surfaces like kitchen benches and sink tops after you use them and try to avoid touching them after you have cleaned them;
- ✓ If you use a shared toilet and bathroom, it's important that you clean them every time you use them (for example, wiping surfaces you have come into contact with); make sure it is well ventilated. You should use your own toilet paper, hand towels, toothpaste and other supplies during isolation;
- ✓ Don't invite or allow social visitors, such as friends and family, to enter your isolation room. If you want to speak to someone, use the phone or other means of contact.

IMPORTANT TO NOTE

In the case of a confirmed or suspected COVID-19 case the healthcare official should screen for and/or verify existing co-morbidities, for example hypertension, cardiac (heart) disease, diabetes, asthma, obesity, chronic pulmonary (lung) disease, HIV, active or past tuberculosis, chronic kidney disease, cancer or any other existing medical condition of concern. The importance of notifying the treating healthcare professional about the co-morbidity and obtaining written consent in the case of HIV infection should not be underscored.

3 Awareness of Symptoms

COVID-19 is a respiratory condition caused by a coronavirus. Some people are infected but don't notice any symptoms. Most people will have mild symptoms and get better on their own. The odds of more serious symptoms are higher if you're older or have a co-morbidity.

COMMON SYMPTOMS	OTHER SYMPTOMS MAY INCLUDE	EMERGENCY SYMPTOMS
<ul style="list-style-type: none"> • Fever • Fatigue • A dry cough • Loss of appetite • Body aches • Shortness of breath • Mucus or phlegm 	<ul style="list-style-type: none"> • Sore throat • Headache • Chills, sometimes with shaking • Loss of smell or taste • Stuffy nose • Nausea or vomiting • Diarrhea 	<ul style="list-style-type: none"> • Trouble breathing • Constant pain or pressure in your chest • Bluish lips or face • Sudden confusion • You need medical care as soon as possible.

Symptoms usually begin **2 to 14 days** after you come into contact with the virus.

Strokes have also been reported in some people who have COVID-19.

IMPORTANT TO NOTE
The complete clinical picture and features of COVID-19 are still unclear.

4 Frequently asked questions and the appropriate response

4.1 What must I do if I suspect that someone else in residence (fellow student) has the COVID-19 infection?

- ✓ Stay calm.
- ✓ Notify the Residence Coordinator.
- ✓ Protect yourself as a first step with universal precautionary measures e.g. wear mask, use hand sanitizer, practise social distancing, correct and frequent washing of hands and apply high standards of hygiene.
- ✓ Encourage the person to go for testing for COVID-19 and help them to arrange this if they do not know how. Remember that you cannot force them to be tested but with the right approach you can educate them on the proper action to take.
- ✓ Refrain from any form of stigmatization and discrimination.

Confidentiality
Do not breach confidentiality or spread fake news about COVID-19 this is a serious offense.

Tell them they will be assisted by calling:

- National Hotline: 0800 02 9999 (A Team of NICD Professionals will come to you).
- Provincial Hotline: 021-928 4102
- NICD Hotline: 082 883 9920
- NICD WhatsApp Hotline: 0600 123456 and say Hi.
- Tygerberg Hospital Infectious Diseases Unit: 021 938 5229.
- Campus Health Clinic Emergency No: 076 229 0298 for medical related enquiries.

Always be diplomatic and supportive.

4.2 What must I do if I have tested Positive for COVID-19?

Remember to, at all times keep the Residence Coordinator, and where applicable lecturer, informed and to provide them with any results if you are tested.

All COVID-19 infected students should:

- (i). **Isolate for 14 days:** at a state isolation/quarantine site if available, or isolate/ quarantine at the campus provided site, if there is space or return home. All guidelines should be followed carefully during isolation/ quarantine.
- (ii) Monitor your symptoms.
- (iii) If necessary, call the National Hotline 0800 02 9999 or Provincial Hotline on 021 928 4102 if your condition deteriorates or your symptoms worsen. (The NDoH and NICD will send out a team of Provincial Coordinators/ Professionals to conduct tests and transport you to a hospital with facilities for further Isolation and more intensive treatment as necessary). You may also call CPUT Emergency Campus Health Clinic: 076 229 0298 for further medical enquiries or your Medical Doctor for assistance.



When contacting the emergency line, it is important to inform the Campus Health Practitioner or Medical Doctor of any existing co-morbidities and provide as much detail as possible regarding the co-morbidity, for example the history and what treatment you are taking.



Confidentiality regarding your co-morbidity will be maintained at all times.



If you are a student in CPUT residence who tested COVID-19 positive, please be aware that all the students staying in that particular residence will be informed that there was a Covid-19 positive case. There may be medical evacuation and possible residence closure until further notice. This will be treated with the utmost confidentiality and sensitivity.



IDFM will cleaned and disinfect the Residence in question.

**DO NOT PRESENT
YOURSELF AT THE
CAMPUS CLINIC
OR MEDICAL
PRACTITIONER
(prevent spreading
of COVID-19 to
others).**

5 CPUT's Responsibility

5.1 General Preventative Measures to be observed within residences:

- All residents should be made aware that they have an important role to contribute towards the prevention of COVID-19.
- Masks should be worn at all times when residents are outside their room.
- Any flu-like symptoms should be reported to the Residence Coordinator.
- Social/ physical distancing of 1.5 meters between students and staff working in residences should be maintained.
- All residents should be encouraged to keep themselves updated with the developments regarding COVID-19, through the institutional channels, DOH and NICD.

**AVOID THE
SPREADING
OF FAKE
NEWS.**

Preventative measures should be enforced as there is currently **NO VACCINATION AVAILABLE** for protection. All residents are encouraged to adhere to the following general precautions:

- ✓ **Wash hands with soap and water regularly.** Hand and surface sanitize when necessary.
- ✓ **Keep your immediate environment clean** - sanitise all surfaces including door handles in your room
- ✓ **Avoid touching eyes, nose or mouth** with unwashed/ un-sanitised hands.
- ✓ **Cover your cough or sneeze with a tissue** and immediately discard in the bins provided.
- ✓ **Clean and disinfect** touched objects and surfaces.
- ✓ **Wear face masks all the time.** Self-made material and cotton masks offer some protection and the most protection if all parties wear a mask. When speaking to someone face to face, do not communicate without wearing a mask.
- ✓ **Adhere to the COVID-19 prevention rules at all times.**

**NB: request
sanitising
agents from
the Residence
Coordinator if
you don't have
any.**

In addition:

- Adhere to the government restrictions on local and international travel.
- Adhere to the quarantine period of 14 days for all cross provincial and international travellers arriving in Cape Town.
- Designated off-campus quarantine and isolation areas for suspected and confirmed cases will be communicated.

6 Campus Health Services (clinic)

The Clinic delivers primary health services to registered students and limited services to staff.

Extended COVID-19 services for staff and students involves screening for COVID-19 infections and referral for testing to the designated Coronavirus testing centres at Groote Schuur and the New Somerset Hospitals.

Should you have COVID-19 symptoms, DO NOT PRESENT YOURSELF at the Campus Clinic or any Community Health Care Facility as this may facilitate the spread of the infection and compromise the staff, fellow students and other patients at the facility. Call the Campus Clinic if you think that you might possibly have Coronavirus symptoms.

Details of Campus Health Services (clinic):

Bellville Campus	District Six Campus	Mowbray Campus	Wellington Campus
e 021 959 6402	e 021 460 3405	e 021 680 1555	e 021 864 5522
New Library Extension Building, Ground Floor	Administration Building, 2nd Level, Room 2.900	Administration Building, Ground Floor	Administration Building, Room A29, Ground Floor

Emergency contact number is:
*60247 or 076 229 0298 (Attention Mr A Slinger)

NOTE: Students may also email the Clinic

Contact Person: Ms Suzette Robertson **e** robertsons@cput.ac.za

7 Useful sites and resources for COVID-19

National Institute for Communicable Diseases (NICD)	www.nicd.ac.za
National Department of Health (NDoH)	www.health.gov.za
World Health Organization (WHO)	www.who.int .
Guidelines for Post-School Education and Training Institution for management of COVID-19 and response to the outbreak	http://www.higherhealth.ac.za https://www.cdc.gov/coronavirus/2019-ncov/index.html https://www.cdc.gov/coronavirus/2019-ncov/index.html

A summary of CPUT's Covid-19 positive case management process for student within residences

STEP 1 ANNOUNCING AND INFORMATION GATHERING

- The student informs the Residence Coordinator.
- Once the Res Coordinator has been informed, the Res Coordinator needs to complete the COVID-19 Reporting Form and send this to their HOD and Mr Slinger (Acting HOD: Campus Clinic).
- The HOD to notify the Dean & Deputy Dean of Student Affairs. Ms Prem Coopoo and Mr Tulani Nkuntse.
- The Res Coordinators are encouraged to follow up with a call to both the HOD and Mr Slinger.
- Applicable to HOD: Residences at this stage must also alert IDFM (Mr Hull/Phillip) to be on standby for cleaning and disinfecting the building once the positive student has left.
- Contact tracing should take place and will be conducted by Campus Health and or NCID/DOH.

STEP 2 ACTIVATION

- A representative from Campus Health Services will engage with the student and based on the outcome of the engagement, transport of the positive student to a quarantine site may be activated (DoH or university quarantine). The student may choose a quarantine site, based on availability and response or the student might opt to go home if they are from within the Western Cape region.
- If the student opts for the university quarantine site, the Dean of Student Affairs's office will activate a support plan for the student.

STEP 3 SANITIZING AND DE-CONTAMINATION

- Once the student has left the residence, cleaning and disinfecting of the building needs to happen. The Res Coordinator & or HOD of Residences must ensure this.

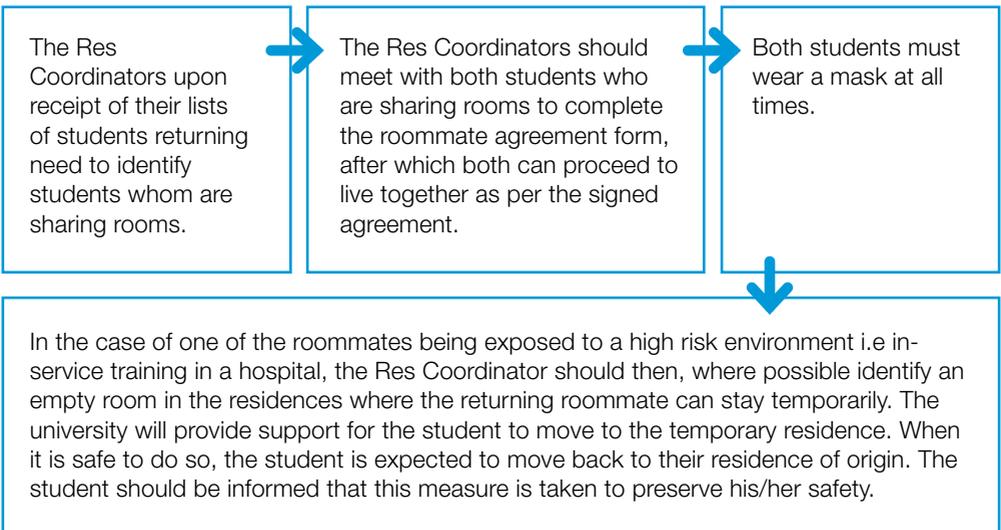
STEP 4 OVERSIGHT OF AFFECTED STUDENT'S WELLBEING

- The Res Coordinator needs to remain in constant contact with the student during the quarantine/isolation period and should there be a need, the student should be referred to the Student Counselling Department for emotional support.
- Any reported physical symptoms by the affected student are to be conveyed to Campus Health via the Acting HOD of Campus Health Services, Mr Slinger for assistance/intervention.

STEP 5 RECORD KEEPING

- Res Coordinators and Res HODs should keep a confidential record in the form of a register of all positive cases, highlighting all the important information as per the COVID-19 Report Form in an excel spread sheet.

Roommate management under COVID-19



All students returning to residences MUST observe
COMPULSORY 14-DAY QUARANTINE, except for local students
(coming from within Western Cape radius) who must attend lab and in-service and
classes as instructed to do so by their faculties.

COMPULSORY QUARANTINE

All residents are encouraged to apply the following protocols to cope with
Covid-19 related stress:

- ✓ **Know what to do if you are sick** and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.
- ✓ **Know where and how to get treatment** and other support services and resources, including counselling or therapy.
- ✓ **Take care of your emotional health.** Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- ✓ **Take breaks from watching, reading, or listening to news stories**, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- ✓ **Take care of your body.**
- ✓ **Make time to unwind.** Try to do some activities you enjoy and that can be done safely.
- ✓ **Connect with others**, your community - or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

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