

LUPANE STATE UNIVERSITY COVID-19 STATEMENT FOR THE UNIVERSITY COMMUNITY

1.0. Overview

As of 16 March 2020 there are over 169 387 confirmed cases of COVID-19 (from 135 countries), 6 513 deaths have been reported and 77 257 cases have recovered. Europe is currently the Epicentre of the pandemic. The number of African countries with confirmed cases of COVID-19 has risen to 19. As a country Zimbabwe is now on **HIGH** alert for COVID-19. However the National Microbiology Reference Laboratory has tested 14 suspected cases of COVID-19 which all turned out to be negative.

2.0. Mode of transmission and incubation period

- COVID-19 is a droplet infection. It is contracted by touching or being in contact with infected surfaces. After sneezing or coughing the droplet travels for about 1 meter and it drops to the ground or gets attached to any surface. It survives for at least 12 hours on a metal surface and between 6-12 hours on fabric material.
- Incubation period of 2-14 days after exposure
- Faecal shedding of the virus has been noted but faecal-oral transmission has not yet been documented and is still under study.
- Transmission is high in population clusters.

3.0. Symptoms of COVID-19

- Can be asymptomatic
- Fever
- Dry cough
- Sore throat commonly occurs on day 3-4 after having been in contact with an infected person or visiting a place with COVID-19.
- Difficulty in breathing usually starts after 5 - 6 days after onset of the symptoms
- Development of full blown pneumonia.
- Fatigue
- Diarrhoea and vomiting might occur.

4.0. Preventive measures

- Wash your hands frequently with soap and water for at least 20 seconds especially after blowing your nose, coughing or sneezing, before cooking, before eating and after visiting the bathroom or use an alcohol based hand sanitiser.
- When coughing or sneezing cover your mouth with a flexed elbow or with a tissue paper then throw the tissue paper in a bin or in the toilet or put it in a plastic bag and throw it in a place where the contents are likely to be incinerated. Avoid touching your face, eyes, nose and mouth before thoroughly washing your hands.
- Avoid drinking cold water or drinks. This reduces the local temperature of the pharyngeal area making you susceptible to the infection.
- Disinfect potentially contaminated surfaces and equipment.
- To mitigate the risk of bringing COVID-19 to campus anyone who has visited or has come into contact with people from the following countries should self-isolate for 14

days before returning to campus: Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Iran, Ireland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, South Korea, Spain, Sweden, Switzerland, Monaco, San Marino, United Kingdom, USA, Vatican City.

- Exercise caution and use your best judgement for your personal domestic travel
- Avoiding attending large gatherings, for example, weddings, sporting events and church mass gatherings.
- Avoid all non-essential travel within and outside the country.
- The University is taking extra measures to sanitize surfaces and provide resources for infection control. The University will place additional hand washing facilities at the learning and teaching facilities, halls of residence and the dining facility.
- Avoid close contact with people who are infected and isolate yourself when sick.

5.0. Risk Profiling and Action Points at Lupane State University

Risk Area	Population at high risk	Action to be taken
Rest rooms	Cleaners	Provision and consistent use of PPE and refer to section 4.0
	Staff and students	Refer to section 4.0
Public transport (e.g buses including and University bus)	University staff and students	Minimise touching surfaces within the bus Keep windows open to promote ventilation and minimise transmission Refer to section 4.0
Lecture rooms, offices, board rooms, library, labs, students residence, dining hall and kitchen	Staff and students	Minimise touching surfaces Keep windows open to promote ventilation and minimise transmission Refer to section 4.0
University Clinic	Clinic staff and patients	Use of standard case definition by nurse. Provision and consistent use of PPE Refer to section 4.0

NB: If you have any of the symptoms stated in section 3.0 visit the University Health Facility

The University Management is closely monitoring the situation of any occurrence of the virus at its campuses. The University Community will constantly be updated of any development regarding coronavirus (COVID-19) within the University premises.

Statement issued by:

A handwritten signature in black ink, appearing to read 'J Makunde', with a long horizontal flourish extending to the right.

Mr J Makunde
University Registrar

Date: 17 March 2020