



Prince of Songkla University Announcement

Subject: Measures for monitoring and control a new wave of Coronavirus disease (COVID-19) outbreak among staff and students at Prince of Songkla University

Issue No. 2

In order to monitor, prevent and control a new wave of Coronavirus disease (COVID-19) outbreak among staff and students at Prince of Songkla University, the university issues an amendment to the announcement titled “Measures for monitoring and contact tracing of high-risk groups for Coronavirus disease (COVID-19) outbreak prevention”, dated 21 December 2020:

1. Guidelines for teaching, learning and examinations management at Hat Yai Campus in Semester 2/2020: following the announcement on the subject: “Guidelines for teaching and learning management during a situation of risk factors in the Hat Yai Campus area, semester 2/2020”, announced on 24 December 2020, all courses need to stop in-class teaching and learning activities at Hat Yai Campus from Friday 25 December 2020 until 10 January 2021.

2. Three monitoring groups are specified for staff and students:

2.1 High-risk group: those who have had direct contact with infected people. This group will be contacted directly by the Public Health team.

2.2 Self-monitoring group: those who have been exposed to members of the high-risk group as specified in Clause 2.1. They need to pay attention to any occurring symptoms, avoid contact with the community, wear a medical mask, and follow self-monitoring guidelines specified in the documents attached.

2.3 Non-risk group: those not mentioned in Clause 2.1 and Clause 2.2. They need to wear a medical or regular mask every time when leaving their domicile; avoid crowded places; wash hands frequently with soap or alcohol gel; eat hot food and use serving spoons; avoid hand contact with eyes, nose or mouth. A medical mask or regular mask also needs to be worn indoors (buildings, workplaces, or classrooms).

3. Travel areas

3.1 Staff and students are prohibited from traveling into the high-risk areas specified in the announcement of the Center for COVID-19 Situation Administration (CCSA) (Red Zone) (Samut Sakhon province).

3.1.1. If traveling for work cannot be canceled, approval needs to be obtained from the dean or head of the department, and the PSU Welfare and Benefits Work, Human Resource Division needs to be notified. After returning, a 14-day self-quarantine is mandatory, which is not counted as taking leave.

3.1.2. If traveling for other reasons is necessary, approval needs to be obtained from the dean or head of the department and the PSU Welfare and Benefits Work, Human Resource Division needs to be notified. After returning, a 14-day self-quarantine is mandatory, using either vacation or business leave.

3.2 Staff and students needs to avoid traveling to controlled areas. (Orange Zone) (Samut Songkhram, Ratchaburi, Nakhon Pathom, and Bangkok) *

3.2.1 If it is necessary to travel to any of the aforementioned areas, approval needs to be obtained from the dean or head of the department, and the PSU Welfare and Benefits Work, Human Resource Division needs to be notified. Self-monitoring for symptoms is mandatory, along with avoiding public activities for 14 days after returning.

*The categorization of provinces into different areas is subject to change according to announcements of the Center for COVID-19 Situation Administration (CCSA).

Please be informed and act accordingly.

Announced on 25 December 2020

Niwat Keawpradub

(Asst. Prof. Dr. Niwat Keawpradub)

President of Prince of Songkla University

Attachment 1

Self-monitoring guidelines

- Wear a medical mask every time when in contact with others.
- Wash your hands with water and soap or alcohol gel frequently.
- Do not make hand contact with eyes, nose or mouth unnecessarily.
- Eating freshly cooked food.
- Do not share personal items such as handkerchiefs, towels, glasses, and straws, with others.
- Do not contact patients with respiratory infections.
- Avoid crowded places such as cinemas, shopping malls and public transportation (e.g. plane, bus, train, van).

If you have a fever and respiratory symptoms, including sore throat, runny nose, shortness of breath, please call 1422 for advice (Department of Disease Control hotline).

Attachment 2

Instruction for self-quarantine for members of the high-risk group to observe symptoms at home.

People at risk of contracting COVID-19 infection should act as follows:

1. Stop studying and working, sleep in a separate room, and do not leave the house. Do not travel to the community or public places until 14 days have passed after exposure.
2. Avoid being close to other people. If contact is necessary, wear a medical mask and keep social distancing at about 1-2 meters, or at least about one arm's length.
3. Take your temperature every day. If the reading is greater than or equal to 37.5 degrees Celsius, together with a runny nose, cough, sore throat, contact the nearest hospital for treatment.
4. Eat healthy, cooked and clean food, separated from other people until recovered from symptoms; get enough rest.
5. Do not share personal items such as handkerchiefs, towels, glasses, and straws, with others.
6. Medical masks and used tissue papers need to be disposed of in a plastic bag. Seal the bag tightly before throwing away, and immediately clean your hands with alcohol gel or water and soap.
7. You and everyone in the household should clean your hands with alcohol gel or water and soap often.
8. Clean the floor, furniture, appliances such as beds, desks, telephones or other equipment, bathrooms, and toilet bowls with 5% sodium hypochlorite bleach (use 1 part bleach to 99 parts tap water) to disinfect surfaces.
9. Wash clothes, bed linen, towels, etc. with normal detergent and water, or wash the clothes in hot water at 60-90 degrees Celsius.
10. Monitor for illnesses of close contacts or members of the household within 14 days.
11. If you have symptoms of illness such as high fever, fatigue, tightness of breath, shortness of breath, loss of appetite, go to the hospital immediately.

Note: In case of close contact with breastfeeding mothers, they can still breastfeed, as the viral load through breast milk is very small. However, mothers should wear a medical mask and wash their hands before touching or breastfeeding.