



# Eastern Mediterranean University

**COVID-19 PANDEMIC GUIDEBOOK FOR STUDENTS**

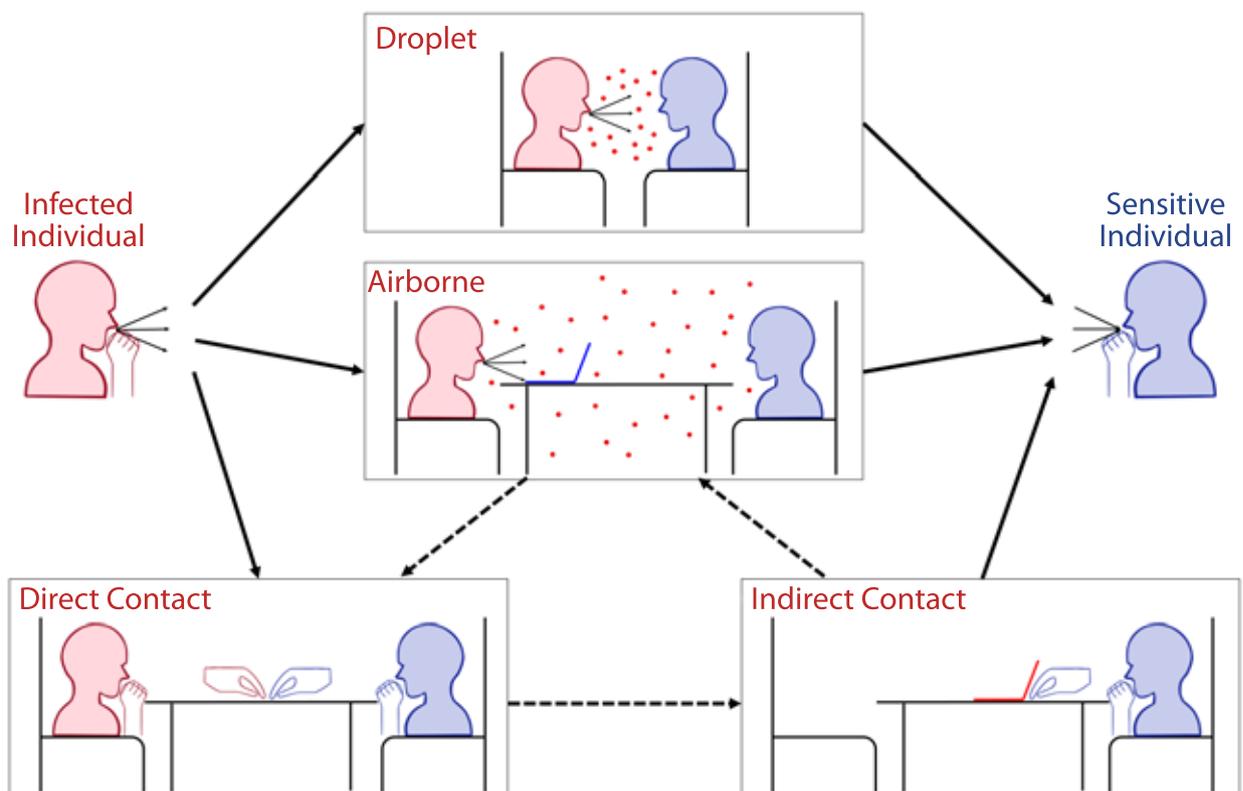
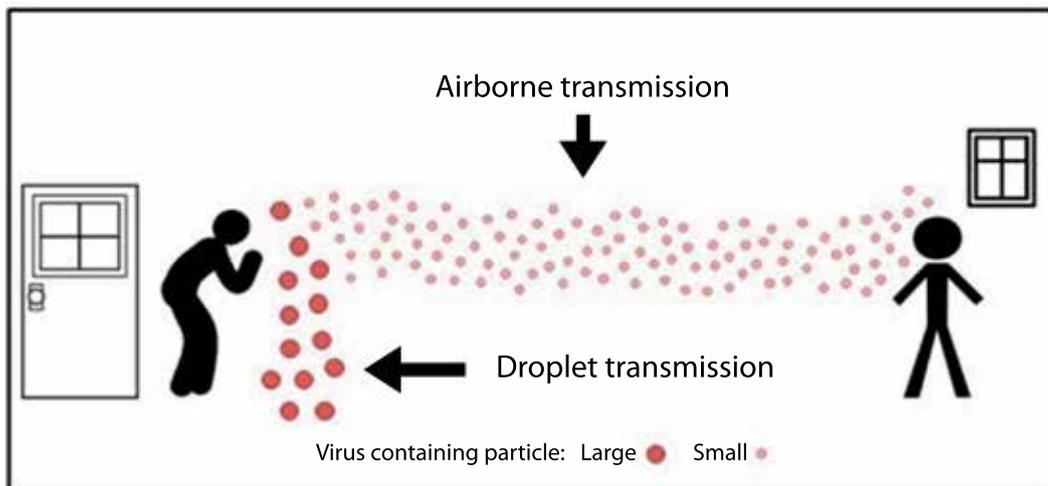
**Eastern Mediterranean University Pandemic Board**

## What does global epidemic (pandemic) mean?

Infections are referred with different names according to their frequency in the society. A global epidemic (pandemic) is the unexpected spread of a contagious disease between countries by overflowing from its local area. COVID-19 caused by SARS-CoV-2 virus was initially observed in a few cases in the city of Hubei in Wuhan, China, and as a result of the failure to control the outbreak, it became a global epidemic, spreading all around the world.

## How is COVID-19 transmitted?

COVID-19 is transmitted through inhalation of droplets dispersed in the environment by a COVID-19 patient during coughing, sneezing and speaking with other individuals or contact with eyes, nose and mouth or by touching the mouth, nose or eyes with hands after touching dirty surfaces.



## What does “vaccine” mean?

Biological products that are prepared to provide immunity against an infection and can be administered to the body in various ways are called vaccines. Vaccines provide immunity against that disease without getting the disease. The purpose of vaccination is to prevent the disease, occurrence of possible death and disability due to the disease.

## Are COVID-19 vaccines safe?

Yes. Severe side effects of COVID-19 vaccines approved by international health organizations such as European Medicines Agency (EMA), American Food and Drug Administration (FDA) or World Health Organization (WHO) are rare and such vaccines are safe.

## Are COVID-19 vaccines effective?

Yes. Clinical trials conducted prior the approvals of EMA, FDA or WHO show that COVID-19 vaccines are sufficiently effective.

## I have not been vaccinated for COVID-19. Which vaccine should I get?

It is recommended to get vaccinated with any accessible vaccine which is approved by international health organizations such as EMA, FDA or WHO that granted approvals due to the vaccine being safe and effective. Before you get vaccinated, you can get more information from the Eastern Mediterranean University Pandemic Coordinator's Office.

## What does the Eastern Mediterranean University Pandemic Coordinator's Office do?

Eastern Mediterranean University Pandemic Coordinator's Office is a central unit formed with the intention of ensuring an effective outbreak management within the university during the 2021-2022 Fall Semester. Providing consultancy service for both personnel members and students who are possibly infected or are diagnosed with COVID-19 or, are contact of a COVID-19 (+) individual is among the responsibilities of the unit. Other responsibilities of the Pandemic Coordinator's Office include directing the personnel/students to the relevant health center when needed, administering vaccines, providing information on the diagnostic tests and monitoring the contact tracing process in collaboration with the Turkish Republic of Northern Cyprus Ministry of Health.

## When am I referred as “Fully Vaccinated” individual?

People who have completed the vaccination program are referred as fully vaccinated 14 days after the last dose; People who have had COVID-19 at least 6 months ago are considered to be fully vaccinated if they are able to prove it with documentation and get 1 dose of the vaccine. Please check the latest updates from the website of the Turkish Republic of Northern Cyprus Communicable Diseases Health Supreme Committee (<https://saglik.gov.ct.tr/COVID-19>).

## Does an individual have sufficient level of immunity if s/he has an uncompleted vaccination (dose deficit) program?

No. Minimum of 14 days must pass after the last dose of the vaccine in order for the person to gain adequate immunity. Therefore, people who have completed the vaccination program are considered fully vaccinated 14 days after the last dose.

## Do fully vaccinated individuals get instantly immuned?

No. Minimum of 14 days must pass after the last dose of the vaccine in order for the person to gain adequate immunity. Therefore, people who have completed the vaccination program are considered fully vaccinated 14 days after the last dose.

## Is vaccination compulsory to be able to study in EMU during the 2021-2022 Fall Semester?

Immunization, the most important way to protect against COVID-19, is an important element of Eastern Mediterranean University's strategy to provide sustainable face-to-face (with distancing measures) education in a healthy environment. Vaccination against COVID-19 provides both individual and community protection. Therefore, in the light of scientific data, Eastern Mediterranean University strongly recommends that everyone who plans to be in the north and south campuses or facilities owned or operated by the university or put into operation, be fully vaccinated. Although vaccination is not a requirement, there will be some differences between fully vaccinated and unvaccinated individuals in terms of accessibility to some on-campus services (such as entry to closed areas, participation in face-to-face education) during the 2021-2022 Academic Year Fall Semester.



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# GET VACCINATED

Be healthy.  
Protect others.  
Help stop the  
pandemic.

**Vaccination is safe and the best way  
to fight against COVID-19**

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To get vaccinated contact:  
**Eastern Mediterranean University Health Center**

Tel: +90 392 630 2200 E-mail: [saglik.merkezi@emu.edu.tr](mailto:saglik.merkezi@emu.edu.tr)

### **I am not fully vaccinated. Can I attend face-to-face education (with distancing measures)?**

In order for students who are not fully vaccinated to participate in face-to-face training (with distancing measures) and enter indoors on campus, they must submit a negative result of PCR/antigen test performed up to 72 hours in a laboratory accredited by the Ministry of Health of the Turkish Republic of Northern Cyprus (Time required between two tests may change according to the decisions of the Communicable Diseases Health Supreme Committee). Check the most recent announcements of the committee from the website of the Ministry of Health (<https://saglik.gov.ct.tr/COVID-19>).

### **Is PCR/antigen test a paid service? Who will pay the fee?**

Whether or not PCR/antigen tests are paid in the Turkish Republic of Northern Cyprus is determined by the Council of Ministers of the Turkish Republic of Northern Cyprus. Who will cover the fee for the tests to be carried out by unvaccinated students will be determined in line with the decision to be taken by the TRNC Council of Ministers.

### **I am fully vaccinated. Am I required to do a PCR/antigen test in every 72 hours in order to attend the face-to-face education (with measures)?**

No. Fully vaccinated students (unless they are in isolation or quarantine) will be able to attend the face-to-face education (with measures) during the semester without having to submit a negative PCR/antigen test result in every 72 hours. Vaccinated students will be subject to PCR/antigen screening test at regular intervals to be recommended by the Communicable Diseases Health Supreme Committee of the Ministry of Health of the Turkish Republic of Northern Cyprus.

### **Am I required to submit a document as a proof that I got COVID-19 vaccination?**

Yes. Eastern Mediterranean University will continue to implement COVID-19 pandemic control measures throughout the Fall Semester. Controls will be made through QR code-based systems at the building entrances. For this reason, students are required to enroll in the "AdaPass" system created by the Ministry of Health of the Turkish Republic of Northern Cyprus, fill in the "vaccination status" information on the Student Portal, and upload their vaccination documents to the student portal as proof if they are vaccinated. Students who cannot prove that they are fully vaccinated will be considered unvaccinated and negative result of PCR/antigen test performed up to 72 hours will be required for these students to enter indoors.

### **I am not vaccinated. Can I get vaccinated at Eastern Mediterranean University?**

Yes. Eastern Mediterranean University offers the students free-of-charge vaccination opportunity through the Health Center. Contact Eastern Mediterranean University Pandemic Coordinator's Office in order to get vaccinated (0392 630 1205, [saglik.merkezi@emu.edu.tr](mailto:saglik.merkezi@emu.edu.tr)).

### **I got my first vaccine dose in my country. Can I get the second dose in Eastern Mediterranean University or in the Turkish Republic of Northern Cyprus?**

Eastern Mediterranean University Pandemic Coordinator's Office will guide you according to the available kinds of vaccines in Eastern Mediterranean University and/or in the Turkish Republic of Northern Cyprus.

### **Is it compulsory to wear masks on campus?**

Yes. It is compulsory to wear masks in both indoors and outdoors (unless you are alone) within the Eastern Mediterranean University campuses.

### **Do fully vaccinated students have to wear masks on campus?**

Yes. All students, including those who are fully vaccinated, are required to wear a medical or cloth mask at Eastern Mediterranean University's north and south campuses or at facilities owned or operated by the university or put into operation. N95 type masks and masks with an exhalation valve or vent should not be used.

## What rules should I follow when using a mask?

Adhere to the following rules when using a mask.



The front part of the mask, which covers the nose, mouth and chin, should not be touched.



Masks should not be shared or exchanged.



If the mask is accidentally touched, the hands should be washed with soap and water for at least 20 seconds or rubbed with an alcohol-containing hand sanitizer.



A used mask should not be reused, even if it is thought to be uncontaminated/clean.



If the mask becomes dirty, moist or torn during use, it must be replaced with a new one.

## How should I put on the mask? What are the steps in properly putting on a mask?

Follow each step while wearing a mask.



Before you wear the mask, wash your hands with soap and water for at least 20 seconds.

In case you cannot access soap and water, rub your hands with an alcohol-containing (minimum 70%) hand sanitizer for 20-30 seconds.



If the mask has ties, tie the upper and lower ties behind your head.



Wear the mask with the folded part of the mask remaining on the outside; and the metal strip on the top over the bridge of the nose.

If the mask has elastic loops, put these loops around your ears.



Fit the metal strip over the bridge of your nose.

**Mask should fully cover the nose, the mouth and the chin, preventing any airflow at each side of the mask.**

In order to maintain protection against transmission, the mask should be put on as specified above. Inappropriate use of masks will not provide protection, on contrary, might cause other infectious diseases.

## How should I put off the mask?

Adhere to the following rules when putting off your mask.



The mask should be removed without touching the front part of the mask covering the nose, the mouth and the chin, where heavy contamination occurs.

If the mask has loops, remove it holding from the loops around your ears. If the mask ties, first untie the below ties and then the upper ones located behind your head. By this way, the mask is prevented from falling.



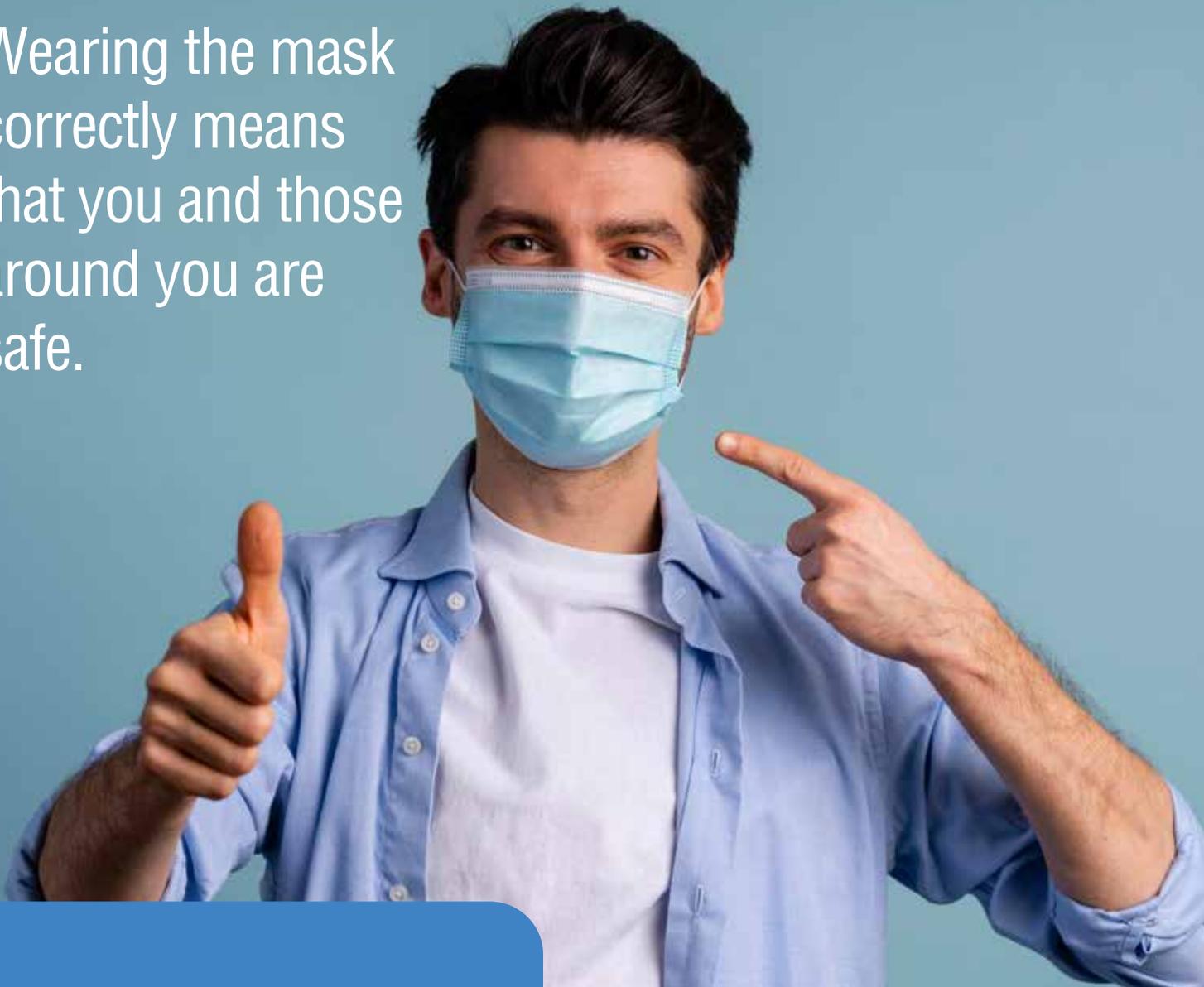
The removed mask is held by its elastics or strings and thrown into the pedal bin. The waste bin should be kept closed at all times. Do not throw your used masks in open areas on campus.

Cloth masks should be changed when they become damp and, should be washed at a minimum of 60°C before the next use. The mask should be ironed after it dries. The reusability of cloth masks differs according to the cloth materials varying from 30 to 50 times.

## When should I wear a face shield?

It is recommended to wear a face shield on the mask during laboratory or bedside applications where physical distance cannot be maintained.

Wearing the mask correctly means that you and those around you are safe.



## What should I pay attention to when I wash my hands?

Apart from droplet transmission, COVID-19 can also be transmitted by contact. In contact transmission, the most common way of getting transmitted with the virus is contacting unclean surfaces. SARS-CoV-2 transmits to the hands by touching unclean surfaces and then, might cause transmission of COVID-19 by touching eyes, nose, mouth and face with dirty hands. The most effective way of preventing such transmission is washing hands with soap and water for at least 20 seconds.

Alcohol-containing hand sanitizers can be used when soap and water are not available. Hand sanitizers are as effective as washing hands unless the hands are visibly dirty.

Wash your hands with water and soap:

- After you clean your nose, cough or sneeze.
- Before and after you use the toilet.
- Before and after you prepare and eat a meal.
- After touching animals.
- After contacting a person (a child etc.) who is in need,
- Before and after your daily care routine.

Follow the below-mentioned steps while washing your hands.



*Before washing hands, accessories such as rings and watches are removed.*



*Hands are soaked under running water.*



*Hands are rubbed vigorously for at least 20 seconds by foaming with normal soap.*



*Hands are thoroughly rinsed under water.*



*Hands dry with paper towels starting from the wrists.*



*The faucet is turned off with the same paper towel.*

## What should I pay attention to when I use hand sanitizers?

Apart from washing hands with soap and water, hand hygiene can also be maintained by using hand sanitizers. Using hand sanitizers is quite often as effective as hand washing.

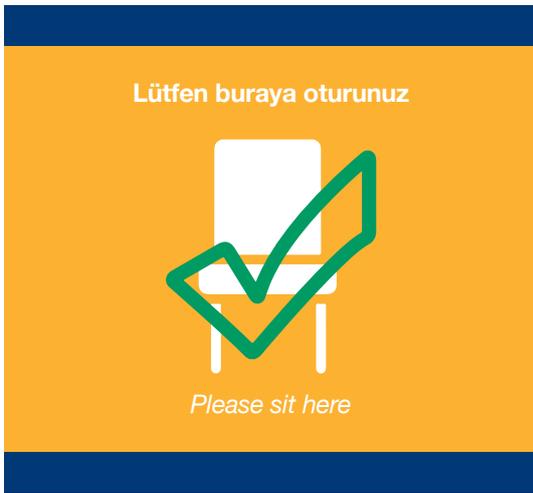
Follow the below-mentioned steps while cleaning your hands with a hand sanitizer:

- Put 3-5 ml of hand antiseptics on your hand.
- Rub your hands for at least 20-30 seconds.
- Rub the inside and back of your hands, between the fingers and the tips, thumbs and wrists with hand sanitizer.
- Wait for the hand sanitizer to dry.

Since hand sanitizers contain flammable substances such as alcohol, especially in laboratory studies, flammable substances should never be approached before hands are dry.

## Can I sit wherever I want in the classrooms?

The classrooms are rearranged in a way to maintain the physical (social) distance (2 meters) between the individuals. Within the framework of the pandemic rules, the reduced capacity of the lecture halls or classrooms (the maximum number of people that can be present at the same time) is marked at the entrance of each classroom. The seat in classrooms with fixed-seating are marked with green labels. Do not use the seats other than the ones tagged with green labels.



In the classrooms with armrest chairs, the places where the chairs will stand are marked with green labels on the classroom floor. Do not move your chairs beyond the areas marked with the green label.

## Can I change my group for courses that have multiple groups?

No. Face-to-face education with strict measures will be offered during the 2021-2022 Academic Year Fall Semester due to the pandemic. Therefore, each group will have specified amount of students (minimum capacity). For this reason, you are obliged to attend only to the classes of your group.

## Will the air-conditioning system be used in the classrooms and lecture halls?

Even the best air conditioning systems cause air movement by suction and blowing, therefore they will not be used unless necessary during the pandemic. The ventilation of the classrooms will be done in the form of natural ventilation by opening windows and doors. Do not turn on air conditioners without permission from the responsible instructor.

## What should I pay attention to when I use shared devices in classrooms or laboratories?

Clean shared devices/tools such as microscopes, computers and T-squares with a disinfectant that is effective against viruses and compatible with the material before and immediately after use. Do not use disinfectants that are not compatible with the common tools you use. In this regard, you can ask for help from the lecturers related to the course.

## How can I protect myself from COVID-19 transmission in corridors during the break times of courses?

One-way round-trip signs are placed on the floor of the corridors. While walking in the corridors, walk in the direction of the arrow sign. More than one student should not stand together at the same time on the one-way round-trip sign.

Only green-labeled seats/benches should be used during class breaks. In the hallways, it is mandatory for all students to wear a properly fitted mask, even if they are fully vaccinated. Activities such as eating and drinking should not be done in the corridors.

## How can I protect myself from COVID-19 transmission at the library?

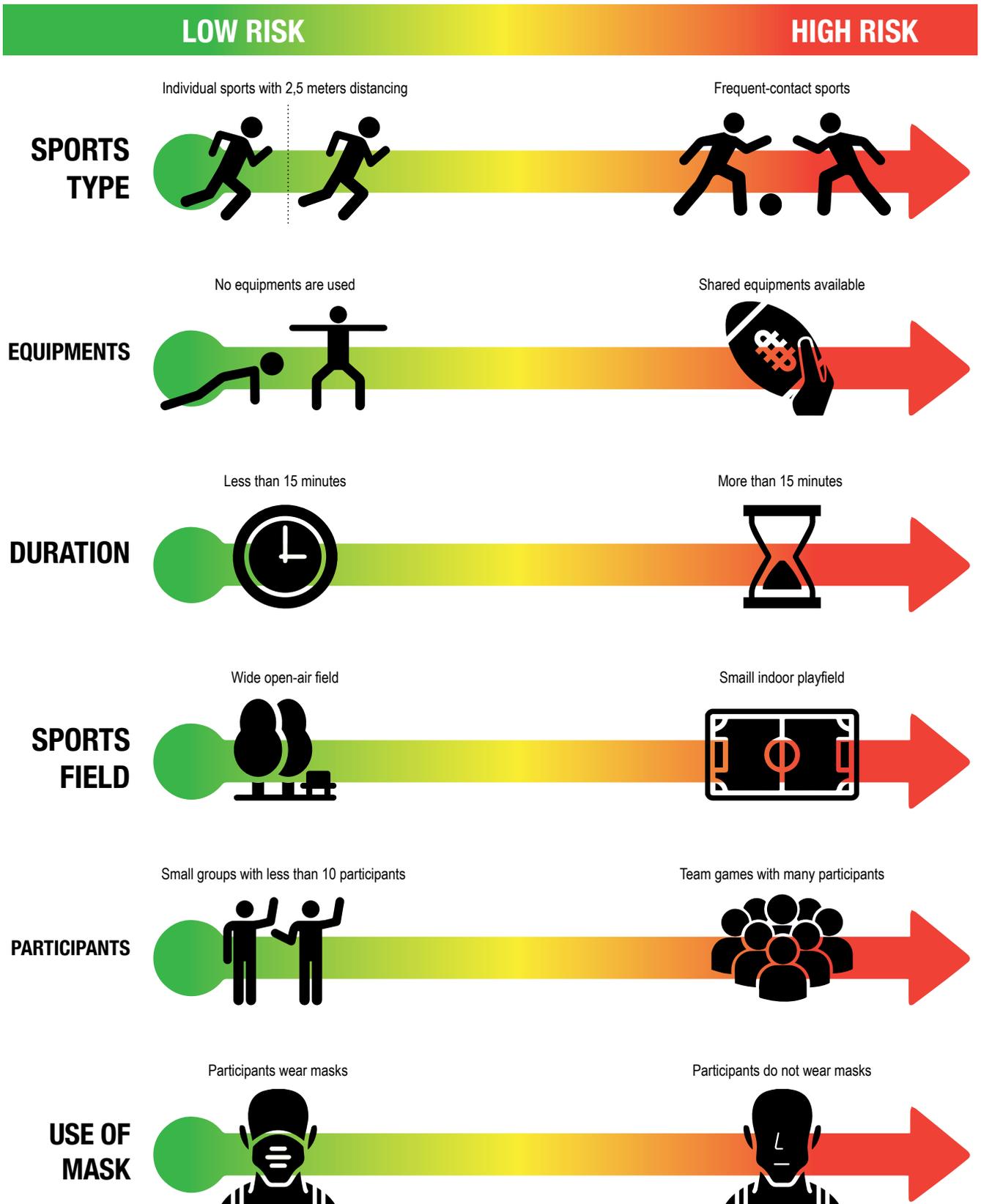
COVID-19 is primarily transmitted through droplets or by contact. Libraries can cause high risks of COVID-19 transmission for both the staff members and people visiting the library due to offering services indoor and working conditions. For this reason, following rules should be adhered in the libraries within the scope of the COVID-19 pandemic:

- Clean your hands with a hand sanitizer before you enter the library.
- Wear properly fitted masks during your time in the library.
- Only use the green-labeled seats/chairs.
- Clean your hands with a hand sanitizer before and after contacting a common book, magazine or newspaper.

## How can I protect myself from COVID-19 transmission at the indoor sports halls?

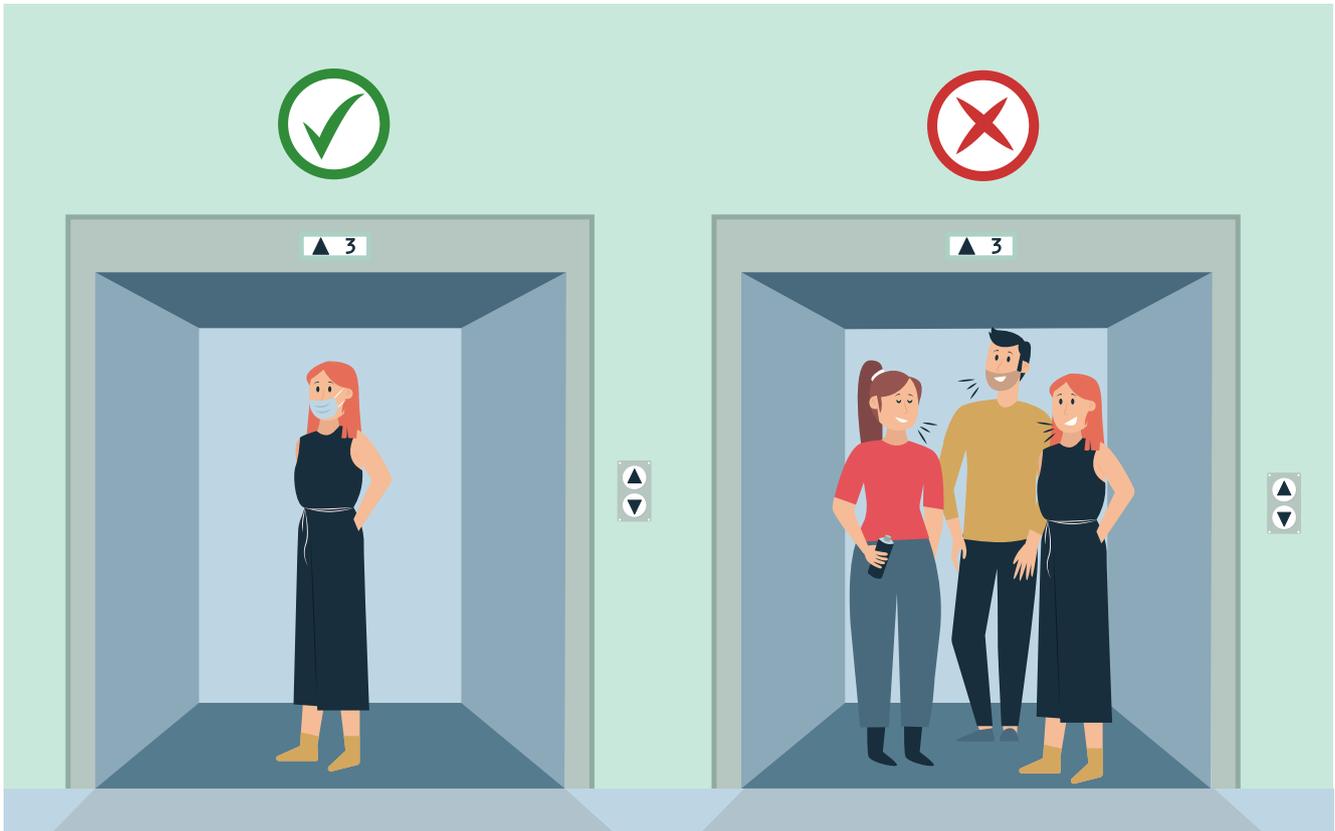
The indoor sports halls will work with an appointment system during the pandemic period offering a limited time schedules with minimum number of students present indoor. Make sure you go to the sports hall on your allocated appointment time.

- Maintain physical distance of at least 3 meters.
- Avoid exercises and sports that require close contact or teamwork.
- Clean your hands when entering and leaving the sports hall
- Take your personal belongings such as towels with you.



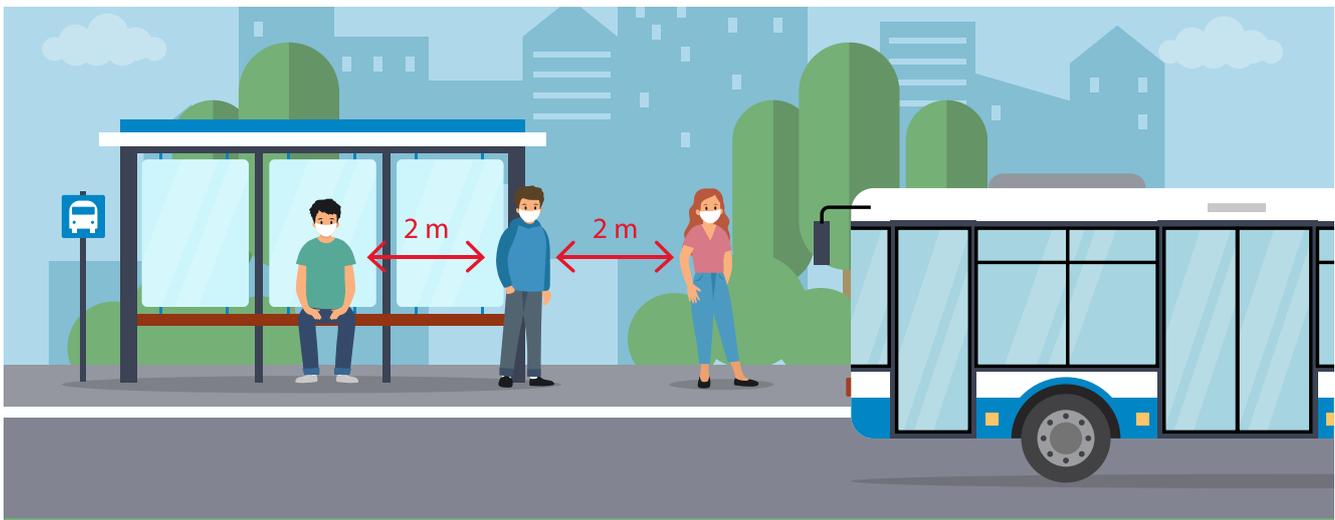
## How can I protect myself from COVID-19 transmission in the lifts?

- Lifts should not be used, unless absolutely necessary.
- In case of an absolute necessity, clean your hands with hand sanitizer before using the lift.
- Properly wear a mask in the lift.
- Do not touch the grab bars in lifts with your hands. If you have to come into contact with it, clean your hands with hand sanitizer after exiting the lift.
- Stand on the labeled spots on the floor of the lift with your back facing other people and do not talk during your time in the lift.
- The maximum number of people specified at the entrance can use the lift.



## How can I protect myself from COVID-19 transmission in bus services?

- Maintain a physical distance of 2 meters when getting on and off the bus.
- Do not talk/shout in the bus.
- Properly wear your mask and do not eat or drink (including water) in the bus.



## How can I protect myself from COVID-19 transmission at the canteens and cafeterias?

- Clean your hands with hand sanitizer before entering canteens/cafeterias.
- Wear your mask properly when you are in the canteens/cafeterias.
- Follow the social distancing rules (2 meters) while waiting in line.
- Make payments with contactless cards. Otherwise, clean your hands with hand sanitizer after payment.
- Only sit in the green-labeled chairs. Do not move chairs/seat from their specified places. Do not talk and shout while eating.
- Clean your hands with hand sanitizer after you finish your meal/drink.



## Can I have visitors in campus during the global pandemic period?

In order to protect the health of everyone who serves or receives service on campus, including yourself, and to ensure a sustainable face-to-face education, guests who are fully vaccinated or who have a negative result of PCR/antigen test performed up to 72 hours can come to the campus.

## Which physical rules should I adhere to while entering/exiting campuses?

Physical distance (2 meters) rules must be followed in entrances and exits to the campuses and people should not make crowds. Doors that can be used at entrances and exits are the Nicosia Road Sabancı Dormitory Side Entrance, Salamis Road Main Entrance, Salamis Road Church Side Entrance and South Campus Entrance. Fever checks will be administered at the campus and/or building entrances and people with a temperature higher than 38 °C will not be allowed inside.

## Do I have to fill in the COVID-19 signs and suspicious contact list every day before I attend to face-to-face education?

Students who will participate in face-to-face training are recommended to answer the following questions on the student portals before coming to campus. The purpose of disease symptom and suspicious contact screening is to detect early signs of outbreaks to quickly prevent transmission. **If you answered 'YES' to any of these questions, do not leave your dorm room or home. Seek medical assistance from the Eastern Mediterranean University Pandemic Coordinator's Office (0392 630 1205).**

	YES	NO
Have you experienced 38°C fever or above within the last 24 hours?		
Is there any loss in taste and smell?		
Do you have a cough that recently started or a cough that constantly getting worse?		
Do you have muscles aches?		
Do you have sore-throat?		
Do you have shortness of breath?		
Have you experienced any symptoms of cold such as runny or stuffed nose, sore-throat, mild fever, weakness, mild body aches or mild headache, sneezing?		
Do you have headache?		
Do you have any distress related to your stomach and intestines such as nausea, vomiting, diarrhea or loss in appetite?		
Do you have severe exhaustion?		
Have you or anyone you come in close contact with been diagnosed with COVID-19 or have you been quarantined for probable contact with COVID-19?		
Have you been asked to isolate or quarantine yourself by a doctor?		

## What should I do if I experience at least one of these signs and symptoms: Fever, cough, shortness of breath, sore-throat, headache, muscle ache, loss of taste and smell or, diarrhea?

- Wear a mask and isolate yourself from other individuals.
- Contact the EMU Pandemic Coordinator's Office (0392 630 1205). Follow EMU Coordinator's Office's guidance.

## My COVID-19 PCR or Rapid Test result is positive. What should I do?

- Wear a mask and isolate yourself from other individuals. Do not leave anywhere.
- Contact the EMU Pandemic Coordinator's Office (0392 630 1205). Follow EMU Coordinator's Office's guidance.

## I Had Contact With Someone Diagnosed With COVID-19. What should I do?

- Wear a mask and isolate yourself from other individuals. Do not leave anywhere.
- Contact the EMU Pandemic Coordinator's Office (0392 630 1205). Follow EMU Coordinator's Office's guidance.

## I had been diagnosed with COVID-19 and my isolation period ended. Can I return to the school?

Apply to the EMU Pandemic Coordinator's Office (0392 630 2200) before you return to the school following the end of your isolation period.

## RESOURCES

1. COVID-19 Salgın Yönetimi ve Çalışma Rehberi. TC Sağlık Bakanlığı. 29.Haziran 2021. <https://covid19.saglik.gov.tr/Eklen-ti/40982/o/covid19-toplumdasalginyonetimirehberipdf.pdf> (erişim 28.08.2021).
2. Hijyen Şartlarının Geliştirilmesi, Enfeksiyon Önleme ve Kontrol Kılavuzu. Eğitim Kurumları İçin. TSE. 13 Temmuz 2021, Revizyon 9 Eylül 2020/1. <https://sanayi.gov.tr/covid-19/guvenli-hizmet-ve-uretim-belgeleri#okulum-temiz-belgesi> (erişim 28.08.2021).
3. Kampüs Ortamlarına Yönelik Uygulamalar Rehberi. YÖK. <https://covid19.yok.gov.tr/AnaSayfa> (erişim: 29.08.2021).
4. Youth Sports and COVID-19: Understanding the Risks. American Academy of Pediatrics, American Medical Society for Sports Medicine, and the National Athletic Trainers' Association. <https://www.healthychildren.org/English/health-is-sues/conditions/COVID-19/Pages/Youth-Sports-and-COVID-19-Understanding-the-Risks.aspx> (erişim:30.08.2021).
5. Onsite Personnel COVID-19 Checklist. University of Massachusetts Amherst. Environmental Health and Safety. <https://ehs.umass.edu/onsite-personnel-covid-19-checklist> (erişim 28.08.2021).



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**Welcome to Eastern  
Mediterranean University**

**COVID-19 vaccines provide individual  
and community protection**

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**COVID-19 vaccines are available at Eastern  
Mediterranean University Health Center**