

Subject: Stay at Home if Unwell Policy

Version: V1- 200825

Supersedes: None

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INTRODUCTION:

The health and safety of our staff and students is paramount and Middlesex University Dubai has adopted a **Stay at Home Policy** to provide guidance to all students during the COVID-19 Pandemic. As part of Dubai Government's efforts in combatting the spread of the Novel Coronavirus, also known as COVID-19, home isolation is an alternative isolation setting that is implemented for asymptomatic and mild cases, or if they have been in contact with a confirmed COVID-19 patient.

Whilst our campus has fully implemented all safety measures in line with the protocols issued by the Dubai Authorities, implementing social distancing, compulsory mask wearing, temperature checks, sanitization and a trace and track system, your health and safety remains our priority.

This document is based on the guidelines provided by the Dubai Health Authority. The latest updates will be available at <https://www.dha.gov.ae/ar/Covid19/Pages/Coronavirus.aspx>

DEFINITIONS (AS PER DHA GUIDELINES):

Asymptomatic	Patient has a positive confirmed laboratory COVID-19 test with no symptoms.
Mild symptoms	<ul style="list-style-type: none"> • Patients with uncomplicated upper respiratory tract viral infection • Fever \geq 37.5 C • Fatigue • Cough (with or without sputum production) • Anorexia, malaise and muscle pain • Sore throat • Nasal congestion • Headache • Symptoms of diarrhea, nausea and vomiting • Loss of smell or taste
Suspected case	<p>A patient who presents with upper or lower respiratory symptoms with or without fever AND satisfying any one of the following criteria:</p> <ul style="list-style-type: none"> • International travel history • Been in contact with a confirmed COVID-19 case within 14 days; OR • Residing in a community setting where COVID-19 cases have been detected; OR

	<ul style="list-style-type: none">• Presenting COVID-19 symptoms without history of travel or known possible exposure.• Patient will be advised for quarantine at home while awaiting test results.
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EMERGENCY NUMBERS TO BE CONTACTED:

For advice at any stage, or for any emergencies or to request an appointment with the telemedicine clinic, please contact the following

- Dubai Health Authority's hotline 800342
- Ambulance at 997

CRITERIA FOR HOME ISOLATION FOR COVID-19 PATIENTS

- Confirmed COVID-19 patients who are asymptomatic or have mild symptoms, where there are no persons of high-risk category within the same household, can be home isolated based on the initial assessment done by the health response team.
- The patient's home accommodation has been assessed to be a suitable venue for home isolation

GUIDELINES TO BE FOLLOWED FOR STAY AT HOME:

1. If you fulfill any of the following criteria, we strongly urge that you stay home and do not come to the University. You are required to complete the "Stay at Home form" available on the MDX App located in Attendance Monitoring section.
 - a. If you feel sick, or if you show any of the COVID 19 symptoms as described above
 - b. If you have an international travel history during the 14 days prior to the onset of the symptoms
 - c. If you have been in contact with a confirmed COVID-19 case within 14 days
 - d. If you are residing in a community setting where COVID-19 cases have been detected
 - e. If you have Influenza like illness without history of travel or known COVID-19 exposure.
2. If you have been told by a medical professional to quarantine/isolate or have taken and are awaiting results of a Covid-19 test, please do not come to the University. Students are required to complete the "Stay at Home form" available on the MDX App located in Attendance Monitoring Section. Faculty & Staff are required to inform their line manager and HR about the results of these tests.
3. If you feel sick in any way, please remain at home and seek medical guidance for further management including conducting COVID-19 PCR test in approved labs. You may also opt to study/work from home. All classes are available online and are accessible for all enrolled students. Students are required to complete the "Stay at Home form" available on the MDX App located in Attendance Monitoring Section and notify their lecturer.
4. If COVID-19 PCR test is negative, you are required to submit the report and sick leave certificate from the treating physician based on the final diagnosis, before you rejoin the University.

5. If COVID-19 PCR test is positive, you will be permitted to return to the University ONLY upon the submission of “de-isolation clearance certificate” from the treating health facility.

6. In case where Faculty members are unwell, their duties should be replaced by those of another staff member. In case where Faculty members are not unwell, but are required to self-isolate as a precautionary measure, these will be assigned online teaching and/or deliver their face to face sessions remotely for the duration of the self-isolation.

7. Employees who work in a role that can effectively be done from home are welcome to do so until they are feeling better. Every team is different and not all work may be conducive to working from home, so please continue to talk with your line manager to establish expectations on working remotely.

Amendment History

Previous Version	Changes to previous version in the current version and date.	Updated by	Authorised by
	Description of changes to each section and rationale	Quality Manager	Director