

**MOSHI CO-OPERATIVE UNIVERSITY (MoCU)
CHUO KIKUU CHA USHIRIKA MOSHI**



GUIDELINES FOR PREVENTION AND CONTROL OF COVID-19

JUNE, 2020

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Preamble

Corona Virus Disease (COVID-19) was first reported in China in December 2019. COVID-19 spreads from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks. These droplets can land on objects and surfaces such as tables, doorknobs and handrails. People can become infected by touching these objects or surfaces, then touching their eyes, nose or mouth. To date, there is neither effective treatment nor vaccine for COVID-19.

The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headache, conjunctivitis, sore throat, diarrhea, loss of taste or smell or a rash on skin or discoloration of fingers or toes. Some people become infected but only have very mild symptoms. People can reduce chances of being infected or spreading COVID-19 by regularly and thoroughly clean their hands with soap and water; maintain social distance; avoid crowded places; avoid touching eyes, nose and mouth; and stay home or self-isolate even with mild symptoms.

Following the out break of COVID-19, the Government of Republic of Tanzania, on 17th March, 2020, closed schools and universities as a measure to prevent spread of COVID-19 pandemic. The universities were reopened on 1st June, 2020 and they were required to observe prescribed precautions. In compliance with directives issued by the Government, the Moshi Co-operative University (MoCU) prepared these guidelines for prevention and control of COVID-19. The Guidelines will apply to staff, students, visitors and the community at the University at large.

GUIDELINES FOR PREVENTION AND CONTROL OF COVID-19

PART ONE

PRELIMINARY GUIDELINES

- Citation** 1. These Guidelines may be cited as the Guidelines for Prevention and Control of COVID-19.
- Application** 2. These Guidelines shall apply to staff, students, service providers, visitors and those living or working in the Moshi Co-operative University premises.
- Government Guidelines on Control of COVID-19** 3. (1) Government Guidelines and/or directives on Control of COVID-19 issued by the Ministry of Health, Community Development, Gender, Elderly and Children on 27th May, 2020 and Ministry of Information, Culture, Arts and Sports issued on 31st May, 2020 are hereby adopted and shall be read as one with these Guidelines.
- (2) Government Guidelines and/or directives issued from time to time shall prevail in case of conflict between these Guidelines and Government Guidelines.

PART TWO

PREVENTION AND CONTROL OF COVID-19

- General guidelines** 4. (1) In order to prevent and control COVID-19, staff, students, service providers, visitors and MoCU community at large are required to adhere to the following general guidelines:
- (a) avoid overcrowding and unnecessary congestion;
 - (b) observe social distance between one person and another;
 - (c) use official and recognized University main entrances in order to wash hands and check body temperature;
 - (d) check temperature at the University main entrances and buildings;
 - (e) wash and/or sanitize hands frequently;
 - (f) wear recommended face masks within the University premises and outside the University;
 - (g) refrain from disseminating information about COVID-19 which is not proved by proper authorities; and
 - (h) report immediately to the University Health Center, Kizumbi Dispensary and any other health organization in case of COVID-19 related symptoms.
- Academic Activities** 5. (1) Staff and students are required to wear recommended face masks while in the classes and University offices.
- (2) Sitting space in the classes shall observe social distancing.

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| Services Providers | <p>6. (1) Service providers in the University are required to put hand washing facilities at their place of business.</p> <p>(2) Service providers are required to observe social distancing.</p> <p>(3) Service providers in the University are required to wear recommended face mask all the time during provision of services.</p> <p>(4) Service providers are required to observe hygiene of the highest order.</p> |
| Sport and recreation activities | <p>7. (1) All sports and recreation activities shall be conducted only after getting approval from the Office of Director of Human Resource and Administration or as the case may be from the Dean of Students.</p> <p>(2) The approving authority shall have regard and consideration of prevention and control measures before approving any sport or recreation activities.</p> <p>(3) Any person wishing to have individual workouts, shall be required to observe all prevention and control measures of COVID-19 during workouts as described herein or directives issued by the Ministry responsible for sports.</p> |
| Students living in campus | <p>8. (1) In campus students shall be required to check their body temperature at least twice per week at a place and time designated by the University Health Center and Kizumbi Dispensary.</p> <p>(2) Without prejudice to what is stated under guideline 8(1), in campus students are encouraged to check temperature regularly at their own time and at the points designated for that purposes.</p> <p>(3) In campus students are not allowed to invite non students to halls of residence or rooms and any other place without notice and approval of the Dean of Students.</p> <p>(4) In campus students should avoid overcrowding and observing social distancing while in halls of residence.</p> <p>(5) In campus students or any other person are not allowed to bring spirit in the rooms and halls of residence.</p> |

**PART THREE
MISCELLANEOUS ISSUES**

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| Students with special needs | <p>9. Physically challenged students are required to report to the Office of Dean of Students for special treatments as arranged by the said Office.</p> |
| Review | <p>10. These Guidelines may be reviewed from time to time as need arises.</p> |