

INFECTIOUS DISEASE EMERGENCY PREPAREDNESS PLAN

CURRENT PLAN REFLECTS

AN ORANGE (EPIDEMIC STAGE) CORONA VIRUS 2019 (COVID-19)

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TABLE OF CONTENTS

EXECUTIVE SUMMARY	1
INTRODUCTION	2
GOALS	2
DEFINITIONS	2
OVERVIEW OF THE IDEP	3
GENERAL THEMES FOR EACH STAGE	
Training, Communication and Education	3
Medical Resources/Supplies	3
Custodial Resources/Supplies	4
Faculty, Staff and Student Responsibilities	4
GREEN (Pre-event stage)	4
Planning Assumptions	
Action Plan	
YELLOW (Disease Outbreak event)	5
Planning Assumptions	
Action Plan	
ORANGE (Epidemic Proportions Event)	6
Planning Assumptions	
Action Plan	
RED (Pandemic Proportions Event)	7
Planning Assumptions	
Action Plan	
POST CONTINGENCY PLAN	8
Planning Assumptions	
Action Plan	
REFERENCES	9
APPENDIX #1 Abbreviations	10
APPENDIX #2 Governing Body and Operational Management Team	11
APPENDIX #3	
Risk Assessment and Protocol	12
Diagram #1 - Pierce Infirmary,	14
Diagram #2 - Deree Infirmary,	15
Diagram #3 – ALBA Reception and Human Resources	16
Diagram #4 - Residence Building	17
Diagram #5 - APC OFFICES when nurse is not on duty	18
APPENDIX #4	
Public Health Poster on Seasonal Flu and Gastroenteritis	19
APPENDIX #5	
ACG Announcement	20
APPENDIX #6	
Letter to Pierce Parents	24
APPENDIX #7	
Incident Command Plan – Stage 1	26
Incident Command Plan – Stage 2 - Confirmation of Infectious Disease	27-28

EXECUTIVE SUMMARY

The American College of Greece **Infectious Disease Emergency Plan (IDEP)** has been developed to provide guidance to the administrative framework in following proactive guidelines that can minimize the impact of a viral outbreak as well as that of other major infectious diseases on the community of the College, its academic and business operations. The IDEP provides the basic structure and guidance to plan and coordinate, monitor and assess, prevent and control the College health systems response, communication, and public education in the event of an infectious disease outbreak.

The general structure of the IDEP plan is a five stage model based on the extent of an infectious disease outbreak. The Plan describes five protocols of action and response:

Green- signifies everyday actions and procedures as followed in the absence of an infectious disease outbreak,

Yellow- signifies a heightened response to an outbreak of infectious disease,

Orange- presents the onset of emergency procedures after the outbreak reaches epidemic proportions and

Red- indicates the development of emergency procedures in the face of a pandemic level event.

Post Contingency- describes protocols implemented to ensure resumption of everyday activities.

With regard to the 2019-2020 outbreak of COVID-19 in P.R. China the plan enables our College to effectively:

- Educate the ACG community on how to prevent the spread of COVID-19 and common viral illnesses such as the flu.
- Provide specific instruction to the Operations Management Team on how to carry out a risk assessment and identify individuals on the APC, DTC Campuses and College Residence Buildings who are suffering from symptoms associated with COVID-19 and who may have been exposed to COVID-19.
- Ensure that adequate medical resources are in place to deal with individuals who may exhibit possible pneumonia symptoms and who may have been exposed to COVID-19.
- Ensure that adequate custodial resources are in place to prevent the spread of COVID-19 and common viral illnesses.
- Ensure lines of communication with the ACG Community and family/parents/guardians are in place.
- Activate a known plan of action with which designated staff is familiar.

INTRODUCTION

The American College of Greece **Infectious Disease Emergency Plan (IDEP)** has been developed to provide guidance to the administrative framework in following proactive guidelines that can minimize the impact of a viral outbreak as well as that of other major infectious diseases on the community of the College, its academic and business operations. The IDEP Plan comes as a sub-plan of the **“First Aid, Referral and Transportation Protocol for Ill and/or Injured ACG Students and Personnel”** and is designed to address the unique demands of the College when the campuses and services (Deree, Pierce, ALBA, Student Residences and ACG athletic facilities) are experiencing increased incidence of a communicable disease.

GOALS

IDEP Plan outlines the main response mechanisms based on a five stage model of the extent of an infectious disease outbreak and the roles and responsibilities of key university services and members in order to reduce the severity of the illness and the disruption to the social and economic infrastructure of the ACG.

Following is a list of factors (in alphabetical order) considered by the College's response to the disease outbreak: animal life, College reputation, financial, human life, legal compliance, morale, operating efficiency, research, social responsibility, teaching. These factors establish the priorities and reveal the primary and secondary overall goals of the IDEP Plan.

PRIMARY GOAL: protection of the safety and welfare of students, faculty and staff by minimizing the spread of the disease.

SECONDARY GOAL: minimize disruption during the event and ensuring the recovery after the event.

DEFINITIONS

An infectious disease is a disease caused by the entrance, growth and multiplication of a microorganism (agents such as a virus, a bacterium or fungus) in the body. Concerning the nature of the educational system, infectious diseases can easily spread within an academic institution and can manifest or contribute to the onset of an epidemic. An epidemic is the rapid spread of infectious disease to a large number of individuals in a given population within a short period of time (two weeks as defined by the WHO). A pandemic is a worldwide encountered epidemic. An epidemic and/or pandemic may be accompanied by increased morbidity and/or mortality unless prevention strategies are readily implemented.

IDEP is not specific to any one type of pandemic: upon identification of an outbreak by health authorities and/or ΕΟΔΥ, IDEP Plan provides the framework under which specific procedures and protocols will be implemented. The list of considered diseases appears as Table 1.

Table 1

VIRAL	BACTERIAL	OTHER
Influenza (pandemic strains)	Anthrax (Bacillus anthracis)	Prion Diseases
Hemorrhagic fevers (Ebola Marbug, Lassa)	Meningitis (Neisseria meningitides)	Fungal infections
Respiratory Illness (SARS, MERS, RSV, Reovirus, COVID-19)	Pneumonia (Pseudomonas aeruginosa, Pseudomonas pseudomallei Legionella pneumophila, Streptococcus pneumoniae)	
Meningitis (Echovirus)	Gastrointestinal (Clostridium botulinum)	
Systemic (Smallpox, Measles, Mumps)	Tuberculosis (Mycobacterium tuberculosis)	
Gastrointestinal (Norovirus, Rotavirus)		

For a list of Abbreviations used in the document please refer to *Appendix #1*:

OVERVIEW OF THE IDEP Plan

The general structure of the IDEP Plan is a five stage process based on four categories of the extent of an infectious disease outbreak and one category outlining the resumption of normal activities. It describes the protocols of action and response as follows:

Green- signifies everyday actions and procedures as followed in the absence of an infectious disease outbreak,

Yellow- signifies a heightened response to an outbreak of infectious disease,

Orange- presents the onset of emergency procedures after the outbreak reaches epidemic proportions and

Red- indicates the development of emergency procedures in the face of a pandemic level event.

Post Contingency- describes protocols implemented to ensure resumption of everyday activities.

Transition between these phases is guided and enforced by the Governing Body of this Plan (**GBP**) (*Appendix #2*) who additionally serve to amend this plan and to form the specific *Risk Assessment and Protocol (RAP)*, (*Appendix #3*) under instructions by public health officials and organizations if need arises.

GENERAL THEMES FOR EACH STAGE

Training, Communication and Education

Informed education and training are pivotal (before and during an infectious disease emergency). A good strategy before the onset and implementation of the higher levels of this Plan relies on effective and supportive communication to members of the College. Such a task through providing factual information and basic hygiene techniques yields many goods including and not limited to:

- reducing panic, absenteeism and reducing infection
- avoiding hyperbole and speculation
- ensuring that the students faculty and staff are engaged in the functions of the College and in building their morale and dedication to the institution

These communications should be frequent and cover a variety of issues and across a number of formats (posters, lectures, discussion sessions, electronic communications). Essential to the training and education are the following:

- An explanation of the nature of the disease, its current status and particular characteristics,
- Continuous updates as more information becomes available,
- Posters with pictograms illustrating techniques that can reduce the risk of exposure,
- Emphasis on the maintenance and the proper route to basic hygiene through hand washing, use of sanitizers, avoiding touch to face and mucous membranes, maintaining a clean environment, covering coughs and sneezes and keeping a distance from infected individuals,
- Informing people of the treatment options and reassuring them upon the development of symptoms,
- Advice for individuals to stay at home if they become ill or demonstrate any of the tell-tale symptoms associated with the disease.

Medical Resources/Supplies

Simple surgical masks are sufficient to control transmission by cough or sneeze and are recommended for symptomatic persons who must go into public areas. Front line medical personnel should wear gloves, masks, reinforced aprons, shoe covers, and eye protection and have available hand hygiene supplies in the health offices. Medical personnel who have been fit tested and trained within the past two years may be required to wear N95 masks. Masks, gowns and gloves are considered contaminated after a single use and should be discarded. Sufficient biological waste disposal containers will be required. Designated personnel at ALBA and the Residence Buildings should have available gloves and masks.

As required by EOΔY, individuals who are contagious must be isolated from other patients and the general population. The Infirmary at Deree will serve the contagious individual and the Wellness Office at Deree is designated as the second waiting area for patients not exposed to the infectious agent. The Infirmary at Pierce will serve the contagious individual and the room next to the Infirmary at Pierce is designated as the second waiting area for patients not exposed to the infectious agent. Anti-viral drugs and vaccines, when available, may be allocated by the Ministry of Health and be based on the then current treatment priorities and available supplies. The College will not stockpile any such pharmaceuticals.

Custodial Resources/Supplies

The current regiment for cleaning and disinfecting of surfaces and bathrooms throughout the Colleges sites has been investigated and found absolutely adequate complying with ISO specifications for not only educational settings but as we are assured by ISS FACILITY SERVICES complies with regulations for the public spaces within hospital settings. The cleaning schedule should continue as follows unless other recommendations are given by the GBP based on the infectious agent and stage of the plan.

Faculty, Staff and Student Responsibilities

Faculty and staff are responsible to:

- Inform the Human Resources of the onset of symptoms and follow the appropriate directions/recommendations if symptomatic.
- If not symptomatic, faculty and staff should report to work as usual unless there is an immediate family issue which needs attending. All such absences should be monitored by the corresponding department head or human resources.
- If College sites are closed off, faculty and staff should remain off site unless directed otherwise. Regular contact should be maintained with the College through telephone or electronic means.
- Upon resuming normality attend work as directed.

Students are responsible to:

- Stay off campus or in their residence room if symptomatic.
- If the College closes, stay off campus but keep in touch via the internet.
- Be informed and if possible volunteer to assist in the workings of this Plan.

GREEN (Pre-Event Stage)

This stage is characterized by an absence of an immediate infectious disease threat. Infrastructure remains unaffected and there have been no cases of an emerging outbreak in the local community. This stage maintains a level of preparedness involving the following:

Planning Assumptions

- There have been no cases of the disease reported in the general community.
- There is no indication that a disease outbreak in another part of the world is threatening the College.
- There have been no public health warnings about a possible disease outbreak in the local community.

Action Plan

The medical facilities within the College (Pierce and Deree infirmaries including secondary waiting rooms) are staffed and prepped with the minimum universal precautions to deal with the possibility of presentation of a case (disinfectants, aprons, eye-protection, disposable gloves and safety masks).

- In the case of an outbreak in another part of the world, information should be provided on the nature of the disease in a reassuring manner including identification of symptoms and treatment options as well as a regular update on the process of the disease. For specific examples see attached *Appendix #4, ACG Email Announcement - Appendix #5* and *letter to Pierce parents - Appendix #6*
- In case of a report about a possible threat, *Risk Assessment Protocols (RAPs)* for the following level should be developed and all processes indicated there should be reviewed. See attached *RAP - Appendix #3* and *Incident Command Plan – Stage 1 and 2 Appendix #7*

YELLOW (Disease Outbreak Event)

This stage is characterized by appearance in the local community/and or College of an outbreak of a specific disease. Typically onset of a Y-stage will be imposed by public health announcements of vigilance and/or the appearance of symptoms in a very small number of individuals associated with the College, according to the morbidity/mortality or severity of the specific infectious agent.

Planning Assumptions

- The outbreak is restricted to one College site (i.e. Pierce, Deree, ALBA/Downtown Campus, Residences).
- The outbreak does not represent itself as of an isolated or sporadic nature, it is displaying patterns of an infectious disease e.g. not from food poisoning.
- The outbreak is confirmed by a hospital or a medical professional.
- Staff at all College sites involved in cleaning, custodial care, food vendors and security will have had appropriate training, appropriate personal protective equipment and will be assigned in numbers and rotations to assure coverage within the working hours of the College.
- The medical facilities within the College (Pierce and Deree infirmaries including isolation rooms) are staffed and prepped with the minimum universal precautions to deal with the possibility of presentation of a case (disinfectants, aprons, eye-protection, disposable gloves and safety masks).
- Appropriate RAPs have been produced and reviewed.

Action Plan

- An **Operational Management Team (OMT)** will be appointed by the governing body of this Plan in order to oversee, coordinate and carry out the College's response to the outbreak event. Members of this committee should include representatives from the following departments of Pierce, Deree and ALBA: Human Resources and Campus Services, Academics for the four Schools, Integrated Marketing and Communications, Information Resources Management, Registrars, Student Affairs, Library, Athletics, Admissions, Study Abroad and International Students, Student Success Center, ACG Health and Wellness Center, Residence Assistants. Additional personnel will be added as appropriate and clerical support for the management team provided. (*Refer to Appendix 2*)
- Human Resources and the OMT responsible for implementing the RAP will keep track of absenteeism.
- Individuals that are associated with the College (students, faculty, staff, ACG-fitness members, Sports Academies) who are symptomatic will be *asked* to stay at home or for occupants of College residencies, in their apartments, in order to limit exposure to the College and general community.
- Subject to directions from the Ministry of Education, public health authorities, the OMT and the governing body of the IDEP, academic and business activities of the College will continue as scheduled.
- Registrars in coordination with the corresponding departments and College services must plan for the make-up of missed class and project hours as well as remedial options for students who recover from the infection.
- Students, faculty staff and individuals associated with the College will receive communications (through email, posters, talks, Blackboard, social media) regarding the nature of the outbreak and news of changes to curriculum, class times etc. Advice must be provided on: signs and symptoms, preventative measures, treatment locations, self-care and any change to College operations.
- RAPs should be reviewed and extend in scope to allow for proper communication amongst all levels of the administration illustrating the areas of responsibility for each individual.

ORANGE (Epidemic Proportions Event)

This stage is characterized by a widespread prevalence of the disease. Typically onset of an O-stage will come as a necessity to comply with the regulations of the Ministry of Education and the Ministry of Health or other public health bodies and/or the spread of the disease within the facilities of the College affecting up to 10% of the College community (the percentage varies according to the specific infectious agent).

Planning Assumptions

- The epidemic has been established in the community affecting a larger number of individuals, and may cover several of the Colleges sites.
- It is now certain that the community is dealing with a critical event of an infectious nature.
- The epidemic has been confirmed by public health authorities.
- Staff at all College sites involved in cleaning, custodial care, food vendors and security will have had appropriate training, appropriate personal protective equipment and will be assigned in numbers and rotations to assure coverage within the working hours of the College and 24/7 coverage for student residencies.
- The medical facilities within the College (Pierce and Deree infirmaries including isolation rooms) are staffed and prepped with the minimum universal precautions to deal with the possibility of presentation of a case (disinfectants, aprons, eye-protection, disposable gloves and safety masks) and with the specialized equipment required specifically to deal with an increased number of presentations.
- Appropriate RAPs have been produced and reviewed.

Action Plan

- The OMT appointed at the previous Y-stage will continue work on implementing this Plan and carry out the specific RAP that will have been drafted by the governing body of this IDEP.
- Human Resources and the OMT responsible for implementing the RAP will keep track of absenteeism.
- Individuals that are associated with the College (students, faculty, staff, ACG-fitness members and Sports Academies) who are symptomatic will be *required* to stay at home or for occupants of College residencies, in their apartments, in order to suspend (to all practical levels) exposure to the College and general community.
- Subject to directions from the Ministry of Education and public health authorities, OMT and the governing body of the IDEP, academic and business activities of the affected sites will be *suspended* for the duration of the epidemic.
- Academic Affairs in coordination with the corresponding academic departments and College services must plan for the make-up of missed classes and project hours as well as remedial options for students who recover from the infection.
- Students, faculty staff and individuals associated with the College will receive communications (through email, posters, talks, Blackboard, social media) regarding the nature of the outbreak and news of changes to curriculum, class times etc. Advice must be provided on: signs and symptoms, preventative measures, treatment locations, self-care and any change to College operations.
- RAPs should be reviewed and extend in scope to allow for proper communication amongst all levels of the administration illustrating the areas of responsibility for each.

RED (Pandemic Proportions Event)

This unlikely and extremely rare stage is characterized by the undoubted establishment of the disease in the community and in the College. Typically onset of an R-stage will come as a necessity to comply with the regulations of the Ministry of Education and other public health bodies and/or the dispersal of the disease within the facilities of the College affecting *more than 10%* of the College community (the percentage varies according to the specific infectious agent).

Planning Assumptions

- Pandemic proportion events generally last for up to one year and manifest in several waves of occurrence lasting for six to eight weeks with the second wave usually being the most severe affecting 25%-60% of the population.
- Mortality and morbidity will be severe and depend on the nature of the infection.
- College activities will be severely disrupted as those of the general infrastructure of the community rendering full operations of the College unmaintainable.
- Individuals who have recovered from the disease will generally have a level of immunity to subsequent waves.
- The medical facilities within the College (Pierce and Deree infirmaries including isolation rooms) are staffed and prepped with the recommended and appropriate equipment capable of supporting the student, faculty and staff population.
- In the light of the epidemic reaching pandemic proportions measures and activities need to have been reviewed including the replenishment of core supplies.
- Appropriate RAPs have been produced and reviewed.

Action Plan

- All contact should be kept to a bare minimum and non-essential contact should be carried out with electronic means.
- All non-essential (for the academic, housing and administrative functions) facilities should be closed and staff re-allocated to other departments and facilities according to need.
- The College provides enhanced education and communication about the infection, treatment options, prevention and the institutional response.
- Human Resources and the OMT responsible for implementing the RAP will keep track of absenteeism and maintain access to individuals who display immunity in order to carry out the critical operations for maintaining a basic level of College operations, and to redeploy and equip staff and determine absentee rates for further waves.
- At this stage business operations will assess the financial impact of the pandemic, plan for further contingencies and allocate funds for the continuity of the College taking into consideration, predicted enrollments and financial models and determine whether certain facilities need to be closed due to staff and economic shortages. Also there may be a need to allocate funds for the protection of staff involved in operations including planning for the inability of study abroad and international students to return home due to travel restrictions.
- Medical staff should provide preliminary precautions such as masks to reduce potential transmission and in association with student services may organize the distribution of anti-virals, anti-microbials and other agents including vaccinations as prescribed by the Occupational physician or public health authorities to individuals associated with the College and if appropriate the community.
- Develop a screening process based on public health recommendations and a policy for dealing with infected individuals who present at the entry point of campus.
- Provide for alternative student transportation or an alternative academic delivery protocol.
- According to public health instructions other operations may be required and processed through the governing body of this Plan and the OMT.
- RAPs should be reviewed and extend in scope to allow for proper communication amongst all levels.

POST CONTINGENCY PLAN

The post-contingency plan involves the steps required to resume College activities to a fully operational level upon termination of all other stages. This plan is typically enforced under recommendation and advice from the Ministry of Education and public health officials that the disease has run its course in the population.

Planning Assumptions

- The rate of spread of the infection has been halted allowing for core operations to function at an everyday rate.
- Public health officials have announced a decline in the infectivity or a complete passing of the event.
- The College has composed a continuity plan.
- The infrastructure of the community (transport, communications, and business activities) is being restored.

Action Plan

- Develop and communicate a plan including timing for the resumption to full operations.
- Prioritize recovery needs i.e. funding, staff, infrastructure, psycho-social services.
- In cooperation with the OMT conduct in-depth lessons-learned analysis including response impact, financial impact, enrollment impact, legal impact, reputational impact, personnel impact.
- Communicate a thank you and acknowledgment of community support, losses and changes.
- Debrief, evaluation and revision of the IDEP and deactivation of the OMT.

REFERENCES

This Document has been based on and guided by the following Plans issued by academic institutions:

- University of Alaska, Pandemic Preparedness Plan, 2009
- University of Austin Texas (Brownsville) Infectious Diseases Emergency Preparedness Plan, 2012
- University of Ottawa, University of Ottawa Pandemic Plan, 2009
- Trent University, Outbreak, Epidemic and Pandemic Response Plan, 2009

This Document contains information and instructions issued by the following organizations:

- Center for Disease Control USA, (www.cdc.gov)
- National Organization of Public Health, Greece, (www.eody.gov.gr)
- National Health Service UK Pandemic Contingency Plan, (www.nhs.uk)
- World Health Organization, United Nations, (www.who.int)

APPENDIX #1

ABBREVIATIONS

College: The American College of Greece (All institutions under the shield of ACG unless otherwise indicated)

IDEP Plan or Plan: Infectious Disease Emergency Preparedness Plan - current document

ΕΟΔΥ – Εθνικός Οργανισμός Δημόσιας Υγείας – National Organization of Public Health, Greece

RAP: Risk Assessment and Protocol

GBP: Governing Body of the Plan, an appointed committee that serves to implement, review and assess the applicability of the Plan

OMT: Operational Management Team that will be appointed by the governing body of this IDEP Plan in order to oversee, coordinate and carry out the College's response to the outbreak event. Members of this committee should include representatives from the following departments of Pierce, Deere and ALBA: Human Resources and Campus Services, Registrars, Student Affairs, Library, Athletics, Admissions, Study Abroad and International Students, Student Success Center, ACG Health and Wellness Center, Residence Assistants. Additional personnel will be added as appropriate and clerical support for the management team provided.

GOVERNING BODY (GB)

Dr Thimios Zaharopoulos, Provost
Iliana Lazana, VP, Administration and Human Resources
Kelly Morra, CFO, Vice President, Finance and US Operations
Claudia Carydis, VP of Public Affairs
Konstantinos Axaroglou, Executive Dean, ALBA Graduate Business School
Lucy Kanatsoulis, Dean of Enrollment & Students, Deree
Christina Drakonakis, Associate Dean of Students, Deree
Dr. Panagiotis Behrakis, Director, Institute of Public Health
Dr. Michael T. Valahas, Virologist, Adjunct Professor, Deree

OPERATIONAL MANAGEMENT TEAM (OMT)

Georgios Vakerlis, Director of Lyceum, Pierce
Stella Kosma, Dean of Lyceum, Pierce
Ioannis Kladas, Director of Gymnasium, Pierce
Constantinos Iliopoulos, Dean of Gymnasium, Pierce
Angeliki Adam, Nurse, ACG Health & Wellness Center
Maria Kyriaki Kamilioti, Nurse, ACG Health & Wellness Center
Kyriaki Vasilopoulou, Nurse, ACG Health & Wellness Center

Zoi Kourounakou, Director, International Office, ALBA
Anna Konstantoulaki, Human Resources Manager, ALBA

Katerina Thomas, Dean, Frances Rich School of Fine and Performing Arts, Deree
Anna Triantafillou, Dean, School of Business and Economics, Deree
Helena Maragou, Dean, School of Liberal Arts and Sciences, Deree
Areti Krepapa, Dean, School of Graduate and Professional Education, Deree
Mara Nisdeo, Dean of North American Enrollment and Study Abroad

Peter Korovertis, Executive Director for Information Resources Management, ACG
Robert Pefanis, Director Marketing and Communication, ACG
Vicky Tseroni, Associate Dean of Libraries, Deree
Vivi Consta, Registrar & Dean of Academic Administration, Deree
Michael Orontis, Executive Director of Operations, Housing and Residential Services, ACG
Clio Abanoudis, Human Resources Manager, Office of Human Resources, ACG
Theodore Priskomatis, Director of Athletics, ACG
Olga Maragou, Senior Manager, Office of International Student Services

ACG Health & Wellness Center**RISK ASSESEMENT AND PROTOCOL**

Date	12/03/2020
Disease	COVID-19
Pathogen	SARS-CoV-2
Stage of Preparedness	O (ORANGE)
RAP document # and Authors	#3 (Christina Drakonakis and Michael Valahas)
Status	Pandemic
College Sites Affected	2 Residences in quarantine, Suspension of educational activities, College-Wide
College-Associated Individuals Affected	Faculty: None Staff: None Students: 2
Suspected Cases	Unknown
Infirmiry Cases	None

EVALUATION:

COVID-19 infection spread is currently classified by the WHO as a global pandemic. Currently 118 countries and territories have been affected to varying degree by the disease. In Greece it is expected to affect 1.5 to 5% of the population with close to 100 cases confirmed, 1 death and three in critical condition. Globally with there is a marked decrease of new reported case in mainland China, worldwide a first wave surge is currently underway with around 130,000 confirmed cases (infection numbers are expected to be substantially higher but unreported due to mildness of symptoms). As of 12/03/2020 there have been 4752 deaths globally and more than 66,000 recoveries (most in mainland China).

PROPOSED ACTIONS:

Two residences have entered lax quarantine.

Educational activities have been suspended as of May 10th

Suggestions for self-isolation of persons demonstrating symptomatology and having travelled to affected countries have been implemented.

Instructors, students and flat mates of infected individuals have entered self-isolation for a 14-day period.

EDUCATION

- Instructions on self-isolation procedures and necessary precautions.
- Public health messages in the form of posters will be placed in dorms and around campus, on blackboard and social media, to raise awareness of the symptomatology and transmissibility of the virus as the situation unfolds.
- A campaign for general hygiene and individual prevention measures as it applies to **all** respiratory tract infections should

immediately commence.

- Students that have recently travelled abroad in any country or are close contacts of confirmed cases (as defined by the ECDC) should report this to ACG.

COMMUNICATION

- *Infectious Disease Risk Assessment and Protocols* will be sent to all designated locations and personnel.
- Updated announcements are sent to the ACG community as the situation unfolds, with the aim of reassuring the ACG community that the College has taken steps to prevent the spread of illnesses and is ready to deal with any emergency if it should arise.
- Announcements are available on the website, in print and through emails.

MEDICAL RESOURCES

- The nurses will use gloves, masks, reinforced aprons, shoe covers, and eye protection and hand hygiene supplies in Pierce & Deree Health offices.
- A bathroom is accessible in each health office.
- There have been designated isolation rooms in Pierce as well as Deree.
- A backup of general use surgical masks should be placed at the gate for individuals that require them upon entry.

HOUSEKEEPING RESOURCES

- Affected residences to be cordoned off and supported materially and psychologically.
- The regiment for cleaning and disinfecting of surfaces and toilets throughout the Colleges sites has been investigated and has been increased according to ISO Protocols.
- Measures and approaches that limit the spread of respiratory disease need to be reevaluated (door handles, disinfectant provision, cleaning regiments).
- Cleaning fluids are provided for free for each Residence Apartment.

PROTOCOL:

In case of an outbreak the strategic protocol on how the infirmary (Pierce and Deree) the Residence Assistants (Residences) and the Alba Administration at the Downtown Campus will deal with symptomatic cases suspected will be followed.

APPENDIX #3

DIAGRAM #1

2019-nCoV RISK ASSESSMENT PLAN AND PROTOCOL - PIERCE INFIRMARY – NURSE ON DUTY

Visual Assessment - Does the student appear unwell?

Symptoms of Fever-chills/ Feeling sick (headache, sore throat, cough) /fatigue (tiredness), shortness of breath

Does patient fit criteria (symptoms of lower respiratory illness with/without high fever ≥ 38.0 C with onset within the past 14 days)?

If YES,

Start procedure to isolate patient and investigate further.

If NO, continue as normal

1. Give patient a mask and tissues and ask to dispose of used tissue immediately.
2. If the patient was escorted to the office, give the escort a mask and seat them at least 1 to 2m, where possible, away from other people in the same waiting room.
3. Separate from other students and isolate the student in the designated isolation room.

Ask Questions – 1. When did your symptoms begin? 2. a. Have you travelled to/from areas in the world where the virus is present in the past 14 days? or b. Have you had close contact with a person who was ill and is under investigation for 2019-nCoV? Or c. Have you had close contact with a person who has laboratory-confirmed 2019-nCoV? 3. Do you have any chronic health conditions like asthma, diabetes or heart and lung disease?

1. Nurse puts on protective mask, gloves, gowns and/or use of face shields/eye protector
2. Take patient's temperature and vital signs.
3. Record patient's temperature, and answers to questions above.
4. Notify C. Drakonakis of patient's fever and symptoms and possible exposure.
5. Tend to patient's needs with limited physical contact.
6. Use no-touch receptacles for disposal of equipment and tissues

Does patient fit criteria (Yes to question 2 **and** fever over 38.0C **and** onset of cough, difficulty breathing within the past 14 days)

If N, continue as normal

If YES,

Nurse will notify Pierce Administrators and contact parents to pick up their child and arrange for further instructions from EODY (210 5212054). Administrators ask parent to inform them if their child is positive for the virus.

If other than Pierce student, nurse arranges for transportation for further care according to ACG First Aid Protocols and asks patient to inform her if they are positive for the virus.

Nurse calls parent/patient after 24 hours to inquire about health and results of testing.

Is the patient a laboratory-confirmed case of 2019-nCoV?

If No, continue as normal

If YES,

According to EODY/CDC/WHO, every laboratory-confirmed, possible or suspected 2019-nCoV incident should be reported to EODY by the patient's healthcare provider. C. Drakonakis will contact IDEP Governing Body to determine further action, send an announcement to the Pierce Parents/ACG community.

APPENDIX #3

DIAGRAM #2

2019-nCoV RISK ASSESSMENT PLAN AND PROTOCOL— DEREET INFIRMARY— NURSE ON DUTY

Visual Assessment - Does the student appear unwell?

Symptoms of Fever-chills/ Feeling sick (headache, sore throat, cough) /fatigue (tiredness), shortness of breath

Does patient fit criteria (symptoms of lower respiratory illness with/without high fever ≥ 38.0 C with onset within the past 14 days)?

If YES,
Start procedure to isolate patient and investigate further.

If NO, continue as normal

1. Give patient a mask and tissues and ask to dispose of used tissue immediately.
2. If the patient was escorted to the office, give the escort a mask and seat them at least 1 to 2m, where possible, away from other people in the same waiting room.
3. Separate from other students and isolate the student in the designated isolation rooms.

Ask Questions – 1. When did your symptoms begin? 2. a. Have you travelled to/from areas in the world where the virus is present in the past 14 days? or b. Have you had close contact with a person who was ill and is under investigation for 2019-nCoV? Or c. Have you had close contact with a person who has laboratory-confirmed 2019-nCoV? 3. Do you have any chronic health conditions like asthma, diabetes or heart and lung disease?

1. Nurse puts on protective mask, gloves, gowns and/or use of face shields, if necessary (in case of direct patient contact)
2. Take patient's temperature and vital signs.
3. Record patient's temperature, and answers to questions above.
4. Notify C. Drakonakis of patient's fever and symptoms and possible exposure.
5. Tend to patient's needs with limited physical contact.
6. Use no-touch receptacles for disposal of equipment and tissues
7. Direct patient to Reference hospitals for care with symptoms and further investigation.
8. Ask patient to inform ACG if he/she is found to be positive for 2019-nCoV.

Does patient fit criteria (Yes to question 2 and fever over 38.0C and onset of cough, difficulty breathing within the past 14 days)

If NO, continue as normal

If YES,

Nurse will call EODY (210 5212054) for directions and then will inform C. Drakonakis and ACG Administrators.

Nurse asks patient to inform her if they are positive for the virus.

Nurse calls parent/patient after 24 hours to inquire about health and results of testing.

Is the patient a laboratory-confirmed case of 2019-nCoV?

If NO, continue as normal

If YES,

According to EODY/CDC/WHO, every laboratory-confirmed, possible or suspected 2019-nCoV incident should be reported to EODY by the patient's healthcare provider. C. Drakonakis will contact IDEP Governing Body to determine further action, send an announcement to the Pierce Parents/ACG community.

APPENDIX #3

DIAGRAM #3

2019-nCoV RISK ASSESSMENT PLAN AND PROTOCOL - ALBA DTC BUILDINGS

Staff member remains at a distance of at least 1 meter and carries out a Visual Assessment

Does the patient appear unwell?

Symptoms of Fever-chills/ Feeling sick (headache, sore throat, cough) /fatigue (tiredness), shortness of breath

If **YES**, ask questions

If **NO**,
continue
as normal

Staff member asks:

1. Are you feeling unwell, coughing, shortness of breath?
2. Do you have fever or have you had fever above 38C with cough/difficulty breathing within in the past 14 days?
3. Have you travelled to/from areas in the world where the virus is present in the past 14 days? or Have you had close contact with a person who was ill and is under investigation for 2019-nCoV? or Have you had close contact with a person who has laboratory-confirmed 2019-nCoV?

If **YES** to all 3 questions, they may have been exposed to and/or have the 2019-nCoV?

If **NO**,
continue as
normal

Start procedure to isolate patient and notify personnel.



1. Ask patient to remain where they are .
2. Calmly ask all other students/personnel to go out of the room. (The room is now a restricted area – no students or personnel should enter the room. The door remains closed.)
3. Notify Anna Konstandoulaki, 210 6009800 ex.t 2275



1. ALBA Administrator (above) directs patient to contact **EODY (210 5212054)** for further instructions.
2. ALBA Administrator asks patient to inform them if they are found positive for 2019-nCoV.

ALBA Administrator informs C. Drakonakis – 210 600-9800 ext. 1197 or 6936963437 of answers to questions (symptoms, exposure to others and immunity status) within 24 hours and activates Incident Command Plan.

ALBA Administrator calls patient after 24 hours to inquire about health and results of testing.

Is the patient a laboratory-confirmed case of 2019-nCoV

If **NO**, continue as
normal



If YES,

1. ALBA Administrators contact C. Drakonakis to inform regarding test results.
According to EODY/CDC/WHO, every laboratory-confirmed, possible or suspected 2019-nCoV incident should be reported to EODY by the patient's healthcare provider. C. Drakonakis will contact IDEP Governing Body to determine further action, send an announcement to the Pierce Parents/ACG community.

APPENDIX #3

DIAGRAM #4

2019-nCoV RISK ASSESSMENT PLAN AND PROTOCOL - RESIDENCE BUILDINGS

Staff member remains at a distance of at least 1 meter and carries out a Visual Assessment

Does the patient appear unwell?

Symptoms of Fever-chills/ Feeling sick (headache, sore throat, cough) /fatigue (tiredness), shortness of breath

If YES, ask questions

If NO, continue as normal

Staff member asks:

1. Are you feeling unwell, coughing, shortness of breath?
2. Do you have fever or have you had fever above 38C with cough/difficulty breathing within in the past 14 days?
3. Have you travelled to/from areas in the world where the virus is present in the past 14 days? or Have you had close contact with a person who was ill and is under investigation for 2019-nCoV? or Have you had close contact with a person who has laboratory-confirmed 2019-nCoV?

If YES to all 3 questions, they may have been exposed to and/or have the 2019-nCoV?



If NO, continue as normal

Start procedure to isolate patient and notify personnel.

1. Ask patient to remain in their bedroom and take his/her temperature.
2. Calmly ask all other students/personnel to go out of the room. (The room is now a restricted area – no students or personnel should enter the room. The door remains closed.)
3. Notify Housing & Residential Administrator on call.

1. Housing & Residential Administrator calls nurse for further directions.
2. Nurse calls EODY (210 5212054)
3. H&R Administrator asks patient to inform them if they are found positive for 2019-nCoV.

Housing & Residential Administrator informs C. Drakonakis – 210 600-9800 ext. 1197 or 6936963437 of the answers to questions (symptoms, exposure to others and immunity status) within 24 hours and send a medemergency email.

Nurse calls patient after 24 hours to inquire about health and results of testing.

Is the patient a laboratory-confirmed case of 2019-nCoV?



If NO, continue as normal

If YES,

1. Nurse informs C. Drakonakis of test results.
According to EODY/CDC/WHO, every laboratory-confirmed, possible or suspected 2019-nCoV incident should be reported to EODY by the patient's healthcare provider. C. Drakonakis will contact IDEP Governing Body to determine further action, send an announcement to the Pierce Parents/ACG community.

APPENDIX #3

DIAGRAM #5

2019-nCoV RISK ASSESSMENT PLAN AND PROTOCOL— APC WHEN NO NURSE IS ON DUTY *

Staff member remains at a distance of at least 1 meter and carries out a Visual Assessment

Does the patient appear unwell?

Symptoms of Fever-chills/ Feeling sick (headache, sore throat, cough) /fatigue (tiredness), shortness of breath

If YES, ask questions

If NO continue as normal

Staff member asks:

1. Are you feeling unwell, coughing, shortness of breath?
2. Do you have fever or have you had fever above 38C with cough/difficulty breathing within in the past 14 days?
3. Have you travelled to/from areas in the world where the virus is present in the past 14 days? or Have you had close contact with a person who was ill and is under investigation for 2019-nCoV? or Have you had close contact with a person who has laboratory-confirmed 2019-nCoV?

If YES to all 3 questions, they may have been exposed to and/or have the 2019-nCoV?

If NO continue as normal

Start procedure to isolate patient and notify personnel.

1. Ask patient to remain where they are.
2. Calmly ask all other students/personnel to go out of the room. (The room is now a restricted area – no students or personnel should enter the room. The door remains closed.)
3. Call immediate supervisor and give the full name, ID and telephone number of patient.

1. Immediate supervisor will contact EODY (210 5212054) for further instructions.
2. Immediate supervisor asks patient to inform the ACG Nurses if they are found positive for 2019-nCoV.

Immediate supervisor informs C. Drakonakis—210 600-9800 ext. 1197 or 6936963437 of the answers to questions (symptoms, exposure to others and immunity status) within 24 hours.

Nurse calls patient after 24 hours to inquire about health and results of testing.

Is the patient a laboratory-confirmed case of 2019-nCoV

If NO, continue as normal

If YES,

1. ACG Nurse will contact C. Drakonakis. According to EODY/CDC/WHO, every laboratory-confirmed, possible or suspected 2019-nCoV incident should be reported to EODY by the patient's healthcare provider. C. Drakonakis will contact IDEP Governing Body to determine further action, send an announcement to the Pierce Parents/ACG community.

*APC OFFICES when nurse is not on duty:

PIERCE: Lyceum and Gymnasium Administration, Pierce Athletic Department,

DEREE: ACG Wellness Center, Office of Operations (Gates), Student Success Center, International Student Services, Housing and Residential Services, Deree Athletic Department, Office of Student Affairs, Library



Keep Calm and Stay Healthy

Prevent the spread of germs, keep ACG campus healthy!



SEASONAL INFLUENZA (FLU):

is a contagious respiratory illness that causes: fever, cough, runny nose, body aches, headaches, and fatigue. It is spread mainly by droplets when sneezing and coughing.

GASTROENTERITIS

(stomach flu or food poisoning): is in most cases, a viral infection of the stomach and intestines that causes diarrhea, vomiting, nausea, stomach pain, low-grade fever, headache and body aches. The stomach flu can be rapidly spread through contact with infected people and contaminated food and surfaces.

Steps to take to be safe:

1. Keep your distance from infected people
2. Cover your mouth when sneezing or coughing by using a tissue or coughing into your elbow sleeve
3. Wash your hands thoroughly after sneezing, blowing your nose, using public transport, coming in contact with the sick. Wash your hands before touching your eyes, nose or mouth and before preparing food or eating.
4. Clean contaminated surfaces with water and +5% bleach solution. Wash your laundry.
5. Stay home until fever free for 24 hours

Get Medical help immediately if:

- Symptoms persist for more than 3 days
- Vomiting persists for more than 2 days
- You are vomiting blood or have bloody diarrhea
- You can't keep liquids down for 24 hours
- You have fever above 40°C or 104°F
- If you have underlying conditions (asthma, diabetes, chronic heart disease)

COVID-Update Feb 27

Dear ACG Community,

We thank you for your immediate response to our call to action as we strive to keep our college environment safe for all ACG members. We would like to inform you that at this stage we do not have any confirmed cases of the COVID-19 virus in our ACG community. However, the actions we take now by changing our daily routines, including limiting and cancelling travel plans, all are precautionary measures and play an integral role towards minimizing the spread of this new virus.

We would like to provide clarifications in reference to ACG's memo dated February 26:

- Past travel to affected areas: Affected areas refer to countries as listed on the [ECDC](#) website. Currently these countries include China, Hong Kong, Iran, Italy, Japan, Singapore and South Korea.
 - Individuals who have visited any of the affected areas or have travelled through the affected areas in transit, are required to stay home or at the residences, and self-isolate for 14 days from the day of return to Greece.
 - Individuals who have not travelled but have come into contact or live with someone who is symptomatic after travelling to an affected area, are required to self-isolate for 14 days from the day the affected person returned to Greece.
 - Students should inform registrar@acg.edu about their absence. Your email will be forwarded to the relevant dean and your faculty members in order to avoid receiving absences. Students should also contact their instructors requesting information on how they can stay engaged in the course via Blackboard.
- Future travel:
 - All college-sponsored travel is cancelled until further notice.
 - Individuals who choose to travel independently to affected areas will have to self-isolate for 14 days from the day of return to Greece before re-entering to ACG premises (including residencies).
- Self-isolation: Individuals must restrict activities outside their home, except for getting medical care. They should not go to work, school, or public areas and avoid using public transportation, ride-sharing, or taxis. Household members should stay in a different room from the person who is in self-isolation or, if that is not possible, maintain a distance of at least 1 meter from the person. Further instructions on self-isolation and limiting the spread of illness is available at [this link](#).
- ACG Counseling Center services for individuals asked to self-isolate: The College offers Skype counseling sessions to ACG community members (students, faculty and staff) who are self-isolating, irrespective of whether they are receiving counseling services in the Counseling Center. Individuals who are interested may contact the ACG Counselling Center either through e-mail (counseling@acg.edu) or via phone (210 6009800 ext. 1080) to arrange sessions.
- Academics: Any questions concerning the continuation of your studies (enrollment, exams) should be addressed to registrar@acg.edu who will be able to provide further clarifications.
- High-risk groups: Groups of people who are more likely to develop serious complications, may also choose to self-isolate and should follow the process by sending an email to registrar@acg.edu (for students) or hr3@acg.edu (for faculty & staff) for further instructions. With regards to students, your email will be forwarded to the relevant dean and your faculty members in order to avoid receiving absences.
- Students in ACG Residencies who are self-isolating: Meals can be delivered by Dipnosofistirion Campus Restaurant to the Residencies. Please call extension 1800 (Mr. Theodosios) and place your order. Orders

should be placed by 10:00 am for breakfast and 1:00 pm for lunch and dinner. Dinner will be delivered by 5:00 pm. Students placing an order should clearly state their name, building number and apartment in order to receive the delivery. For personal essentials you may order online at www.ab.gr and www.shelf.gr

The well-being and safety of those in our community is our absolute priority. We appreciate your cooperation to the above precautionary measures as well as your patience and understanding, as this situation continuous to evolve. We will be sending new updates as circumstances change.

If you would like to discuss any of your concerns or need further information about COVID-19 (Novel Corona Virus), the College nurses are available at:

- 210 6009800 ext.1193 and 1093 at Pierce Infirmary, daily from 9:00 am to 5:00 pm
- 210 6009800 ext.1500 at Deree Infirmary, daily from 2:00 pm to 10:00 pm

Institute of Public Health and ACG Health & Wellness Center
The American College of Greece

Institute of Public Health ACG Health & Wellness Center

Title: Update on COVID-19: Feb. 26

Dear ACG Community,

As has recently been reported, the COVID-19 (Novel Corona Virus) has been confirmed in Northern Greece. As such, ACG is following and implementing the guidelines issued by the World Health Organization, Greek National Public Health Organization, Ministry of Health and the Ministry of Education and Religious Affairs in order to safeguard the health and safety of our community overall and ACG students in particular.

We would like to assure you that ACG is monitoring the situation carefully as it develops and will remain vigilant in safeguarding out community. To this extent we will keep the lines of communication open for new developments through email and on the ACG Website.

As shared in the previous update, the virus presents in the vast majority of people with mild lower respiratory symptoms. Individuals with compromised immune systems, underlying conditions and the elderly are more vulnerable to the severe form of the disease.

If you would like to discuss any of your concerns or need further information, the College nurses will be available at:

210 6009800 ext.1193 and 1093 at Pierce Infirmary, daily from 08:00 to 17:00

210 6009800 ext.1500 at Deree Infirmary, daily from 14:00 to 22:00

Thank you for helping to keep our campus safe.

Institute of Public Health and ACG Health & Wellness Center
The American College of Greece

Institute of Public Health ACG Health & Wellness Center

Title: Update on COVID-19: Feb. 25

Dear ACG Community,

As has recently been reported, the COVID-19 (Novel Corona Virus) continues to spread throughout the globe, including our neighboring country Italy. Although no case has been confirmed in Greece yet, we would like to reassure you that we consistently and vigilantly strive to safeguard the health and safety of our ACG community and are following guidelines issued by the World Health Organization, Greek National Public Health Organization, Ministry of Health and the Ministry of Education and Religious Affairs.

Following the recent outbreak in Italy, the Hellenic Ministry of Education and Religious Affairs has temporarily prohibited students from traveling to and from Italy on educational excursions. It is also strongly recommended that you avoid travel to other areas of the world where there is continuous community transmission of the virus (please refer to World Health Organization [WHO](#) for affected countries). If you plan to travel outside of Greece in the near future, please consult the travel advisories found at the US Centers for Disease Control and Prevention [CDC](#) and the European Center for Disease Prevention and Control [ECDC](#).

Appropriate measures towards prevention and maintenance of a healthy College environment have been implemented on all College campuses at Pierce, Deree and Alba and plans are in place for the rare chance that a case should occur on campus.

As is now known, the virus is spread from close contact with infected people. Symptoms include fever and lower respiratory illness such as cough and difficulty breathing. For the majority of people the symptoms are mild. People with underlying conditions and elderly people are more vulnerable to the most severe form of the disease. However, people of all ages are at risk of contracting the disease.

To protect yourself continue to practice the same precautions to prevent the spread of other flu and respiratory viruses below:

1. Wash your hands frequently with soap and water or use an alcohol based hand sanitizer.
2. Maintain social distancing – maintain at least 1 meter (3 feet) distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.
3. Avoid touching eyes, nose and mouth.
4. If you have fever, cough and difficulty breathing, seek medical care.

If you have recently travelled to any of the countries where the virus is spreading rapidly, or have been in close contact with someone who has travelled to an area where the virus is present and has respiratory symptoms, we kindly request that you inform the ACG Health & Wellness Center at 210 6009800 ext. 1193, 1500 and take the following precautions:

1. Monitor your health for 14 days.
2. If you develop symptoms, (fever, cough, difficulty breathing), seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
3. Avoid contact with others.
4. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
5. Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

IF YOU ARE SYMPTOMATIC: In case you experience symptoms (fever or other respiratory symptoms such as difficulty breathing, cough) *2 - 14 days after your return from an area where the virus is present or exposure to someone who has travelled and is symptomatic*, DO NOT REPORT TO WORK OR SCHOOL and seek medical attention immediately reporting your recent trip or contact EODY (210 5212000, 210-5212054). Also please call the College:

Pierce, Deree faculty and staff: Ilias Hatzis, Human Resources, 210 6009800 ext. 1116

Deree Students: Christina Drakonakis, Associate Dean of Students, 210 6009800 ext. 1197

Alba Faculty, staff and students: Anna Konstandoulaki 210 6009800 ext. 2275

If you would like to discuss any of your concerns or need further information, the College nurses will be available at:

- 210 6009800 ext.1193 and 1093 at Pierce Infirmary, daily from 08:00 to 17:00
- 210 6009800 ext.1500 at Deree Infirmary, daily from 14:00 to 22:00

More information on the various seasonal infections, as well as first aid for dealing with conditions associated with them, can also be found on the Blackboard in the ACG Health & Wellness Center - Health Topics folder AZ.

Thank you for helping to keep our campus safe.

Institute of Public Health and ACG Health & Wellness Center
The American College of Greece

APPENDIX #6 – Letter to Pierce Parents

Institute of Public Health ACG Health & Wellness Center

Αγαπητοί Γονείς και Κηδεμόνες,

Όπως πρόσφατα ανακοινώθηκε, ο COVID-19 (Novel Κορονοϊός) συνεχίζει να εξαπλώνεται σε ολόκληρο τον κόσμο, συμπεριλαμβανομένης της γειτονικής Ιταλίας. Παρόλο που ακόμη δεν έχει επιβεβαιωθεί κανένα κρούσμα στην Ελλάδα, θα θέλαμε να σας διαβεβαιώσουμε ότι προσπαθούμε με επαγρύπνηση και συνέπεια να διασφαλίσουμε την υγεία και την ασφάλεια της κοινότητας του σχολείου μας, ακολουθώντας τις επίσημες οδηγίες του Εθνικού Οργανισμού Δημόσιας Υγείας, του Υπουργείου Υγείας και του Υπουργείου Παιδείας και Θρησκευμάτων.

Ως αποτέλεσμα της πρόσφατης επιδημίας στην Ιταλία, το Υπουργείο Παιδείας και Θρησκευμάτων ανέστειλε προσωρινά τις προγραμματισμένες εκπαιδευτικές εκδρομές των σχολικών μονάδων από και προς την Ιταλία. Συνιστάται επίσης να αποφύγετε τη μετάβαση σε άλλες περιοχές του κόσμου όπου υπάρχει συνεχής μετάδοση του ιού, σύμφωνα από τον Παγκόσμιο Οργανισμό Υγείας. Αν σχεδιάζετε να ταξιδέψετε εκτός Ελλάδας στο προσεχές μέλλον, φροντίστε να συμβουλευτείτε τους ταξιδιωτικούς συμβούλους στα Κέντρα Ελέγχου και Πρόληψης Νοσημάτων ([CDC](#)) και το Ευρωπαϊκό Κέντρο Πρόληψης και Ελέγχου Νόσων ([ECDC](#)).

Ως εκ τούτου, έχουμε λάβει τα κατάλληλα μέτρα για την πρόληψη και τη διατήρηση ενός υγιούς περιβάλλοντος στους χώρους της σχολικής κοινότητας και έχει δημιουργηθεί σχέδιο δράσης, για τη σπάνια περίπτωση που εμφανιστεί τέτοιο περιστατικό στο Κολλέγιο.

Όπως είναι γνωστό έως τώρα, ο ιός μεταδίδεται μέσω της στενής επαφής με προσβεβλημένα άτομα. Τα συμπτώματα περιλαμβάνουν πυρετό και εκδηλώσεις από το κατώτερο αναπνευστικό, όπως βήχας και δυσκολία στην αναπνοή. Τα άτομα με υποκείμενα νοσήματα και οι ηλικιωμένοι φαίνεται να είναι πιο ευάλωτοι στη σοβαρότερη μορφή της νόσου. Ωστόσο, άνθρωποι όλων των ηλικιών κινδυνεύουν να προσβληθούν από αυτή.

Για να προστατεύσετε τον εαυτό σας και τα παιδιά σας, συνεχίστε να εφαρμόζετε τις ίδιες προφυλάξεις για να αποτρέψετε την εξάπλωση της γρίπης και άλλων αναπνευστικών ιών όπως αναφέρονται παρακάτω:

1. Να πλένετε συχνά τα χέρια σας με νερό και σαπούνι ή/και να χρησιμοποιείτε ένα απολυμαντικό χεριών με βάση το οινόπνευμα.
2. Να αποφεύγετε την επαφή με άλλα άτομα - Διατηρήστε απόσταση τουλάχιστον 1 μέτρου μεταξύ εσάς και άλλων ανθρώπων, ιδιαίτερα εκείνων που βήχουν, φταρνίζονται και έχουν πυρετό.
3. Να αποφεύγετε την επαφή με τα μάτια, τη μύτη και το στόμα.
4. Αν έχετε πυρετό, βήχα ή δυσκολία στην αναπνοή, ζητήστε ιατρική βοήθεια.

Αν ταξιδέψατε σε περιοχές ή χώρες του κόσμου όπου υπάρχει ο ιός, τις τελευταίες 14 ημέρες, ή αν έχετε έρθει σε στενή επαφή με κάποιον που έχει ταξιδέψει σε μια περιοχή όπου υπάρχει ο ιός, και έχει συμπτώματα από το αναπνευστικό, θα πρέπει:

1. Να παρακολουθήσετε την υγεία σας για 14 ημέρες.
2. Αν εμφανίζετε συμπτώματα, (πυρετό, βήχα, δυσκολία στην αναπνοή), να ζητήσετε αμέσως ιατρική φροντίδα. Πριν πάτε στον γιατρό ή το νοσοκομείο, καλέστε τους και πείτε τους για το πρόσφατο ταξίδι και τα συμπτώματά σας.
3. Αποφύγετε την επαφή με άλλα άτομα.
4. Να καλύπτετε το στόμα και τη μύτη σας με ένα χαρτομάντιλο ή το εσωτερικό του αγκώνα σας (όχι τα χέρια σας) όταν βήχετε ή φτερνίζεστε.
5. Να πλένετε τα χέρια σας συχνά με σαπούνι και νερό για τουλάχιστον 20". Χρησιμοποιήστε ένα απολυμαντικό χεριών με βάση το οινόπνευμα εάν δεν είναι διαθέσιμο σαπούνι και νερό.

Εάν είστε συμπτωματικοί: Σε περίπτωση που εσείς ή το παιδί σας εκδηλώσετε συμπτώματα (πυρετός ή άλλα συμπτώματα του αναπνευστικού, όπως δυσκολία στην αναπνοή, βήχας) 2-14 ημέρες μετά την επιστροφή σας, ΜΗΝ ΠΡΟΣΕΛΘΕΤΕ ΣΤΗΝ ΕΡΓΑΣΙΑ Ή ΤΟ ΣΧΟΛΕΙΟ και ζητήστε αμέσως ιατρική βοήθεια αναφέροντας το πρόσφατο ταξίδι σας ή επικοινωνήστε με τον ΕΟΔΥ (210-5212000, 210-5212054).

Αν το παιδί σας εμφανίζει πυρετό, ρίγος, κακουχία, πονόλαιμο, πονοκέφαλο, πόνους στις αρθρώσεις, συμπτώματα γαστρεντερίτιδας (διάρροιες, εμέτους), **κρατήστε το στο σπίτι και ακολουθήστε τις οδηγίες του παιδίατρου σας.**

Επίσης, καλέστε το Κολλέγιο και ενημερώστε τις νοσηλεύτριες και/ή το Γραφείο Διεύθυνσης Γυμνασίου/Λυκείου.

Εάν θέλετε να συζητήσετε κάποια από τις ανησυχίες σας ή χρειάζεστε περισσότερες πληροφορίες, οι νοσηλεύτριες του Κολλεγίου θα είναι διαθέσιμες στα παρακάτω τηλέφωνα:

- 210 6009800 ext.1193 και 1093 στο Ιατρείο Pierce, καθημερινά από τις 08:00 έως τις 17:00
- 210 6009800 ext.1500 στο Ιατρείο Deree, καθημερινά από τις 14:00 έως τις 22:00

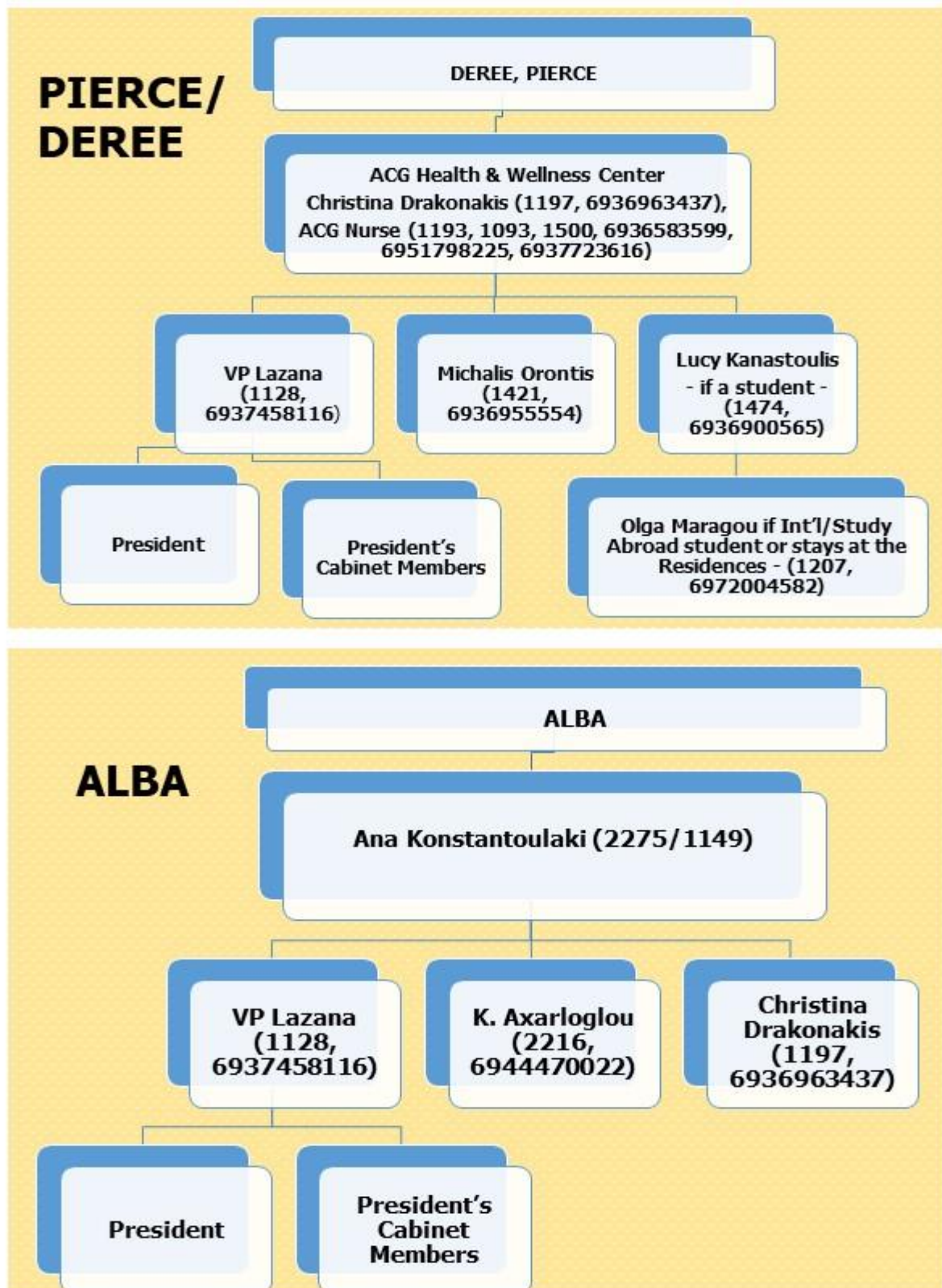
Περισσότερες πληροφορίες για τις διάφορες εποχιακές λοιμώξεις, καθώς και για τις πρώτες βοήθειες για την αντιμετώπιση καταστάσεων που σχετίζονται με αυτές, μπορείτε επίσης να βρείτε στο Blackboard στον φάκελο ACG Health & Wellness Center → Health Topics A-Z.

Με εκτίμηση,

Ινστιτούτο Δημόσιας Υγείας & ACG Health & Wellness Center
Αμερικανικό Κολλέγιο Ελλάδος

Incident Command Plan – Stage 1

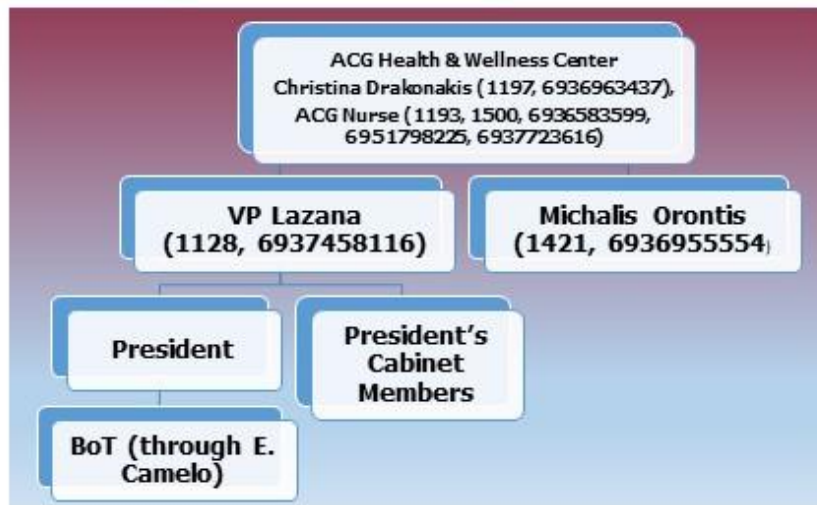
Suspected Case of Infectious Disease



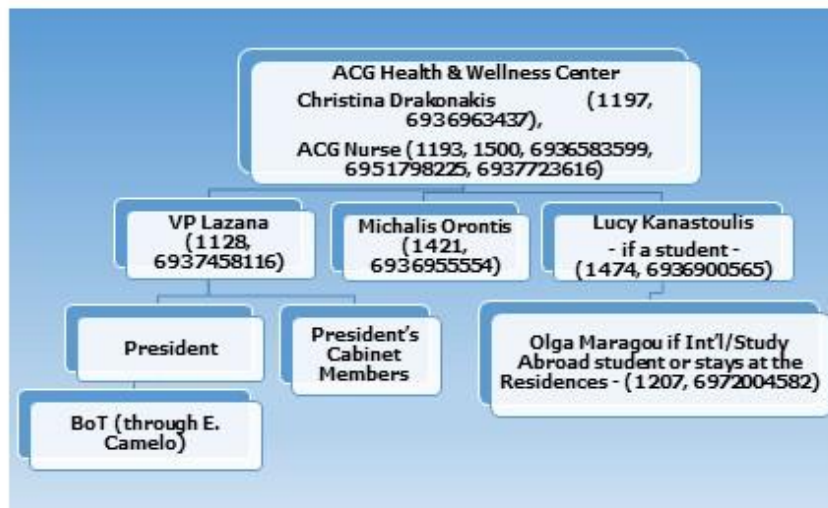
Incident Command Plan – Stage 2

Confirmation of Infectious Disease Case – ACG Students

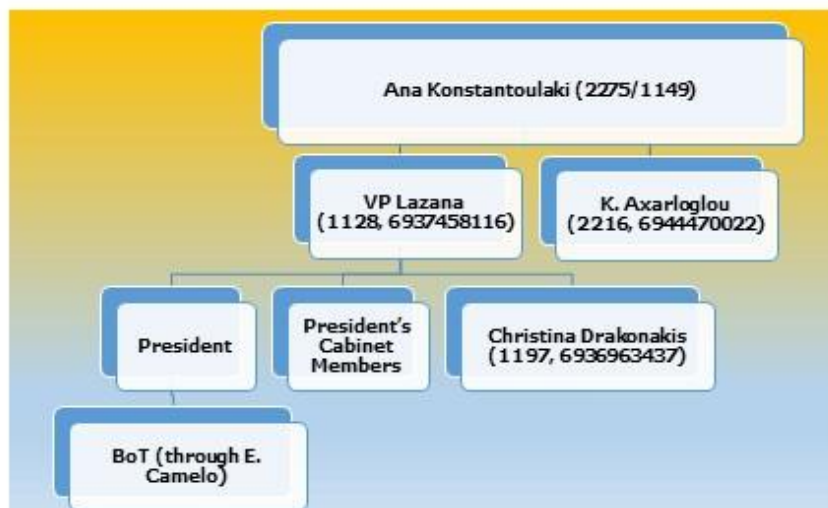
PIERCE



DEREE



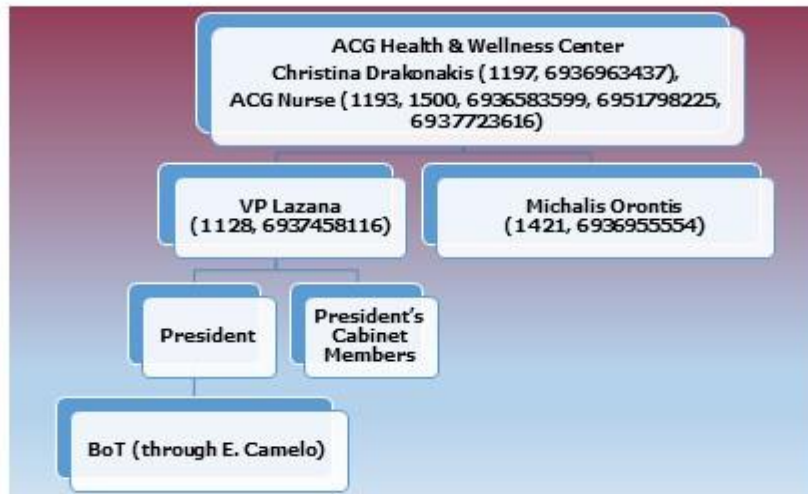
ALBA



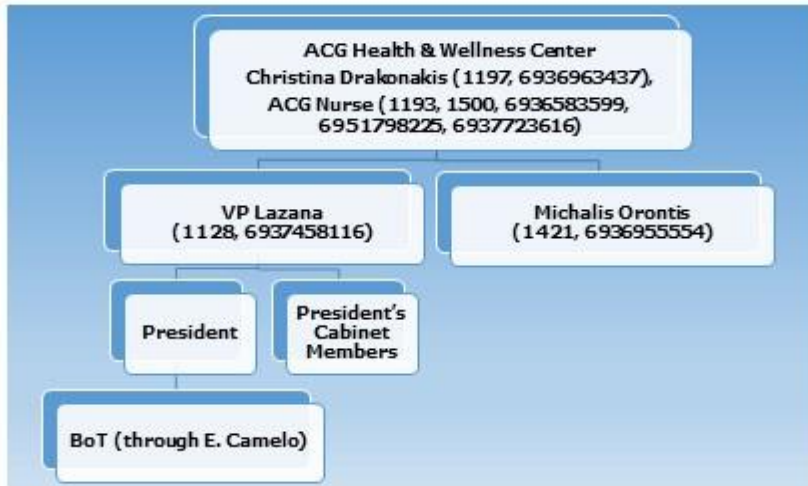
Incident Command Plan – Stage 2

Confirmation of Infectious Disease Case – ACG Faculty & Staff

PIERCE



DEREE



ALBA

