

MANUAL FOR IMPLEMENTATION OF EDUCATIONAL PROCESS

with a view to preventing the spread of novel coronavirus infection (COVID-19), ensuring sanitary-epidemiological well-being of students and staff of ac. K. Satpayev Ekibastuz engineering and technical Institute.

MANDATORY FOR ALL TEACHING STAFF, EMPLOYEES AND STUDENTS OF
AC. K. SATPAYEV EETI

In order to implement the educational process with a view to preventing the spread of novel coronavirus infection (COVID-19), ensuring sanitary-epidemiological well-being of students and staff of ac. K. Satpayev Ekibastuz engineering-technical Institute decided:

- For the 1st year students of full-time education, organize the implementation of educational process in a mixed format (online lectures and seminars, laboratory and practical classes of an applied nature in offline format, subject to the sanitary regime and a social distance of 2 meters) in all areas of training, in accordance with the approved schedule.
- Continue training in the 2nd and 3rd courses in distance learning format in the following areas of education: Business, management and law; Pedagogical sciences (except "Training of physical education teachers");
- For non-graduation courses (2nd-3rd year undergraduate) full-time training lecture classes in which one-way flow of information are carried out with application of distance educational technologies, conducting laboratory work for students is to be organized in laboratories of ac. K. Satpayev EETI, and practical exercises are organized in off-line compliance with social distancing and enhanced sanitary measures in the following fields of education: Engineering, manufacturing and construction industry; Transportation services,
- For the 4th year students it is recommended to carry out training in distance/mixed formats, depending on the areas of training in accordance with the academic policy and calendar plan (organization of pre-graduate and professional practices, conducting final certification). For final courses, provide schedules of consultations in off-line format (the format of consultations is determined by the teacher / head of practices and theses/projects, taking into account the specifics of the EP).

ЧТОБЫ ИЗБЕЖАТЬ ЗАРАЖЕНИЯ, СТУДЕНТАМ СТОИТ ПРИДЕРЖИВАТЬСЯ РЯДА РЕКОМЕНДАЦИЙ:

СТУДЕНТАМ



Носите маски в здании вуза и меняйте их каждые три часа*



Не прикасайтесь к лицу руками



Обработывайте руки антисептиками не менее 20-30 секунд, мойте руки как можно чаще – в течение 40-60 секунд



Обработывайте свои личные вещи, в том числе телефон, ключи, клавиатуру, транспортные и банковские карты, антисептиком. Инфекция живет на различных поверхностях от нескольких часов до пары суток



Избегайте рукопожатий и иных тактильных контактов, пока эпидемиологическая ситуация не стабилизируется



Не принимайте пищу в учебных помещениях и на рабочих местах



Избегайте мест большого скопления людей и по возможности откажитесь от массовых гуляний



Проветривайте свои комнаты в общежитиях и дома



Отправляйте одежду в стирку после посещения мест большого скопления людей, так как этот вид коронавирусной инфекции может оставаться на ней активным до шести часов, но быстро нейтрализуется при воздействии чистящих/моющих средств



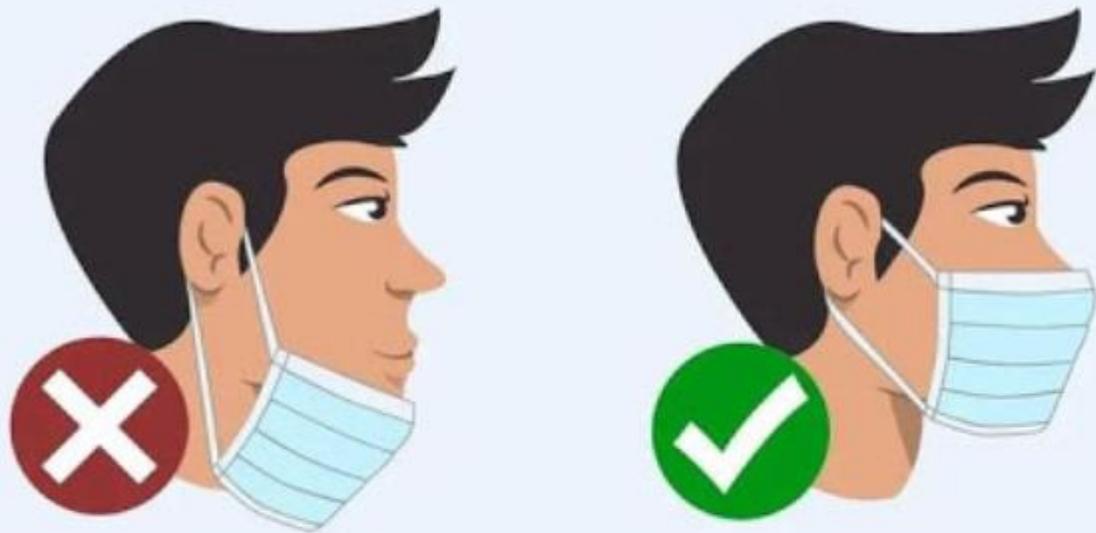
Не выходите из дома, если у вас есть признаки инфекционных заболеваний (повышенная температура, кашель, насморк). При появлении кашля и насморка используйте одноразовые салфетки для прикрытия ротовой и носовой полости.



В СЛУЧАЕ ПОЯВЛЕНИЯ ПРИЗНАКОВ КОРОНАВИРУСНОЙ ИНФЕКЦИИ ОБРАТИТЕСЬ ЗА ПОМОЩЬЮ В МЕДИЦИНСКОЕ УЧРЕЖДЕНИЕ. ОБЯЗАТЕЛЬНО РАССКАЖИТЕ ВРАЧУ, ГДЕ ВЫ БЫЛИ, С КЕМ КОНТАКТИРОВАЛИ И ПОСЛЕ ЧЕГО У ВАС ПОЯВИЛИСЬ СИМПТОМЫ

*В зависимости от типа масок.

Маска должна плотно прилегать к носу, лицу и подбородку, не оставляя зазора. Нельзя использовать одноразовую маску несколько раз.



НОСИТЕ МАСКУ ПРАВИЛЬНО

There are different designs of masks. They can be disposable or can be used repeatedly. There are masks that serve 2, 4, 6 hours. The cost of these masks is different, due to different impregnation. But you should not always wear the same mask, as you can infect yourself twice. There is no difference which side to wear a medical mask inside .

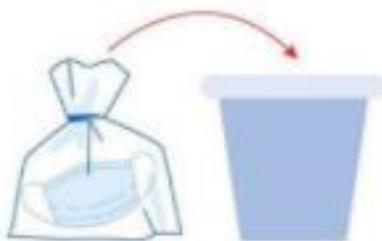
To protect yourself from infection, it is extremely important to wear it correctly:

- ✓ the mask should be carefully fixed, *tightly cover your mouth and nose*, leaving no gaps;
- ✓ try *not to touch the surface of the mask when removing it*, if you have touched it, wash your hands thoroughly with soap or alcohol;
- ✓ a wet or *damp mask should be replaced* with a new, dry one;
- ✓ do not use a disposable mask again;
- ✓ the used disposable mask should be *disposed of immediately*

Медицинскую одноразовую маску после однократного использования можно выбросить как обычный бытовой мусор



2-3
часа



СОБЛЮДАЙТЕ МЕРЫ ПРОФИЛАКТИКИ



The most important thing you can do to protect yourself is *to keep your hands and surfaces clean*. Keep your hands clean, *wash them frequently with soap and water, or use a disinfectant*.

Try *not to touch your mouth, nose or eyes with unwashed hands* (we usually touch them unconsciously 15 times an hour average). Carry hand sanitizer with you so that you can clean your hands in any setting. *Always wash your hands before eating*.

Be *especially careful when you are in crowded places* (public transport systems). Avoid touching surfaces and objects in such places as much as possible, and do not touch your face.

Carry disposable wipes with you and *always cover your nose and mouth when you cough or sneeze, and be sure to dispose of them after use*. *Avoid greeting handshakes and kisses on the cheek* until the epidemiological situation stabilizes.

At work/school, regularly clean the surfaces and devices you touch (computer keyboard, general office equipment panels, smartphone screen, remote controls, door handles and handrails).

Masks. They should be discarded after each use and disposed of immediately after removal.

How is coronavirus transmitted?

Like other respiratory viruses, coronavirus is spread through droplets that form when an infected person coughs or sneezes. It can also spread when someone touches any contaminated surface, such as a door handle. People get infected when they touch their mouth, nose, or eyes with contaminated hands.

What are the symptoms of the disease caused by the new coronavirus?

- V Feeling tired
- V Shortness of breath
- V High temperature
- V Cough and / or sore throat

Symptoms are similar in many ways to many respiratory diseases, often mimic the common cold, can resemble the flu.