1. Introduction

Towards the end of 2019 the world began to experience a pandemic named Coronavirus Disease (COVID-19), which to date has affected nearly all countries of the world and claimed hundreds of thousands of lives. As this disease spread within and across countries and continents of the world, the World Health Organisation (WHO) developed guidelines that would be observed by governments of the world in the prevention and control of COVID-19. Lesotho was no exception in responding to WHO’s call in the fight against COVID-19 and, accordingly Government urged the whole nation and all sectors of society to observe safety and prevention measures that it put in place. In response, LCE has developed these Student Guidelines for Response to Coronavirus Disease (COVID-19). The purpose of the guidelines is to provide guidance to LCE students in observance of the COVID-19 Government Gazette and the following general, key WHO Guidelines:

- **Social distancing**: keeping a distance of at least one metre between people at any particular point.
- **Gatherings**: Keeping gatherings/meetings to a maximum of fifty people.
- **Personal protection and hygiene**: frequently washing hands with soap and water; frequently using sanitizer; wearing masks and; wearing gloves when necessary.
- **Disinfection**: Regular disinfection of surfaces.
- **Self-isolation/Quarantine**: Isolation of oneself from other people based on travel history and or show of COVID-19 symptoms.
2. **Class attendance and examinations**
   A "special class time-table" responding to the prevalent COVID-19 situation shall be availed to all students in the usual manner. The following shall apply with regard to class attendance until further notice:
   - A blended mode of teaching and learning shall apply. To this effect there will be on-campus contact sessions of three weeks and on-line learning for three weeks.
   - Year 1 and Year 3 students shall alternate in the implementation of the mode of teaching and learning described above.
   - Classes shall run from 0800 to 1700 on weekdays and from 0800 to 1300 on Saturdays and on public holidays.
   - All day scholars shall be expected to come to the College only on days when they are scheduled on the time-table.
   - A revised almanac of events reflecting the points captured in this paragraph and examination dates will be availed to students.

3. **Use of the Library**
   - Students shall be allowed a maximum of 3 hours in the Library to avoid over-crowding and to allow other users to access the facility
   - Security officers shall sanitize all Library users upon entry into the facility
   - Non-College Library membership shall be suspended until further notice
   - One table shall be used by a maximum of two people at a time
   - Evening services will be suspended until further notice

4. **Meetings/Gatherings**
   - WHO Guidelines for gatherings shall be observed whenever gatherings/face-to-face meetings are held. To this effect there shall be gatherings of not more than 50 people considering social distancing of at least one meter between people.
• All gatherings of not more than 50 persons shall be held between 0700 and 1700 on any day of the week.
• Students are encouraged to have virtual/e-meetings instead of face-to-face meetings as far as possible.

5. Sports, Recreation and Entertainment
The following activities are suspended until further notice:
• All sports and recreational activities
• All forms of entertainment
• All church attendance at the College

6. College Residence for Boarding Students
• Students who reside on Campus are encouraged to minimize movement in and out of the College to minimize chances of infection.
• Visiting is suspended in the hostels until further notice. This applies to ALL visit, including students’ visits.
• Students who share a room are encouraged to observe and maintain the required physical distance between and amongst themselves.
• All students who reside on Campus are expected to be on Campus at 1800 every day.
• College gates shall open at 0600 every day.

7. Personal Protection and Hygiene
• All students are encouraged to have hand sanitizers on themselves for use whenever required.
• All members of the College Community and visitors shall be sanitized by Security Officers upon entry at the College gates.
• Hand sanitizers and or soap will be available at strategic points for use by students.
• Soap shall be available in all toilets.
• Students are encouraged to wash hands regularly with soap and water for at least 20 seconds; or sanitize as frequently as possible.
• All students shall wear face masks at all times while on College premises. (Refer to Appendix A for masks specifications).

8. Cafeteria

• All students are expected to not sit and eat at the Cafeteria; only takeaways shall apply.
• All students are expected to observe the distance of one metre apart while queueing for service at the Cafeteria.

9. Security

Security Officers shall ensure that the following are observed at all times:

• As usual, all students produce Student IDs to Security Officers for checking when entering the College premises.
• All members of the College Community and Visitors who enter the College premises are temperature checked.
• All members of the College Community and Visitors who enter the College premises are wearing masks.
• A space of one meter apart is kept at all places where people are queueing for services.
• The number of people at any gathering does not exceed fifty (50).

10. College Transport

In line with national regulations on the use of public transport the following shall apply in the use of College transport:

• A five seater vehicle shall carry four (4) persons including the driver.
• A ten seater vehicle shall carry six (6) persons including the driver.
• A fifteen seater vehicle shall carry eight (8) persons including the driver.
11. Action on suspicion of infection

Students are encouraged to consult a doctor/the Clinic immediately once they have the following signs and symptoms:

- Fever
- Cough
- Sore throat
- Or any other flu signs and symptoms

*Your doctor can advise on self-isolation at home and or conduct some tests and treat accordingly.*

There will be a room in the College designated for temporary isolation should anyone be suspected to be having the symptoms of COVID-19; while the Clinic Staff will be making arrangements for the suspect to be dealt with as appropriate.

Students are encouraged to use proper masks when they experience above signs and symptoms.

A formal written recommendation from the Doctor shall be summited to the Registrar for appropriate action.

- For more details on self-isolation refer to WHO guidelines on COVID-19.
Appendix A

MASKS SPECIFICATIONS

a) **Cloth masks/home-made masks** - these types of masks offer small degree of protection but may help limit spread of Covid-19 from asymptomatic patients. They should be of at least 3 layers of fabric.
   - While wearing a mask, avoid touching the mask, adjusting when speaking, coughing or sneezing.
   - Wash hands before wearing a mask, if you accidentally touch/adjust your mask and after removing a mask.
   - Masks should:
     - Fit snugly but comfortable against the side of the face.
     - Be well secured and dense enough.
     - Be worn in public settings.
     - Be washed and iron before wearing and washed daily after use.
     - Cover nose, mouth and chin and be breathable.
     - Not be worn by people who have difficulty in breathing or children under 2 years of age.

b) **Surgical masks** - Also referred to as medical masks
   - These are disposable loose-fitting masks that covers nose, mouth and chin.
   - They protect from sprays, splashes and larger particles droplets.
   - They prevent spread of potentially infectious respiratory secretions from wearer to others.

c) **N95 respirators**
   - These are tight fitting face masks.
   - In addition to splashes, sprays and large particles droplets, they can also filter out 95% of small particles like virus and bacteria.

d) **Face shield**
   - Consists of visor that prevents from unwanted substances like dust and water splashes.
   - They should be worn with a mask to increase the degree of protection.