

BIMAP Advisory 1: COVID-19

March 17, 2020

As at Tuesday, March 17th, 2020, the Ministry of Health – Barbados, has reported 2 cases of the COVID-19 Virus.

OPENING OF THE INSTITUTE:

The BIMAP will continue to be guided by the Government of Barbados and the associated National Agencies, re closure of Schools and Institutions. We will continue to monitor the National and International COVID-19 situation and in light of the above:

- Classes will end on **Saturday, March 21**
- The week of **March 23 to 28** – Revision week and online contact with tutors
- The week of **March 30 to April 03** – Examination week.
- Social distancing will be practiced in all examinations.

BIMAP SANITATION PRACTICES FOR COVID-19

BIMAP remains strongly committed to providing a sanitary environment for its staff and public and are taking the following precautions:

- All classroom, stairways, bathrooms, door handles, telephones etc. will be sanitized after each class
- All offices will be cleaned and sanitized frequently
- Hand sanitizer will be provided to staff and students as necessary
- Social distancing will be practiced wherever possible

SUSPENSION OF CLASSES AT THE INSTITUTE:

In the event that the Government of Barbados declares a shutdown of Schools and Institutes or an overall national shutdown, BIMAP will be closed immediately but will be prepared to offer classes via our Moodle online platform. Please stay tuned to any official BIMAP media/site for updates:

PROTECTING YOURSELF DURING COVID-19:

We urge you to remain calm, practice social distancing and continue to practice the sanitary procedures as outlined in the Preparing for COVID-19 (Personal Guide) published by the Government of Barbados:

<https://Preparing for Covid-19 a Personal Guide>

How to Protect Yourself



1. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.



2. Avoid touching your eyes, nose, and mouth with unclean hands.
3. Keep an alcohol-based sanitizer ready for times when soap and water are not available.



4. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
5. Stay at home when you are sick.



6. Keep your distance of at least 1 meter from anyone coughing or sneezing.
7. Practice no-touch greetings instead of handshakes or hugs. Wave, nod or exchange zero touch “namaste” type greetings.

WHAT TO DO IF YOU EXPERIENCE SYMPTOMS of COVID-19

The common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death”.

Do I have COVID -19 if I am coughing or sneezing?

You are suspected to have COVID-19, only if you are experiencing flu-like symptoms such as:

- FEVER**
- DRY COUGH**
- DIFFICULTY BREATHING**
- FATIGUE**

And, you have been in one of the countries where there is community spread of COVID-19 during the previous 14 days, or think you may have come into close contact with a person or persons who have been exposed to or are carrying the disease.

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Photo compliments: <https://Preparing for Covid-19 a Personal Guide>

If you are experiencing symptoms of the COVID-19, you should do the following:

- Kindly stay away from the Institute, but please inform us of your absence
- Stay at home when/if you are ill
- Avoid physical contact with members of your household and members of the public
- Cover your cough or sneeze with a tissue, then immediately throw the tissue into a covered trash bin or trash receptacle.
- Thoroughly cleanse your hands after sneezing/coughing
- The use of alcohol based hand sanitizers is strongly encouraged
- Avoid touching your face, eyes, nose and mouth
- Before you decide to visit a medical facility/ hospital/ clinic etc., it is highly recommended that you call the designated hotline **(246) 536-4500**, to speak to someone to describe your symptoms and follow the advice of the healthcare professionals. Please note that they will advise you on how to proceed
- If symptoms persist, you may then seek medical attention

REMINDER:

Kindly remember to stay tuned to any **OFFICIAL BIMAP** sites/media for updates.

For further information, please call us at (246)431-4200 or regularly check your email for BIMAP advisories.