

Questions and answers for staff academic year 2020-2021

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Updated 27.11.2020

Q: We have moved to a more stricter hybrid model, but what does that mean?

A: Remote working and distance learning is highly recommended. The maximum amount of people in a gathering has been lowered to 10 unless social distances can be maintained or facemask can be worn. Lectures, exercises or group work can only be arranged if everyone has facemasks on. Studying and working with masks can continue on campuses, as well as in smaller groups.

Q: Can I use KAMK's gym?

A: No, you can't. For the time being, the exercise facilities may not be used on open shifts – shifts for the purpose of teaching will be agreed on separately.

Q: How to verify the safety of tasks necessary for study with skin contacts?

A: In situations where skin contact is necessary, protective equipment is used. Efforts are aimed at avoiding exercises with skin contact. Efforts are also made to favor exercises that can be done in the open air. Other exercises are carried out in the smallest possible groups.

Q: How do you take care of the cleanliness of exercise equipment?

A: Exercise equipment (rackets, dumbbells, etc.) is considered to be personal. The exercise facilities have cleaning wipes to clean the equipment before and after use.

Q: How do you operate in computer classes?

A: Keyboards and surfaces of computer classes are treated with a long-lasting (1-2 weeks) cleaner. The cleaning is taken care of by Mamselli. Students may choose to clean keyboard and mouse before and after use. Cleaning products are available in the classrooms.

Q: How to ensure safe instruction in classrooms?

A: By keeping safety distances. Almost every classroom has a handwashing point, its use is preferred. If washing of the hands is not possible, the hand sanitizer should be used. To enable safe working and studying on campus, enhanced cleaning is ongoing all the time. Contact surfaces (e.g. door handles) are cleaned several times a day.

Q: How to act if you find a student with symptoms of corona infection

A: The teacher or any other member of the staff has the right to order the student to leave the campus if the student has symptoms. Students are instructed to follow Kainuun Sote guidelines for corona testing.

Q: Does KAMK provide protective masks to staff and students?

A: Yes, protective visors and face masks are reserved for the use of staff. There are also hand sanitizers in use in each building. Students and staff are advised to wash hands as often as possible, especially when entering and leaving class. As a rule, each classroom has a water point. Using hand sanitizers just before class can cause allergic reactions, so hand washing is better and safer practice according to the THL guidelines.

KAMK provides protective masks for the use of students in educational situations where, due to teaching activities, the holding of safety distance may be temporarily compromised. The use of own respiratory mask or protective device is also permitted if it meets safety regulations issued by the authorities.

[Please read more.](#)

Q: The student feels sick/symptomatic and cannot come to campus, how is the progress of studies ensured?

A: Students are instructed to contact the course teacher directly. The teacher agrees together with the student on an alternative method of performance. The aim is to offer students with suspected infection or absence the opportunity to participate in teaching. This can be done by giving the opportunity for an exam, writing an essay or similar assignment, or following the instruction through teams / adobe connect / etc. tools.

Q: I feel sick, what should I do?

A: Don't come to campus. If you suspect that your symptoms are indicative of coronavirus infection, please contact the Kainuu Social and Health Care Association's 24/7 hotline, phone number is 116117. Make the call to get instructions before you go to emergency clinic.

Otherwise, Kainuunmeren työterveys is responsible for health care.

Q: When will Fox, Care Cafe or NetCafe open again?

A: Care Cafe (Taito 2) and restaurant Fox (Tieto 2) are open. And NetCafe (Taito 1) is closed.

Q: Are student services open?

A: Yes, student services are open. Please contact the student services primarily by email or phone. If you want to meet in person, please make an appointment in advance. Please note the safety distance, good hand hygiene and coughing etiquette when using the services. If you are sick or have symptoms, please do not use the services. Unless customer service situations can be handled remotely, face masks must be used.

Q: Is the library open?

A: Yes, the library serves customers as normal, but you can only visit the library for 15 minutes at a time you can also contact the library by email or phone. Please note the safety distance, good hand hygiene and coughing etiquette when visiting the library. If you are sick or have symptoms, please do not visit the library. Unless customer service situations can be handled remotely, face masks must be used.

Q: What is meant by hand hygiene and coughing etiquette and reducing close contacts

A: You can also reduce your own and others infection risk by maintaining good hand hygiene and following the coughing etiquette. Reducing close contact is also important for healthy people, as this slows down the spread of the epidemic.

Everyone can, through their personal behavior, contribute to the spread of the virus by taking care of hand hygiene, as well as following instructions for coughing and sneezing. Careful and repetitive hand washing, and the use of hand sanitizers are an important part of our daily life on KAMK's campus. Please always ensure that you wash/disinfect your hands when entering or leaving the campus and when you move from one place/class to another.

[Please read more THL.fi](#)

The responsibility for the slowing down of the epidemic lies with all of us. Let's respect each other and wear masks.

Large crowds should be avoided if possible. Outdoor exercise where safety distances are maintained is recommended and not restricted. It is recommended that adult team sports shifts be suspended for the time being. There will be no interruption of children's exercise shifts, but parental involvement will be limited.

Q: I have plans for a trip, am I going on a trip?

A: Travel and its necessity should be carefully considered. The remote work period showed that communication is very successful in many cases even when exploiting remote working tools. Talk about traveling with your supervisor.

Staff and students are asked to note the risks associated with private travel abroad.

This may require a two-week-long quarantine, in accordance with authority guidelines. Travel-related instructions can be found on THL's website <https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates/travel-and-the-coronavirus-pandemic>

If you have travelled abroad and/or in high-risk areas, contact your supervisor and remain in a 14-day quarantine. If you are quarantined, you can possibly work remotely or be on unpaid leave.

Q: What about student exchange?

A: KAMK has stated that international student exchanges will not be canceled for the autumn semester. However, most of the students selected for the exchange have ended up postponing their exchange to a later date. KAMK's policy also applies to incoming exchange students.

International exchange and degree students arriving in Finland have been instructed to follow the Finnish Institute for Health and Welfare's travel instructions:

<https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates/travel-and-the-coronavirus-pandemic>

Q: A group of students is planning an event for the fall, how they have to move forward?

A: Organizing an event requires permission from the President of KAMK. Please apply for permission to organize the event already at the planning stage.

Q: Koronavilkku-app will be launched nationally in September. Is the Koronavilkku-app used on phones provided by the employer?

A: It is urged to seriously consider downloading the app, as well as inform students about the application.