

COVID GUIDELINES

1. All students should wear face covers/masks inside as well as outside the Hall of Residence and take all preventive measures.
2. Take off your mask only when required for activities such as eating.
3. Students are advised not to unnecessarily move outside their Hall of Residence.
4. Physical distancing should be maintained at all places and crowding must not be allowed at any place under any circumstances.
5. Students should frequently wash their hands with sanitizer or soap for more than 20 seconds after they have been in a public place, or after blowing their nose, coughing, or sneezing.
6. Avoid touching frequently touched surfaces in public areas, such as handles and handrails. Also, avoid touching your face or mask until you wash or sanitize your hands
7. Avoid sharing food with your mates or using the same utensils in your halls.
8. Make sure your room has good ventilation facilities, open the window when needed.
9. Facemasks, personal protective equipment, and hand gloves should be thrown in a dustbin and disposed off properly as per covid norms.
10. One should not spit anywhere on the campus.
11. Students should regularly sanitize their phones, laptops, audio, video, and other media accessories.
12. Put on a new mask after coughing or sneezing followed by washing your hands properly.
13. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
14. Monitor your health daily. Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
15. Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately (BC Roy Technology Hospital): Trouble breathing, persistent pain or pressure in the chest, inability to

wake or stay awake, pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone.