

Guidelines Issued to Students Staying at Halls of Residence to be Complied with to Prevent the Spread of Covid 19 Infection

1. A Single room is Allocated to you .It is Compulsory for you to wear a face mask correctly at all times you leave the room.
2. Ensure that a social distance of a meter or more, is always maintained with others.
3. Whenever possible returning after some activity, to wash your hands using soap. In instances where soap and water are unavailable use a solution with not less than a 75% concentration of alcohol to clean your hands.
4. Avoid touching your mouth, nose, and eyes frequently.
5. Avoid constant touching of structures at public places, (such as doors, windows, hand railings, tables, chairs, etc.)
6. Remember that symptoms of Covid 19, such as fever, cough, and throat discomfort are similar to symptoms seen in the case of a common cold and fever.
7. In instances of where symptoms such as cough, fever, headache, throat discomfort, difficulty in breathing are observed, without a delay, the Health Centre should be informed.
8. Ensure that you cover your nose and mouth, either with the inside of your bent elbow or with a tissue, when you cough or sneeze. Place the tissue in a bin with a lid, afterwards
9. All items personally used by you, should not be put to common use.
10. Your room is solely for your use, do not entertain any visitors.
11. You may leave the hall of residence only to visit your faculty. In case you have to deviate, it should be brought to the notice of the warden, Sub warden.
12. You are permitted to obtain food only from the hall canteen and the faculty canteen. Avoid obtaining food from outside places.
13. Bring along with you a food container (box), a plate, a cup when you come to the hall. Thereby, the spread of germs to you from others could be avoided.
14. While consuming food, avoid sharing with others. Ensure to maintain social distancing on these occasions.
15. Avoid group discussions at study time. If necessary, form a group enabling you to have discussion .form your rooms, using telephones.

16. In instances of face to face discussions, a distance of at least a meter should always be maintained.
17. Do not form groups inside the hall, and engage in receptive activities such as carom, playing cards.
18. The use of the gymnasium, the swimming pool, the playground is presently prohibited.
19. Avoid entertaining visitors inside the hall of residence.
20. Other than for an absolute necessity, you should not visit your home or any distant place, until you complete your examinations and leave the hall of residence.
21. If you adhere to the above shown stipulations, you will be able to continue your academic activities and examinations uninterrupted, failing which, Covid 19 infection may lead to a situation in which the closure of the University may arise again.

**Public Health Unit
Health Centre
University of Peradeniya**