

For students returning to halls of residence

Main Dos and Don'ts

Things to do

Practice hand hygiene frequently (bring your own hand sanitizer)

Keep a minimum distance of 1m from each other

Ensure ventilation in all places by opening windows and doors

Do not

Touch your face – this will be a difficult thing to do – be mindful of it

Come into physical contact with others, as this will promote viral transmission

Other

When you wear a mask – do not touch it (the virus may lie on the outer surface of your mask). Cover both nose and mouth

You need to bring –

- **A personal supply of masks**
- **ID and record book**
- **Pens/ pencils/ erasers/ water bottle / any medication you need- no sharing allowed. Please do not share before the exam in your rooms either**

General instructions

On the day you arrive at UoP

- Make a note of the transportation you used to arrive at the designated hall of residence.
- Once you arrive, follow the instructions at the halls of residence in entering – e.g washing hands
- Go to your allocated room, change out of the clothes you wore for the journey and wash them with soap and water at the earliest convenience.
- Dispose the masks you wore and subsequent ones you wear into designated yellow lined bins provided for the purpose.
- Use only the designated bathroom and toilet
- Keep a distance of at least a minimum of 1m from each other
- You will be seeing some friends after a long break. However, refrain from hugging, shaking hands, sharing the same meal with them
- When you are re-entering the Halls of residence at other times – follow the same procedure

- Use only the designated areas of the hostel for having meals. Try your best **not to** face each other or engage in conversation during meals.

Entering the faculty of study for examinations/revision activities

- When entering the faculty premises, wash hands at entrance with the soap and water provided.
- You should bring your own pencils, pens, erasers. No sharing will be allowed during the examination time.
- You are also required to bring your own bottle of water
- Within the faculty practice hand hygiene regularly
- If you note that soap is not available – please inform the relevant focal point in your faculty
- Visit only the designated areas. Please keep away from the other areas
- You will be informed about which areas are out of bounds to you
- All departments should ensure that venues used for teaching sessions are well ventilated
- Temperature may be taken at entry to examination hall and at the clinical/practical examination venues

If you develop a fever and or respiratory symptoms

- If you develop fever and or symptoms while being at the hostel, you should promptly inform the CMO
- Such student, if requesting and is deemed fit, would be allowed to sit for the theory examination in a designated area with invigilators coming in personal protective equipment.
- Such students may be tested for SARS-CoV2 after referring to a designated physician

Use of masks

- You are expected to wear masks when outside your room in keeping with the national guidelines.
- If students are using cloth masks they need to be changed when damp or according to the need. Students are encouraged to carry a polythene bag to put the reusable masks that are removed, bring back to hostels and wash with soap and water as instructed below.
- Halls of residence should provide designated polythene lined closed bins for disposing such masks.

Laundry

- You are requested to clean and wash your clothes worn to the faculty and outside, on a daily basis.
- You are encouraged to soak their cloths in soapy water for 30 minutes before washing, or use warm water if possible

Food for the students

- Food would be sourced by a selected vendor by each faculty (either faculty or hostel canteens)
- Within the faculty – food consumption is allowed only in designated areas (please contact the focal point in your faculty for relevant information)
- Students should bring their own bottle of water for use
- Students who bring food from home, should also use designated premises to eat
- Maintain 1m distance if in a queue to get lunch packets, to wash hands, to dispose of food items, to get water.
- Sharing of food and utensils should not be done as this is when spread is most likely to occur
- Faculty canteen committees/ hostel committees should be actively engaged in ensuring that canteen premises are kept clean and ventilated
- Entertainment events should not be organized within hostels without prior approval

Use of library, study rooms at the faculty and halls of residence

- Students are encouraged to study in their own rooms as much as possible and to use telecommunication modes for discussions
- In person group discussions are strongly discouraged.

Library

- If you need to access the library facilities –use only the designated areas.
- Alcohol hand rub will be made available in the library in strategic places
- You are to clean hands with alcohol-based hand rub before handling books
- All books used by students should be kept on the desk itself
- You would not be allowed to sleep on the library tables or on books

Study rooms

- Each faculty may have restrictions on who will use study rooms and the number of students allowed per room
- Windows and door should be kept open
- A log book will be made available for those who accessed. Please sign in and out using your own pens
- No eating is be allowed

- Maintain 2m distance
- At small tables – only 1 student per table is allowed.
- Students should wash hands before entry and when leaving the premises

Keeping personal belongings

- Students are to bring minimal personal belongings to the faculty premises

Remember –

- All these are for your safety
- If you have any problems during your stay in the hostels, please contact (name and give faculty focal point)