

Prevention of COVID-19; General guideline for students who go for field visits

- Wear a mask at all times
 - Make sure the mask covers your face from the bridge of the nose to below your chin
 - Once worn, do not touch the mask
 - Do not try to adjust the mask frequently
 - Do not wear the mask again once you have removed it
 - Do not use the same mask for more than 8 hours at a time
 - Always keep a spare mask with you
- Keep a distance of at least one meter with others at all times
 - Refrain from shaking hands, hugging etc.
 - Avoid going into crowded places
 - Minimize close contacts with families unnecessarily during family visits
- Practice hand hygiene frequently
 - Wash hands with soap and water or sanitize with alcohol hand rub for minimum 20 seconds.
 - Follow the correct method of hand washing and sanitization.
 - Practice hand washing or use alcohol based hand sanitizer frequently before entering an institution, before and after touching high-touch surfaces, before and after meals etc.
- During transport, maintain social distancing
 - When using university transport, limit the number of students who travel in one bus only to the number of seats available
 - Encourage private transport
 - Practice hand hygiene before and after using public transport
- Minimize contact with high-touched surfaces
 - Do not lean on surfaces (eg; walls, doors, etc.) or sit on tables, staircase steps, etc.
 - Do not use others' mobile phones, pens etc
 - Avoid sharing glasses, plates, other utensils and the same food parcel with anyone else while having meals
 - Avoid using elevators. Always try to use stairs. When using stairs, try to avoid touching the railings
- Maintain respiratory hygiene
 - Cover coughs and sneezes by the inner side of elbow or sleeve. In a situation where this is not possible a tissue can be used to cover the nose/mouth, provided the tissue is discarded into a closed bin and hands washed thereafter.
 - Keep paper tissues at your workplace for use by those who develop a runny nose or cough at work, along with closed bins for their hygienic disposal
- Wear simple clothing
 - Avoid clothing that has a higher chance of coming in contact with other surfaces or objects and which need frequent handling.
 - Do not wear jewellery/wrist watches/ rings in hands since this interferes with hand washing

- Do not report for training, if you have
 - fever, with or without acute onset of one or more respiratory symptoms such as cough, runny nose, sore throat, shortness of breath
 - If you have had contact with suspected or confirmed case of COVID-19 within the last 14 days
- Record keeping
 - Keep a record of all students and staff who participated in the field visit including their contact information
 - Keep a record of all places visited
- Inform the Chief University Medical Officer
 - when a field visit is to be undertaken and send a list of participating students and staff
 - if a participant develops fever with or without respiratory symptoms within 2 weeks of the field visit