



## Guide to minimize spread of COVID-19

- Use close-fitting clean mask to cover both nose and mouth at all times both indoors (hostels and at faculty premises) and outdoors, at least where distancing is not possible.
- Avoid using the same disposable mask over and over many times.
- Avoid touching/ adjusting your mask time to time.
- Avoid touching your eyes, nose and mouth.
- Dispose of used masks hygienically in closed bins
- Wash reusable masks often.
- Practice respiratory etiquettes when coughing and sneezing.
- Wash/sanitize hands regularly.
- Minimize unnecessary traveling and gatherings.
- Avoid going out if you are febrile and/or with new onset of respiratory symptoms.
- Maintain social distancing at all times in both indoor and outdoor settings (while waiting in queues etc.)
- Avoid eating together in close contact settings (e.g. in dining rooms, faculty/hostel canteens).
- Avoid touching and leaning on uncleaned surfaces (railings/doors/window sills/doorknobs etc.)
- Improve ventilation by opening windows/ doors/openings in lecture rooms, laboratories, dining areas, and common rooms.
- Practice general measures to keep you healthy.
- Ensure you are fully vaccinated against COVID-19. Please contact the University Health Center immediately if you wish to know details of vaccination programmes.