

## Guidelines Issued to Students Staying at Halls of Residence to be Complier 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 uninterruptedly, 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**

## Guidelines to non-residential students arriving from their homes to be complied with to prevent the spread of Covid 19 Infection

1. Wearing a face mask properly is compulsory, when you arrive at the faculty.
2. Ensure that a social distance of a meter or more is maintained with others.
3. Whenever possible on returning after some activity, hands must be washed with soap. In instances where water and soap are unavailable, use a hand sanitizer, containing a concentration of not less than 70 % alcohol. for the purpose.
4. Avoid touching your mouth , face and eyes frequently
5. Avoid constant touching of structures at public places (such as doors, windows, hand railings, tables, chairs, etc.)
6. Prior to your arrival at the faculty, if it is observed that you are having symptoms such as cough, a cold and fever, obtain necessary medical attention informing a staff member without a delay.
7. On arrival at the faculty, get your body temperature checked by the security officer.
8. Remember that symptoms of Covid 19 such as fever, cough, and throat discomfort are similar to symptoms noticed in common colds and fever.
9. In instances of where symptoms such as cough, fever, headache, throat, discomfort, difficulty in breathing are observed, immediately inform the responsible officers at the faculty and without moving away stay in one place. Necessary action would be then taken.
10. 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 and wash your hands properly.
11. Do not share with others all items (such a pen, pencil, mobile phone, calculator, etc.) used by you.
12. Bring the food and water needed by you, from home.
13. When consuming food, avoid sharing with others. Ensure to maintain social distancing on these occasions.

14. Avoid group discussion at study time. If necessary, form a group and discuss over telephones.
15. In instances of face to face discussions a distance of at least a meter should be maintained.
16. The use of the gymnasium, playground, and the swimming pool is at present prohibited.
17. When you come to the faculty bring only the absolute necessities. Avoid bringing large travelling bags.
18. Ensure that you leave directly for home, without delaying in the premises, as soon as you complete academic activities in the faculty.
19. When using public transport to come to the faculty, be certain that you are protected from the Covid 19 virus.
20. If possible keep with you a mini hand sanitizer container as soon as you get off the bus you could rub the liquid on your clapped hands.
21. During your stay within the faculty, refrain from entertaining visitors.
22. Adhering to the above shown stipulations will enable you to continue your academic activities and examinations uninterruptedly; 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**

## Measure to be adopted at Examination Centre's to prevent the Spread of Covid 19 Infection within the University of Peradeniya

1. The number of candidates to be admitted to the examination hall should be either half of the total which could be accommodated in it, or a number which permits to maintain a social distance of over a meter.
2. It is compulsory for both students and the staff to wear face masks.
3. Admission to the hall should be after, measuring the body temperature. If it is observed that the temperature is high, another test should be done after 15 minutes and if it is seen to be higher than 37, the student should be referred for medical advice. To the Health Centre.
4. A sufficient quantity of soap and water should be made available to wash hands of all students to be present. A 'foot operated' water tap would be more appropriate.
5. Tissues should be made available to wipe the hands, a bin with a lid should be in place for the disposal of used tissues.
6. Sanitizers containing an alcohol concentration of 70%, should be placed inside the hall to clean hands.
7. Desks and chairs within the hall should be placed ensuring the one meter presence of the protective distancing.
8. Students with a temperature, cough, cold, headache, throat irritation should not be admitted to the hall. They should be directed for, medical advice.
9. Use the ' Hand Sanitizer ' prior to placing the signature by students on the relevant list
10. Advise the students to bring into the hall only absolutely needed items.
11. Advise the staff distributing the question papers to do so wearing gloves, in collecting the answer scripts too, the same procedure should be followed.
12. Exchanging of items, (such as pens, pencils, erasers, calculator, etc.), should not be permitted among candidates.
13. Immediately after the termination of the examination, the student should be sent out of the hall premises. Congregation of student within the premises should not be allowed.

4. Equipment such as desks and chairs should be sanitized using soap and water or a 0.1% sodium hydrochloride solution.
15. Retain the answer scripts for 48 hours and avail them for correction.
16. For practical examination, too, the above noted procedure should be followed.

Public Health Unit  
Health Centre  
University of Peradeniya