

Guidelines for Students on COVID 19 Prevention During Examination

General Guidelines

- Avoid touching your face
- Avoid touching high-touched surfaces (door knobs, switches, etc).
- Carry your own hand sanitizer if possible
- Carry your own tissues if possible
- Carry your own disposable polythene (shopping) bag (to dispose your mask)
- Follow cough etiquette all the time
- Avoid wearing jewellery/wrist watches/rings or other accessories that may interfere with hand washing; carry a wrist watch if necessary (wall clocks will be available at the exam hall)
- If using shared transport – maintain 1m (preferably 2m) distance from others
- Student gatherings at the university premises are prohibited.

Hand washing (WHO method – Annex 1)

- Wash your hands for at least 20 seconds with soap and water before entering the university premises or use an alcohol-based hand sanitizer containing 70% v/v alcohol (Hand washing facilities and hand rubs are available in major student footfall areas).
- Wash your hands every time when you enter a building; before having a meal; after using the toilet, blowing your nose, coughing, and sneezing; and after touching any surfaces.
- It is encouraged to have your own sanitizer so as to use it whenever needed.

Face Mask

- Ensure wearing a mask properly at all times when you are at the university premises. (wear and dispose correctly – Annex 2)

Meals

- Wash your hands (WHO method – Annex 1)
- Maintain 1m (preferably 2m) distance while queuing/sitting/eating
- Students are encouraged to bring meals from home.
- Limit food handling and sharing of food in the university premises.

Utensils

- Students are recommended to bring their own pen, pencils, eraser, sharpener & water bottles required for exams.
- Sharing of writing utensils and other equipment between personnel is not allowed. If shared, sanitize them before and after exchange.

In the Examination Halls

- Arrive at the examination hall before 45 minutes.
- Make sure to wash hands before entering the examination hall.
- Avoid any gatherings before and after the examination.
- Books, bags and other belongings should be kept out in the allocated area following the given guidelines.
- Avoid overcrowding while collecting your belongings after the examination.

In the Laboratory

- Only a limited number of students will be allowed to access the laboratory facilities at a time.
- Practice hand hygiene measures before and after entering the laboratory.
- Always maintain physical distancing while working in the laboratory.
- Students are encouraged to bring their own PPEs to work in the lab.
- Disposal of masks and gloves should be done properly into the dedicated disposable bags or bins.
- Leave your bags and other belongings outside the lab.

While at Hostel

- Clean your room frequently (bring your own cleaning items)
- Avoid entering other students' rooms
- Do not share personal items (bring your own plate and cup)
- Avoid group studies (organize Zoom discussions instead)
- Avoid leaving the hostel unnecessarily

When Leaving to Faculty

- Wear simple attire
- Take your belongings in a disposable (shopping) bag instead of backpack (for disposal when you return to the hostel/residence); or use a reusable cloth bag which must be washed on return to the hostel/residence
- Maintain 1m (preferably 2m) distance from others in shared transport all the time

On Entering the Faculty

- Wash your hand (or use hand sanitizer) at the entrance (WHO method – Annex 1)
- Leave your bags/belongings in the allocated area
- Perform hand hygiene before entering the exam hall
- Repeat hand hygiene on leaving the exam hall
- If you develop FEVER, with or without acute respiratory symptoms (difficulty in breathing, cough, runny nose, sore throat, etc.):

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- Outside the exam hall:

Call the COVID-19 hotline for advice (1390)

Inform Dean/FAHS Mrs. D. Thabotharan (TP: 0773405539) or Mrs. T. Gnanakarunyan (0772020595), Chairperson, HPC

- Inside the exam hall:

Inform an invigilator immediately

On Returning to the Hostel/Boarding

- Perform hand hygiene before entering the hostel/boarding
- Dispose the shopping bag OR wash the reusable cloth bag containing your belongings
- Dispose the bag containing your mask; if using disposable masks, dispose the mask with non-biodegradable waste; if the mask is reusable, wash it
- Items taken inside your room from outside (pens, glasses, wrist watch, phone etc.) must be either washed or wiped with alcohol-based disinfectant (provided at hostels)
- Wash your clothes and have a shower

Hand washing

The infographic is titled "How to Handwash?" and is part of the WHO Patient Safety campaign. It features a header with the WHO logo, the text "World Health Organization", "Patient Safety A World Alliance for Safer Health Care", and "SAVE LIVES Clean Your Hands". Below the header, it states "WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB" and "Duration of the entire procedure: 40-60 seconds". The main content consists of 11 numbered steps, each with a line drawing and a descriptive text. Step 0 shows wetting hands. Step 1 shows applying soap. Step 2 shows rubbing palms together. Step 3 shows interlacing fingers. Step 4 shows palm-to-palm rubbing. Step 5 shows back-to-back rubbing. Step 6 shows rotational rubbing of the thumb. Step 7 shows rotational rubbing of the fingers. Step 8 shows rinsing hands. Step 9 shows drying hands with a towel. Step 10 shows using a towel to turn off the faucet. Step 11 shows the final clean hands. A red dashed border encloses steps 9, 10, and 11.

World Health Organization | **Patient Safety** | **SAVE LIVES**
A World Alliance for Safer Health Care | Clean Your Hands

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds

- 0** Wet hands with water;
- 1** Apply enough soap to cover all hand surfaces;
- 2** Rub hands palm to palm;
- 3** Right palm over left dorsum with interlaced fingers and vice versa;
- 4** Palm to palm with fingers interlaced;
- 5** Backs of fingers to opposing palms with fingers interlocked;
- 6** Rotational rubbing of left thumb clasped in right palm and vice versa;
- 7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
- 8** Rinse hands with water;
- 9** Dry hands thoroughly with a single use towel;
- 10** Use towel to turn off faucet;
- 11** Your hands are now safe.

Alcohol-based hand rub

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

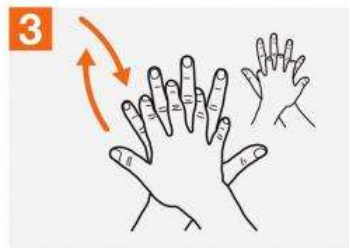
🕒 Duration of the entire procedure: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.

 **World Health Organization**

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

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Annex 2 – Guidance on wearing masks (Ministry of Health)

- Perform hand hygiene before wearing mask
- Wear correctly (the correct side facing out and the wired side up) and adjust it
- Mask should cover nose, mouth and under surface of the chin all the time
- Do not wear the mask inappropriately (without covering your nose, around your neck or with the top ties hanging)
- Mask should not be touched once worn (no scratching the nose)
- If the mask is soaked (with sweat, water, etc.) change it
- When removing the mask, do so by holding the ties at the back of your head (not by holding the front end of the mask)
- Dispose directly into a lidded bin (if bin not available, into the disposable bag you brought for this purpose)
- Perform hand hygiene immediately after removal of mask
- Wash reusable masks and dry under sun light