

**MEMO FOR A STUDENT
LIVING IN THE HOSTEL**

HOW NOT TO GET INFECTED WITH CORONAVIRUS DISEASE (COVID-19)

- DO NOT LEAVE THE HOSTEL (EXCEPT FOR VISITING A STORE, A PHARMACY, FOR GETTING EMERGENCY MEDICAL ASSISTANCE)
- STAY WITHIN YOUR ROOM, IF YOU NEED TO COMMUNICATE, KEEP A SOCIAL DISTANCE MAKING AT LEAST 1.5 METERS
- WASH YOUR HANDS THOROUGHLY WITH SOAP SEVERAL TIMES A DAY (BEFORE EATING, AFTER VISITING THE TOILET, PUBLIC AREAS, ETC.)
- USE DISPOSABLE PAPER TOWELS/NAPKINS TO WIPE YOUR HANDS
- USE YOUR OWN DISHES, PERSONAL HYGIENE ITEMS AND A TOWEL
- WIPE WORK SURFACES IN THE ROOM USING DISINFECTANTS AT LEAST THREE TIMES A DAY (INCLUDING DOOR HANDLES, COMPUTERS, CELL PHONES, GLASSES, ETC.)
- AIR THE ROOM AT LEAST THREE TIMES A DAY
- EXCLUDE HANDSHAKES AND OTHER PERSONAL CONTACTS
- EXCLUDE BEING IN A GROUP IN THE KITCHEN (NO MORE THAN TWO PERSONS);
- LIMIT YOUR TIME IN PUBLIC AREAS AS MUCH AS POSSIBLE
- IF THE TEMPERATURE RISES AND THERE ARE SIGNS OF COLD, IMMEDIATELY INFORM THE HOSTEL SUPERVISOR BY PHONE, CALL A DOCTOR AND SELF-ISOLATE.

REMEMBER THAT RESPECTING THE RULES OF BEHAVIOR, YOU CARE ABOUT YOUR HEALTH AND THE HEALTH OF OTHERS!