

# **Be safe from covid 19- matters to be concerned**

- 1. Wash your hands properly (around 20-second wash with soap or equivalent) when entering to the hostel**
- 2. Before entering to your respective room you must remove your slippers/shoes and wash yourself and clothes**
- 3. Keep opened the doors and windows of the room whenever possible**
- 4. Wear the mask when going outside from the hostel**
- 5. Keep the social distance always while traveling, studying and in having meals**
- 6. If you feel any change in body temperature, respiratory issue and much cough/ sneeze seek the medical advice immediately**

**Let's defeat the corona virus!!**

**Public Health Division**

**Sabaragamuwa University of Sri Lanka**

# **Hygiene and safety instructions to be concerned at canteens**

- 1. Wash your hands properly using soap or equivalent before entering into the canteen**
- 2. Keep the one-meter distance in obtaining the meals**
- 3. Keep the one-meter distance at the tables**
- 4. Avoid speaking and collective gatherings when eating**
- 5. Use your personal water bottle**
- 6. Use facemasks and keep the social distance when entering and leaving the canteen premises**

**Let's defeat the corona virus!!**

**Public Health Division**

**Sabaragamuwa University of Sri Lanka**