** Guidelines for students for COVID-19 prevention and control**

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**What is COVID-19?**

COVID-19 is a respiratory illness caused by a new strain of coronavirus. ‘CO’ stands for corona, ‘VI’ for virus, and ‘D’ for disease.

**What are the symptoms of COVID-19?**

Symptoms can include fever, cough and shortness of breath. In more severe cases, infection can cause pneumonia or breathing difficulties. More rarely, the disease can be fatal. These symptoms are similar to the flu or the common cold, which are a lot more common than COVID-19. This is why testing is required to confirm if someone has COVID-19.

**How does COVID-19 spread?**

The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can also be infected from and touching surfaces contaminated with the virus and touching their face (e.g., eyes, nose, and mouth). The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it.

**Who is most at risk?**

We are learning more about how COVID-19 affects people every day.  Older people, and people with chronic medical conditions, such as diabetes and heart disease, appear to be more at risk of developing severe symptoms. The virus can be fatal in rare cases, so far mainly among older people with pre-existing medical conditions.

**What is the treatment for COVID-19?**

There is no currently available vaccine for COVID-19. However, many of the symptoms can be treated and getting early care from a healthcare provider can make the disease less dangerous.

**How can the spread of COVID-19 be slowed down or prevented?**

Public health measures are critical to slow the spread of illnesses. Public health measures are everyday preventive actions that include:

* Staying home when sick
* Wearing a suitable mask
* Keeping at least one meter distance
* Washing hands often with soap and water or with a sanitizer
* Cleaning frequently touched surfaces and objects

**Guidelines – General**

* Always wear a mask.
* Clean your hands before you put your mask on, as well as before and after you take it off. Make sure it covers both your nose, mouth and chin.
* After use, disposable facemasks and gloves should be properly discarded without reuse, preferably in a closed container
* Maintain at least one meter distance from others
* Frequent hand washing with soap and water for at least 20 seconds at a time
* Maintain alcohol based hand hygiene in instances where hand washing facilities are inadequate
* Avoid touching eyes, nose and mouth with unwashed hand

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**Guidelines – At Hostel**

* You are provided with a separate space. You should not interact with any other student.
* Use separate household items i.e.; Dishes, drinking glasses, cups, eating utensils, towels, beddings, cloth hangers, soap, toothpaste etc. Do not share them.
* You will be provided with your food at doorstep. Do not share any food items or drinks.
* When sharing the bathroom, cleaning of taps, doorknobs and utensils with sanitizers are a requirement before and after using
* If you feel any sickness such as fever, cough, difficulty in breathing, sore throat, body aches and pain, including flu like symptoms, immediately inform the sub warden.

**Guidelines – At exam hall**

* Always wear an appropriate mask.
* Wash your hands before entering the exam hall.
* Avoid touching your eyes, nose, and mouth.
* Bring all utensils needed. Do not share any consumable i.e.; pens, pencils, calculators, erasers, rulers etc.
* Do not interact with your friends. Maintain at least one meter distance from others.
* If you feel any sickness immediately inform an exam officer.