



Tehran University of Medical Sciences, International Campus
Office of Vice Dean for Student and Cultural Affairs

Personal Care against Coronavirus:

- ✓ Wash hands frequently with soap and water for at least 20 seconds
- ✓ Avoid touching your eyes, nose or mouth.
- ✓ Clean and disinfect surfaces that may have been contaminated
- ✓ Cover your nose and mouth by mask when around others or in public
If you have symptoms, stay at dorm and report your manager immediately.
- ✓ Thoroughly cook meat and eggs.
- ✓ Do not have unprotected contact with live wild or farm animals.
- ✓ Cover your nose and mouth when coughing and sneezing with tissue or flexed elbow and throw tissue into closed bin immediately after use.
- ✓ Avoid shaking hands and hugging. Greet by saying hello from a distance.
- ✓ Avoid large gatherings
- ✓ Avoid unnecessary use of public transport, when possible.
- ✓ Avoid contact with someone who is showing respiratory symptoms like cough, runny nose, fever, difficulty in breathing and body aches.
- ✓ If you have to go to the grocery store/bank/ university's offices and other places keep a distance about 1.5 meter from other people.
- ✓ Avoid unnecessary commuting outside the dormitory
- ✓ Do not go to other's apartments at the dorm
- ✓ Do not gather in the lobby of the dorm
- ✓ Do hygiene protocols when using elevator and other dorm's space
- ✓ Avoid leaning against walls and other surfaces and do not touch any surfaces directly.