

Dear students,

During the present Covid-19 pandemic, a few simple health and personal hygiene measures can make a big difference to help prevent the spread of the disease. Students are advised to observe all the safety and health precautions/measures as requested by the respective Ministries and the University Management and to be vigilant at all times.

Some general safety and personal hygiene practices and important points to adhere to are as follows:

- a. Clean hands with soap and water or sanitisers regularly,
- b. Cover nose and mouth with tissue when coughing or sneezing,
- c. Wear a mask at the University campuses, in public places or confined/crowded spaces
- d. Maintain physical distancing of at least 1 meter distance and avoid confined spaces, mass gatherings or crowds,
- e. Thoroughly cook meat and food,
- f. Avoid touching eyes, nose and mouth with unwashed hands,
- g. Avoid unprotected contact with live wild or farm animals,
- h. Seek immediate medical attention and treatment by registered medical doctors, if not feeling well.

Good hygiene practices will help to protect yourself and others from the virus. Please do stay safe and healthy everyone!!

Department of Student Affairs
Kampar and Sungai Long Campuses