

Dear all graduate students, undergraduates,
faculty, and staff members

Preventing COVID-19 Infection and Its Spread: What steps to take

Faculty of Engineering, YNU

Avoid the “Three Cs”

1. Closed-off spaces: with insufficient ventilation
2. Crowded places: where there are lots of people
3. Conversations: when you stand close together

Clustered outbreaks have started in places where these "Three C's" overlap.

Avoid the "Three C's" to help protect yourself and the people you love.

Watch out for areas where the virus can easily spread

Avoid these risky spots:

- Poorly ventilated indoor areas
- Crowded venues
- Areas where you spend a long time with strangers

What makes them dangerous:

- Infected people, especially the young, may have only mild symptoms, or none at all.
- They could spread the virus without realizing it.

What you can do:

- Avoid high-risk places.
- Do not go out if you have even mild, cold-like symptoms.

Ventilation & Prevention

There is a possibility that the coronavirus can stay in the air for a while, contained in droplets.

Ventilation:

- Keep doors and windows open on both opposite sides during gatherings.
- It is desirable to ventilate rooms a few times an hour.

Prevention:

- Disinfect items you often touch.
- Clean your hands regularly and thoroughly.
- Avoid touching your face so much.
- Wear a clean non-medical face mask.

Avoid high-risk situations

- Do not stand within reach of others (maintain physical distance as 1 m at least).
- Do not spend too much time in groups.
- Stay out of crowded places.
- No unnecessary visits: Pubs, Karaoke bars, Live music clubs, etc.
- Avoid public transport in peak hours.

Maintaining your immune system

- Monitor your own health as checking your temperature everyday.
- The immune system plays a major role in preventing severe symptoms even if infected.
- Get enough sleep.
- Eat a nutritionally well-balanced diet.
- Frequently take in fluids to stay hydrated.
- Take mild exercise in a non-crowded environment.
This will help you sleep well and stay physically and mentally healthy.
- Be sure to manage your health so that you can fight the virus.

When you stay in laboratory to do your works

Promote following actions:

- Wear a clean non-medical face mask.
- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Open windows and doors whenever possible to make sure the venue is well ventilated.
- Maintain physical (social) distancing between yourself and anyone who is talking.

We request your cooperation and understanding in the COVID-19 matter.