

## General Guidelines on Personal Hygiene for Organizers and Participants of Student Activities

Organizers are advised to:

1. Avoid activity that will increase body contact and risk of droplet transmission. Close contacts may include kissing, hugging and sharing eating utensils.
2. Maintain good ventilation for indoor activities and avoid overcrowding.
3. Ensure hand gel or alcohol-based handrub, surgical mask and thermometers are available at the location of activities.
4. Maintain records of participants, seating or room assignment, if applicable and possible, in case there is a need of contact tracing.
5. Advise participant to keep a daily log of body temperature.
6. Check for latest updates of disease outbreaks or pandemic situation.

Participants are advised to:

1. Adhere to personal and environmental hygiene practices and food safety measures.
2. Rub hands with alcohol-based handrub if hands are not visibly soiled.
3. Wash hands frequently with liquid soap and water especially:
  - before touching eyes, nose, or mouth;
  - before eating or handling food;
  - after using the toilet; and
  - after touching public installations or equipment such as escalator handrails, elevator control panels or door knobs.
4. Cover nose and mouth with tissue paper when sneezing or coughing. Dispose soiled tissues properly into a lidded rubbish bin and wash hands with soap and water afterwards.
5. Avoid contact with people who exhibit symptoms of communicable diseases, such as influenza.
6. Avoid close contact with blood and body fluids of people.
7. Avoid sharing beverages or eating utensils.
8. Avoid attending the activity if they are unwell.
9. Seek medical advice promptly if participants feel sick with symptoms of fever, diarrhea, vomiting, rash, etc.

For further enquiry, please contact the following staff of Health, Safety and Environment Office (HSEO)

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