

## Summer University of Tampere: Instructions for students attending contact lessons during the coronavirus COVID-19 epidemic

According to the decision of Finnish government, contact lessons can be held after May 14th, 2020. Training providers may decide if contact lessons will be held. Instructions concerning social distancing and hygiene will be followed during the lessons.

### People with symptoms cannot participate on the lessons and other activities

If students have any symptoms, they should not attend the lessons or any other classroom activities.

If you get symptoms during a lesson, you must inform the teacher and leave the classroom immediately. Anyone with the symptoms should contact the local health authorities and contact basic health care services or student/work health care and follow their instructions.

### People belonging to high-risk groups

Each student will need to evaluate if she or he can attend contact lessons.

### Unnecessary physical contact should be avoided

The trainer should be aware that physical contact should be minimized during the contact lessons (a minimum distance of 1 to 2 metres between participants).

Do not touch others.

Do not lend your pens or other supplies to others.

### Good hand hygiene and coughing etiquette will reduce infections

Everyone need to wash their hands when they come inside the building and always after sneezing or coughing. Hands should be dried with disposable paper towels. Hands should be washed/disinfected asThe Summer University will ensure that there will be hand-washing facilities and hand sanitizer available in the classrooms.

When coughing or sneezing, the mouth should be covered with a disposable tissue, which is disposed after use. If tissues are not available, the mouth should be covered with the elbow. Hands should be washed after coughing or sneezing.

Follow these instructions when arriving in or leaving the classroom.

THL (Finnish institute for health and welfare) recommends using a face mask when

- In public transport, where close contacts cannot always be avoided.

- Persons seeking the coronavirus test on their way to take the test and before the completion of test results.
- Passengers arriving in Finland from a risk area making their way from the place of arrival to quarantine or who they have an urgent reason to spend time outside the home during quarantine.

A face mask may help to reduce the risk of an infection. Wearing the mask is recommendable especially in situations where safe distances cannot be maintained.

Summer University of Tampere contingency group/

Tampereen kesäyliopiston varautumisryhmä