

Health Advice for Staff and Students on Face-to-face Teaching and Learning

1. You should perform temperature check at home before coming back to campus every day.
2. If you have any symptoms of COVID-19, you should stay home, seek medical advice and should not come back to campus until full recovery.
3. If your home-mate is, or you are, requested by the Centre for Health Protection to take the COVID-19 test, you should stay home and should not come back to campus until the release of a negative test result.
4. If your home-mate is undergoing the mandatory quarantine, you should stay home, and should not come back to campus until the completion of mandatory quarantine.
5. Perform hand hygiene properly. Wash your hands with liquid soap and water for 20 seconds, or with 70-80% alcohol-based hand rub, before touching your eyes, nose or mouth; before eating; after using toilet; before wearing and after removing a mask; and after touching public installations or equipment such as lift panels or door handles; or when hands are contaminated by respiratory secretion after coughing or sneezing.
6. Cover nose and mouth with tissue paper when sneezing or coughing. Dispose soiled tissue paper properly into a lidded rubbish bin and wash hands with liquid soap and water afterwards.
7. Keep your mask on at all times on campus apart from eating and drinking.
8. Maintain social distance, keep a distance of at least 1 metre from others. Minimize gatherings, and avoid having meals with others.
9. Take a seat which keeps a physical distance with your classmates.
10. Take the same seat and record the row and number of seat you take in each class, for example, the fourth seat on first row. This could help to conduct medical tracing whenever investigation on suspected / confirmed cases is required.
11. For face-to-face group discussions, wear masks and keep a distance of at least 1 meter from others. If masks cannot be worn, a distance of at least 1.5 meters should be kept.

12. To assist contact tracing, keep a diary of your schedule, for example, write down the date and time when you visit the canteen, common rooms and library.
13. When you feel unwell, even if you have very mild symptoms only, please seek medical advice promptly. Tuen Mun Hospital is the nearest public hospital in this regard. Staff members and students can also visit the following links for the list of panel doctors:

Staff: <https://www.ln.edu.hk/co/staff/medical>

Student: <https://www.ln.edu.hk/ssc/health/medical-dental>
14. If you get a positive result in the COVID-19 test, please inform your Department or the 24-hour Security Hotline (2616-8000) immediately. Please provide a list of places you have visited and a list of people with close contact with you on campus in the past 14 days to your Department.