Dear University Staff and Students, Ladies and Gentlemen,
To avoid the spread of infections, please follow the hygiene rules given below.

- Avoid intimate greeting rituals such as hugging
- Do not shake hands
  - Turn away from other when coughing and sneezing
  - Avoid touching your eyes, nose and mouth
  - Use and properly dispose of facial tissues
  - Make sure rooms have plenty of fresh air
  - Wash your hands frequently and thoroughly after contact with others, after using toilet facilities and before eating
  - Use disinfectants on your hands
  - Sneeze or cough into your elbow rather than your hands

Should you notice illness symptoms such as fever or coughing, please stay at home and call your physician.

Thank you for your support

THM President’s Office
February 2020