

Migrant Integration Centre

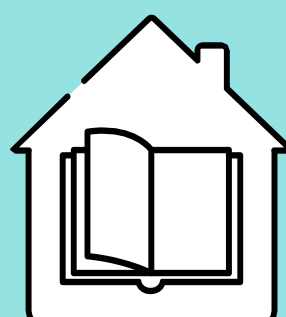
BACK TO CLASS:

**Keep on taking care of yourself
and those around you**



1 **STAY HOME IF YOU BELONG TO A HIGH-RISK GROUP**

It is recommended to avoid attending classes if you belong to a high-risk group or if there is a high-risk person in your family.



2 **COME TO CLASS 5 MINUTES EARLIER**

Arrival at the classroom 5 minutes before the start of the lesson in order to avoid overcrowding in common areas.

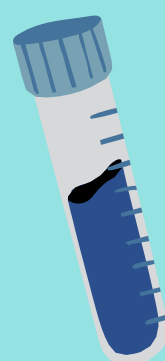


3 **TAKE A BREAK OUTDOORS**

Take breaks outdoors while maintaining a safe distance of (1.5m).

4 **FIND OUT WHERE YOU CAN HAVE A RAPID TEST FOR FREE**

Recommendation for frequent rapid tests. Teachers will inform students on the rapid testing sites where the tests are taking place for free.



5 **WASH YOUR HANDS**

Wash your hands and use antiseptic before entering the classroom.



6 **WEAR A FACE MASK**

The use of mask is mandatory in the elevator and in the classroom.

7 **EAT OUTSIDE THE CLASSROOM**

Please keep food and beverages outside the classroom.

8 **AVOID SHARING PERSONAL BELONGINGS**

Avoid sharing pencils, pens and other personal items.





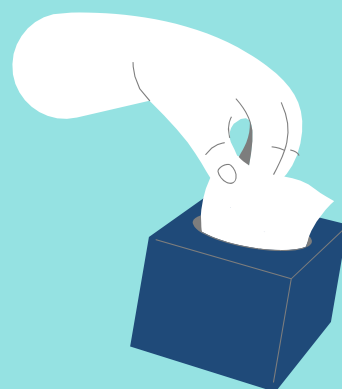
9 **STAY HOME IF DIAGNOSED WITH COVID- 19**

Stay home if you or a family member has tested positive with COVID- 19 or if you have been in contact with someone who has COVID-19. Inform your teacher.



10 **COVER YOUR MOUTH WHEN YOU COUGH OR SNEEZE**

When coughing or sneezing, cover your nose and mouth with your sleeve in the height of the elbow or with a tissue.



11 **DO NOT TOUCH YOUR EYES, NOSE OR MOUTH WITH YOUR HANDS**

Avoid touching your eyes, nose, and mouth with your hands.

12 **CLEAN THE COMPUTER'S KEYBOARD AFTER USE**

Clean the computer's keyboard after class.



13 **STAY HOME IF YOU FEEL SICK**

Stay home if you present any COVID-19 symptoms, such as runny nose, fever, cough, etc.

14 **OPEN THE WINDOWS**

Use of air-conditioning together with natural ventilation.



15 **KEEP DISTANCES**

Maintain distances. The indicated distance between students, the desk included, should be 1.5 meter.

16 **THROW TRASH IN THE TRASH CANS**

Disposal of used gloves, masks, tissues, etc. in trash cans.

