Help keep our community safe

✓ Stay home if you are sick

✓ Keep 1.5m away from others

✓ Avoid physical greetings

✓ Wash hands regularly

✓ Allow others to pass before entering hallways and lifts

✓ Avoid crowding entrances and exits

✓ Hold meetings online or via phone where possible
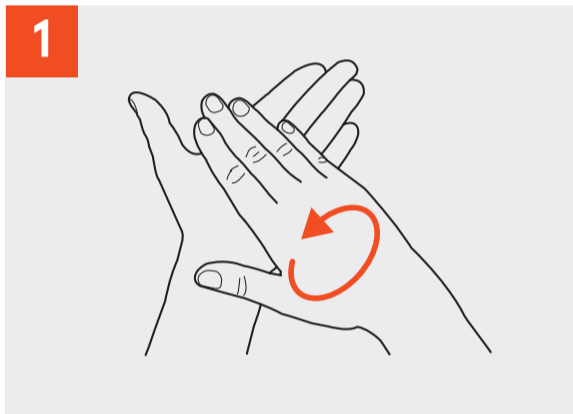
✓ Avoid large or long face-to-face meetings

Keep 1.5m between yourself and others

✗ **Avoid crowds and large gatherings**

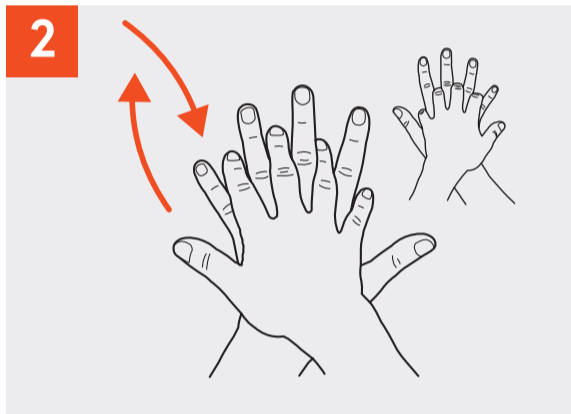THE UNIVERSITY OF
SYDNEY

Help keep our community safe

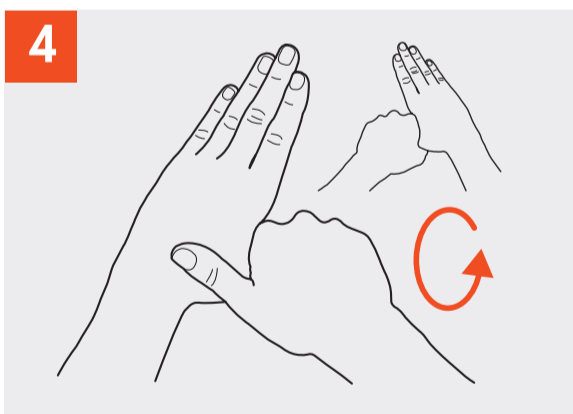## Follow these steps to sanitise your hands

1
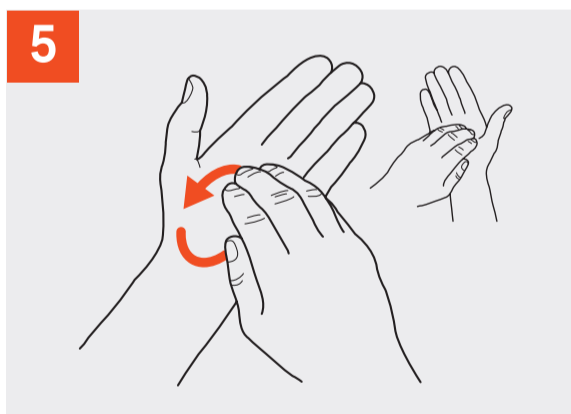
Rub hands palm to palm;

2

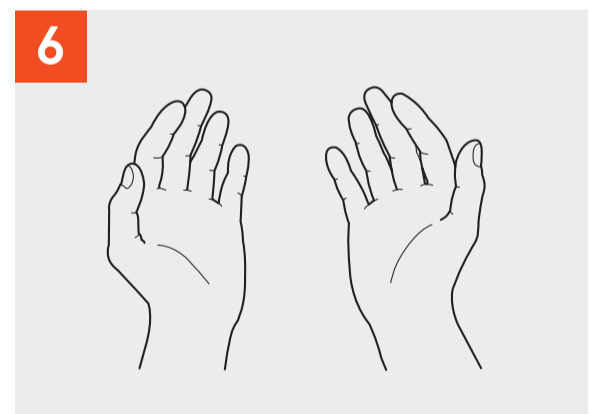Right palm over back of left hand with interlaced fingers and vice versa;

3

Palm to palm with fingers interlaced;

4

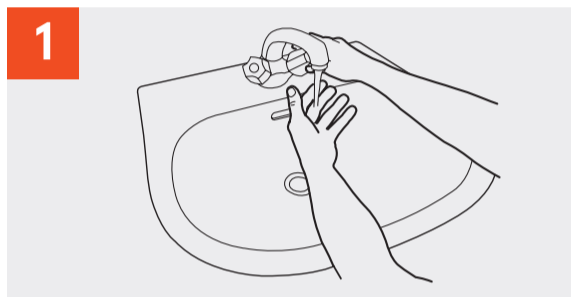Rotational rubbing of left thumb clasped in right palm and vice versa;

5

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
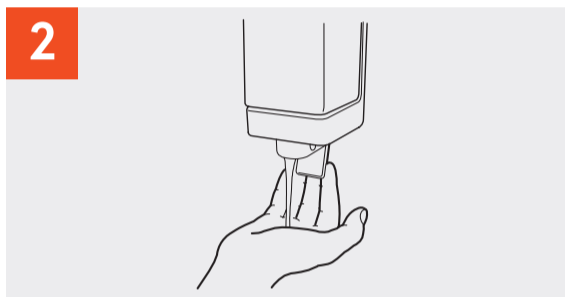
6

Once dry, your hands are clean.

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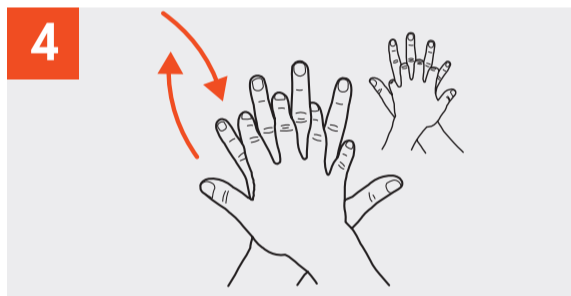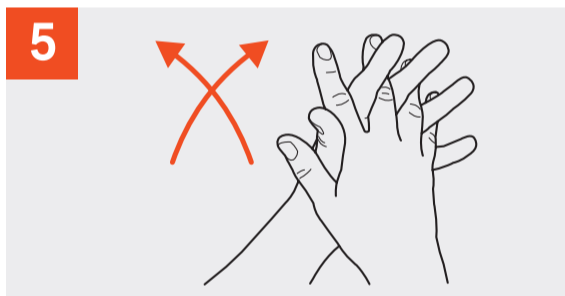## Follow these steps to wash your hands

1 Wet hands with water;

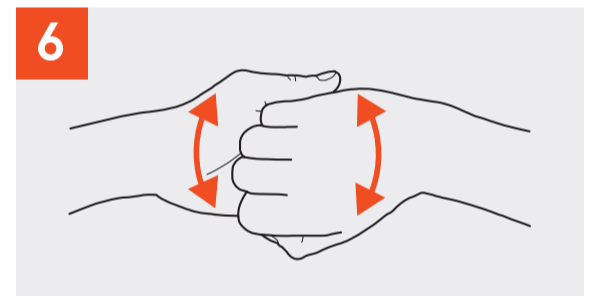**2** Apply enough soap to cover all hand surfaces;
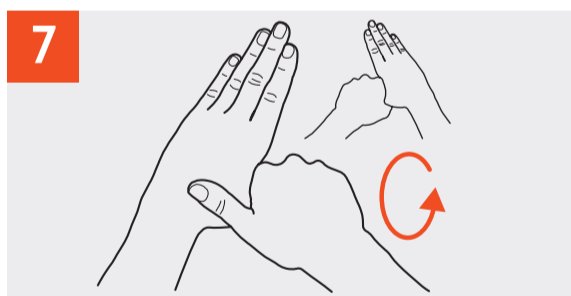
3 Rub hands palm to palm;

4 Right palm over back of left hand with interlaced fingers and vice versa;
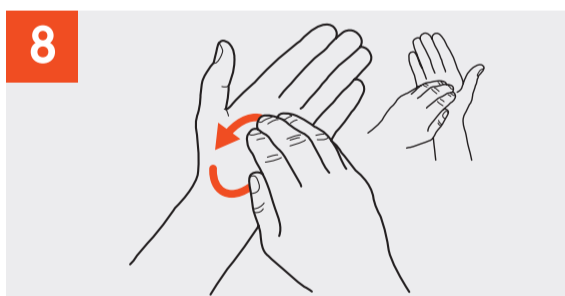
5 Palm to palm with fingers interlaced;

6 Backs of fingers to opposing palms with fingers interlocked;
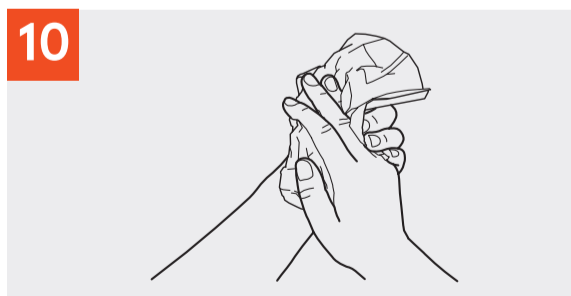
7 Rotational rubbing of left thumb clasped in right palm and vice versa;
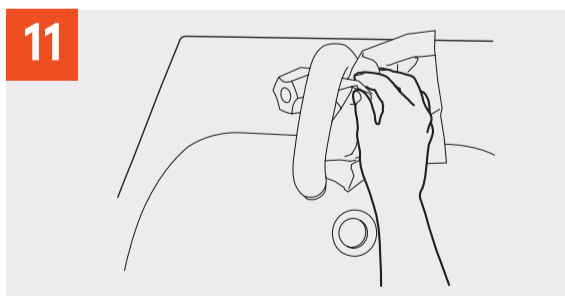
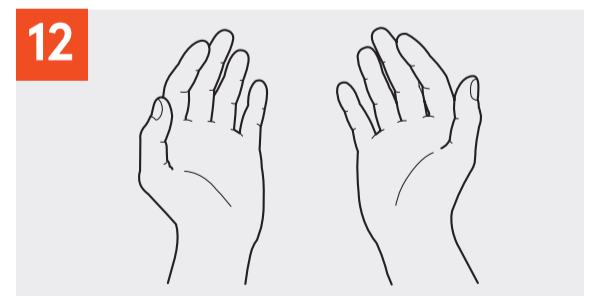**8** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

9 Rinse hands with water;

10 Dry hands thoroughly with a single use towel;

11 Use towel to turn off tap;

12 Your hands are clean.

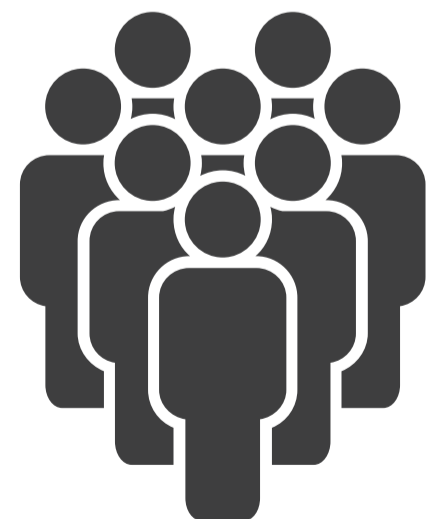THE UNIVERSITY OF
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CRICOS 00026A

Help keep our community safe

We've adjusted classes to support physical distancing and good hygiene practices.

- ✓ Stay home if you are sick
- ✓ Keep 1.5m away from others
- ✓ Avoid crowding entrances and exits
- ✓ Arrive at the scheduled start time and leave as soon as class finishes

- ✓ Use hand sanitiser on arrival and departure
- ✓ Follow instructions from staff
- ✓ Speak to staff if you have any concerns or questions
- ✓ If you begin to feel unwell, inform staff, leave class and seek medical attention

Keep 1.5m between yourself and others

✗ **Avoid crowds and large gatherings**

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SYDNEY

Help keep our community safe

✓ Stay home if you are sick

✓ Keep 1.5m away from others

✓ Avoid physical greetings

✓ Wash hands regularly

✓ Wipe down desk, keyboard and mouse before use

✓ Hold group meetings online or via phone where possible
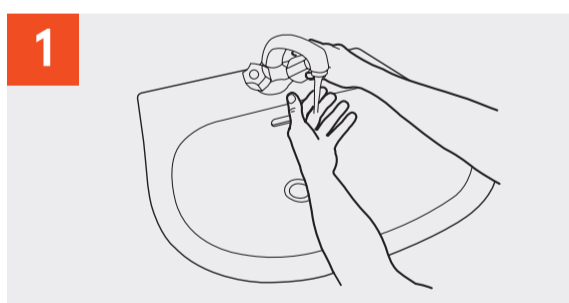
✓ Avoid large or long face-to-face group meetings

Keep 1.5m between yourself and others

Avoid crowds and large gatherings
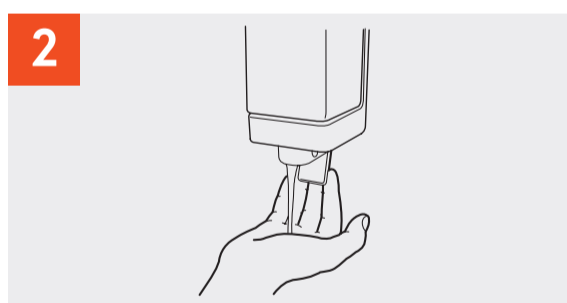
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Help keep our community safe

- ✓ Keep 1.5m away from others

- ✓ Avoid crowding

- ✓ Wash hands before preparing food

- ✓ Wipe down benches and tables before use

- ✓ Hand wash utensils, cups and crockery before use

- ✓ Rinse used items and place in dishwasher
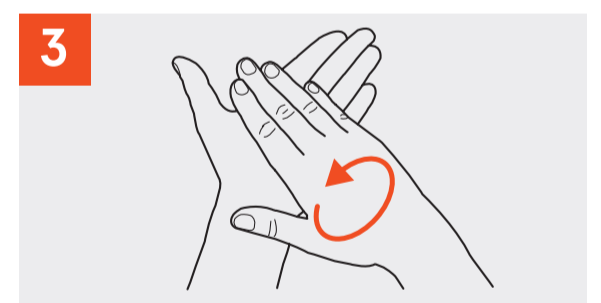
- ✓ Wash hands before unpacking the dishwasher
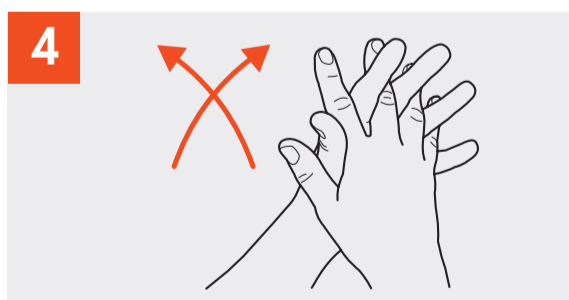
Hand washing tips

1 Wet hands with running water;

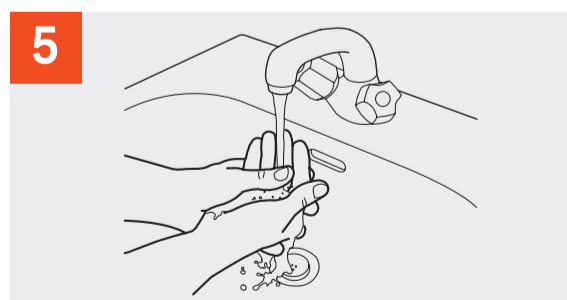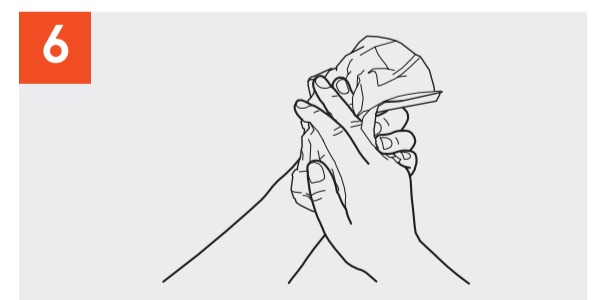**2** Apply soap;

3 Rub hands together for at least 20 seconds;

4 Wash all areas including in between fingers;

5 Rinse hands and turn off tap;

6 Dry hands thoroughly with a paper towel.

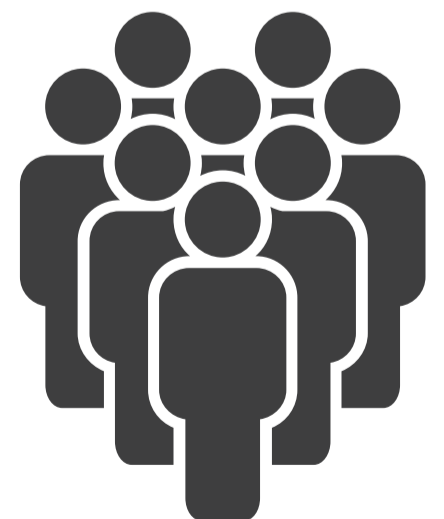CRICOS 00026A

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Help keep our community safe

We're adjusting access to specialty facilities to support physical distancing and good hygiene practices. This means access may be scheduled at times. Please discuss with your supervisor and the manager of the facility.

✓ Wash or sanitise hands on arrival and departure

✓ Keep 1.5m away from others

✓ Use your assigned work space where relevant

✓ Decontaminate benches and shared equipment between use

✓ Use equipment one person at a time where possible

✓ Continue to follow established safe work procedures

Keep 1.5m between yourself and others
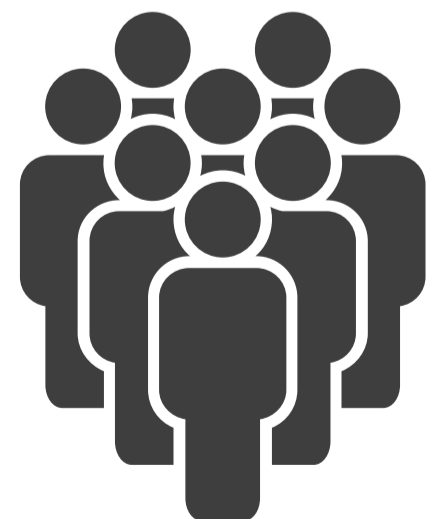
Avoid crowds and large gatherings

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Help keep our community safe

✓ Wash hands regularly

✓ Keep 1.5m away from others

✓ Avoid large or long face-to-face meetings

✓ Wipe down shared desks and equipment before use

✓ Wash or sanitise hands before using shared equipment, eg, photocopiers

✓ Avoid sharing pens and other stationery

✓ Hold meetings online or via phone where possible

Keep 1.5m between yourself and others

✗ **Avoid crowds and large gatherings**

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