



Office of Occupational Health and Safety

Office of the Vice-Chancellor

University of Guyana

oohas@uog.edu.gy | www.uog.edu.gy

Individual Undertaking

1. Students/Staff should ensure that they are taking personal care of themselves whether it is personal hygiene or maintaining a healthy diet. Also, they should take full responsibility for keeping their personal belongings (cell phones, glasses, wallets, keys etc) clean and sanitized, as necessary.
2. Students/Staff are to ensure that they always have a well fitted face mask and sanitizer on their person while on campus.

Personal Advisory

- Staying home when appropriate
 - a. Students or staff who exhibit symptoms of the virus are advised to stay home/seek medical help because the disease is classed as a notifiable virus meaning it should be reported to the isolation centre.
 - b. If a student or staff member has been in contact with another person that has confirmed monkeypox or anyone that exhibits the symptoms of the virus within the last 5-21 days, they must be advised to **STAY OFF CAMPUS** and seek medical help.
- Hand hygiene and respiratory etiquette
 - a. It is required that staff and students practice frequent handwashing with soap and water for at least 20 seconds.
 - b. If for some reason soap and water is not available, persons are required to use hand sanitizer that contains at least 70% alcohol.
 - c. If there is the need to sneeze or cough it is necessary to do so into a tissue; after which the tissue should be thrown in the trash and hands washed or sanitized immediately.
 - d. It is advised that we should avoid handshakes, fist bumps, hugs and other forms of physical interaction.
 - e. It is strongly advised to avoid sharing personal items eg, pens, clothing, face mask etc.