



# Rules for Preventing Contagion

## Autumn 20

In order to hinder the spread of the novel coronavirus (COVID-19), the following contagion prevention rules have been implemented throughout the entire Oslo National Academy of the Arts:

- Cleaning staff will put hand sanitisers and disinfecting napkins in the rooms that are to be used. If you see that supplies are running low somewhere, we ask that you send a message to [service@khio.no](mailto:service@khio.no) or that you contact the Service Centre for more supplies. The hand sanitisers are absolutely essential for keeping the school open for those who need to work here – don't take any home with you.
- All students and staff must disinfect their hands immediately upon entering the room they are to use, and also before leaving it.
- Clean up after yourself, both equipment and rubbish. Throw rubbish in a bin.
- As far as possible, you must clean any work stations, machines or other equipment that you use, both before and after you use them. The workshop manager and the dean will provide instructions in this area.
- If required by the work at hand, each student shall have their own personal protective equipment (PPE), which must not be shared with other students; in addition, they shall have their own personal equipment for contagion prevention.
- In the workshops, protective masks shall be employed as demonstrated by the workshop manager, in order to prevent the spread of contagion through equipment and tools.
- There is a complete ban on the use of intoxicants, including alcohol.
- The current student regulations remain in effect.
- Make it possible for others to keep a distance of 1 metre, for example in a hallway, when several people are in the same room, and during demonstrations of techniques.
- In work situations that require a distance of less than 1 metre between two people, protective masks and glasses must be used.
- Use hand sanitiser at entrances and when you enter and exit rooms.
- Only people who are to work at the Academy or use public areas are to be given access to the Academy's premises.

### Remember to observe good hygiene for hand-washing and coughing

- If you don't feel completely well, you must stay at home so that you don't expose others to the risk of contagion.
- Do not cough or sneeze directly on others. Make an effort to cough/sneeze in a tissue (which you then dispose of), or in your elbow if you do not have a tissue available.
- Avoid touching your face.
- When in the company of others, you should maintain a physical distance of at least 1 metre.
- Wash your hands often with soap and water. Use hand sanitiser if soap and water are unavailable.

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#### Do you have questions?

Contact the Service Centre by e-mail or phone. Please limit your movements inside the building to reduce the risk of infection. [service@khio.no](mailto:service@khio.no) or 22 99 55 00 if urgent