

**Update 1: The H&S Committee recommendations in cooperation with  
Student Affairs Department as on 15<sup>th</sup> March 2020:**

1. SUC highly recommend all continue to practice preventive actions as per the instructions of the Ministry of Health regarding the guidance on the novel coronavirus COVID-19.
2. Use the hand sanitizer before and after using the employees' attendance thumbing machines.
3. Everyone should take his/her responsibility to self-monitor their health. If anyone think that he/she has symptoms, they should contact the nearest healthcare institution.
4. Keep a bottle of hand sanitizer available with you when touching any potentially contaminated objects when you can't immediately wash your hands.
5. Avoid direct contact with anyone with symptoms of a cold or respiratory infection.
6. Any of the SUC faculties or staffs traveled and entered Oman in the last period should have to self-isolate for 14 days, and they should strictly follow the isolation rules.
7. Avoid the shared use of cups and the other food and drink tools between more than person.
8. Take the information from the formal sources.
9. For the most up-to-date COVID-19 information, you can visit:
  - The Omani Ministry of Health website: <https://www.moh.gov.om/en> – MOH -à Coronavirus information: <https://www.moh.gov.om/en/-/moh-alert-corona-virus-disease-covid-1-2>
  - World Health Organization (WHO): <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>