

**S.O.P Health and safety** (The SOP for the students is subject to change based on an updating on the guidelines issued by government and relevant agencies).

The purpose of this Standard Operating Procedure (SOP) is to set the norms to be strictly followed while resuming work and while residing in your accommodation during the current pandemic. A strict observance of self-discipline, always adopting COVID responsible behavior under all circumstances for this new normal scenario.

This outline is the specific precautionary measures to be adopted by all members of In-country TGS Internship students.

Upon arrival

1. Provide evidence of Negative report for PCR Covid sample collected between two days to one day prior to undertaking international travel.
2. Download the MySejahtera app for use when entering any premises.
3. Provide Certificate of at least 2 vaccination and booster shots for COVID.

While in-country

3. Students are advised not to visit areas falling within containment zones
4. Monitoring body temperature
5. Mandatory to wear mask
6. Frequent washing of hands with soaps & sanitizers
7. Always maintain physical distancing- 2 to 2.5meters
8. Seeking medical help as deemed fit