

## **Attention! Information from the International Office!**

Dear students!

Kostroma State University is closely monitoring the situation with the spread of coronavirus (COVID-19) and the recommendations of the WHO and the Ministry of Health of Russia in order to be able to adequately respond to the situation. Kostroma State University and Kostroma are still not affected by the virus.

In this regard, we ask you to stay calm and to observe all safety measures as much as possible:

- Wash your hands often and thoroughly with soap or disinfectants!
- Carry and use antiseptic agents (alcohol, antibacterial wipes, gels, etc.)!
- often disinfect phones and gadgets!
- keep a social distance of about 2 metres, don't shake hands, avoid close contact with people, especially those with signs of the disease!
- if possible, do not visit crowded places (shopping centers, cinemas, cafes, restaurants, clubs)!
- do not travel outside Kostroma! If this is absolutely necessary, be sure to notify the International Office about it!
- if you changed the phone number, inform the staff of the International Office!
- if you feel unwell, cough, have a high fever or difficult breathing, call the ambulance at 112 or call the hotline to your insurance company!

Be careful and keep us informed about your health status.

The educational process at KSU continues. The institutions will notify their students in the case of the transition to distance learning. All departments of the university, the library, the canteen are operating normally. Employees of the International Office also work and stay in touch by e-mail ([rgc@ksu.edu.ru](mailto:rgc@ksu.edu.ru), [inter2@kstu.edu.ru](mailto:inter2@kstu.edu.ru)) and by phone (39-16-07, 49-80-60).

If you need our help on any issues, please contact, we will be glad to help.

We hope that the situation will improve soon.

Be healthy and take care!

International Office, KSU