



Safety Guidelines for Offline Courses

1. We cordially ask instructor to check students' temperature prior to the class starts every week. The thermometer is available at the front desk of the school main office. Please return the thermometer after using.
2. Wash your hands before and after the class with soap and water for at least 20 seconds.
3. During the class session, please use the hand sanitizer provided in the classroom whenever you need.
4. Wear a face mask over your nose and mouth all the time. Students are not allowed to get in the classroom without a mask.
5. Stay at least 6 feet from each other (about 2 arm's length).
6. Do not touch your eyes, nose, and mouth.
7. Clean and disinfect the touched objects and surface using the provided disinfectant spray or wipe after the class.
8. Acupuncture Techniques, Acupressure and Acupuncture Anatomy class: Make sure to wear the provided gloves and face shield while practicing.
9. **Stay home when you feel sick, and notify it to your instructor and school.**

How to Safely Wear a Face Mask.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>