

BASIC PRINCIPLES OF HEALTH & SAFETY

Health

Pandemic

- ⊕ Avoid close contact with people exhibiting any signs of infection.
- ⊕ If possible, stay home from classes and errands when you are sick.
- ⊕ Cover your mouth and nose with a tissue when coughing or sneezing, or use a mask to control a respiratory infection.
- ⊕ Wash your hands regularly.
- ⊕ Practice good health habits. Get plenty of sleep, keep physically active, try to relax and learn ways of stress-management, drink plenty of water, and eat nutritious food.
- ⊕ If you are sick and running a fever, it is recommended to get professional medical help and address the symptoms to the doctor. Follow all the doctor's recommendations and instructions.

Safety

Crime

- ⊕ Be alert to the possibility of mugging, pickpocketing and theft when moving around the city and staying at places other than the HSE premises.
- ⊕ Be wary of beggar-looking people on the streets or underground.
- ⊕ Be aware of drink spiking which may result in robbery, violence or abuse. Buy your own drinks and keep sight of them at all times.
- ⊕ Be aware of pickpockets in crowded areas and on public transport.
- ⊕ Look after your passport at all times, especially in major transport hubs and busy areas.

Rail travel

- ⊕ If you are travelling by overnight train in a sleeping compartment, store valuables in the container under the bed or seat during nighttime.
- ⊕ Don't leave the sleeping compartment unlocked at night; if the carriage is equipped with additional security locks make sure to use them during nighttime.
- ⊕ During stops: if you decide to exit to the platform – stay around the carriage you are travelling in, don't linger on the platform for too long.
- ⊕ Do not accept drinks or food offered to you by co-travelers that you don't know.
- ⊕ Don't agree to look after the luggage of a fellow traveler or allow it to be stored in your compartment.

Political situation

- ⊕ Check media for the latest information, be vigilant, and avoid demonstrations.
- ⊕ If you are arrested for participation in such events, do not hesitate to contact your Embassy. It is highly recommended to have a list of emergency numbers.

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Terrorism

- ⊕ Remain vigilant in all public places, particularly where access is not controlled (e.g. open-air events and markets) and in major transport hubs.
- ⊕ If you have noticed a suspicious-looking person/ unwatched personal belongings, either call the police and inform them or keep a safe distance.
- ⊕ If an evacuation is ordered at the HSE premises, follow the instructions of the designated personnel.
- ⊕ *After an explosion, terrorist attack, or other random act of violence there can be a second event that cause as much damage as the first so the following steps should be taken:*
- ⊕ Be aware of your surrounding and find a safest escape route.
- ⊕ Personal safety of yourself and those around you should be the first concern.
- ⊕ Since one event can be followed by another, stay alert.
- ⊕ For protection, it is recommended to hide under a table or desk and remain there for at least 60 seconds.
- ⊕ Stay away from windows, mirrors, overhead fixtures, filing cabinets, bookcases, and electrical equipment.
- ⊕ Do not try to relocate the severely injured persons unless they are in obvious and immediate danger (building collapse, fire, etc.). Avoid known problem areas (gas lines, fire hazards, etc.). Once out, keep as far away from the dangerous site as possible.
- ⊕ Open doors carefully. Watch for falling objects.
- ⊕ Do not use elevators.
- ⊕ Do not use matches or lighters. Sparks might trigger explosions.
- ⊕ Avoid using telephones and hand radios. Electrical sparks or signals could trigger other bombs.

Environment

Extreme heat

- ⊕ Stay indoors as much as possible.
 - ⊕ Stay on the lowest floor out of the sunshine if the air conditioning is not available.
 - ⊕ Postpone or cancel outdoor activities.
 - ⊕ Consider spending the warmest part of the day in spacious and air-conditioned public buildings such as libraries, movie theaters, shopping malls, and other community facilities.
 - ⊕ Eat well-balanced, light, and regular meals.
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- ⊕ Drink plenty of water even when you are not thirsty. Avoid caffeinated drinks. If you have epilepsy or a heart/kidney/liver disease; are on fluid-restricted diet; have a problem with fluid retention - should consult a doctor before increasing liquid intake.
 - ⊕ Limit intake of alcoholic beverages.
 - ⊕ Dress in loose-fitting and light-colored clothes that cover as much skin as possible. Avoid dark colors which poorly reflect direct sunlight.
 - ⊕ Protect your face and head by wearing a hat.

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Wildfires

Once the summer is extremely hot, the probability of wildfires increases. Sometimes wildfires are also triggered by lightning, accidents, and negligence.

- ⊕ When you happen to be outdoors in a forest area and are advised to evacuate, do so immediately. Take your belongings and choose a route away from the fire hazard.
- ⊕ If you see a wildfire and haven't received evacuation orders yet, call the emergency number 112. Don't assume that someone else has already called. Describe the location of the fire, speak slowly and clearly, and answer any questions asked by the operator.

Extreme Cold

Russia is traditionally known for its severe weather with extremely cold winters. While in real life the danger from winter weather varies across the country, you are likely to face severe winter weather at some point.

- ⊕ Dress warmly. Layering your clothing will provide the best insulation and retain body heat. Be prepared to face strong winds in Moscow and other regions of the country.
- ⊕ Protect your extremities. Hands and feet are at greater risk of frostbite so wear an extra pair of socks, and choose mittens rather than gloves.
- ⊕ Wear a hat. Particularly good are ears-covering hats.
- ⊕ Wear properly fitted winter boots. Boots that are too tight can limit or cut off circulation to the feet and toes. Also, choose boots that are insulated and has treads on the bottom for traction on ice and snow.
- ⊕ Stay hydrated. The body uses a lot of energy to keep itself warm.
- ⊕ Get out of wet clothing as soon as possible.

Evacuation caused by natural disasters

- ⊕ Become familiar with the neighborhood, the routes and various means of transportation out of your area. Choose several destinations in different directions so you have options in an emergency. Be alert for road hazards such as washed-out roads or bridges and downed power lines.
- ⊕ Leave early enough to avoid being trapped by severe weather.
- ⊕ Follow recommended evacuation routes. Do not take shortcuts as they may be blocked.
- ⊕ Stay in touch with your embassy/consulate and follow their recommendations at all times.