

# Information COVID -19 (40)

To the whole IST community

Given the evolution of the pandemic situation in Portugal, where there is a greater transmissibility of the disease without this corresponding to a greater pressure on the NHS services and hospitalizations, the government, decided yesterday to review and change the pandemic containment measures.

Thus, as of Monday, January 10:

- IST moves from Phase Orange to Phase Yellow in IST's Prevention and Contingency Matrix, the updated version of which can be found at: <https://tecnico.ulisboa.pt/pt/noticias/campus-e-comunidade/avisos-a-comunidade-tecnico-sobre-o-coronavirus-site-em-atualizacao-permanente/>
- All teaching activities, are in presencial mode.
- Technical and administrative workers resume the work provision regime that was in force until December 23.
- Public services will be open and will operate on a face-to-face basis.

During the Yellow Phase of the Prevention and Contingency Matrix we also reinforce the recommendations that:

1. meetings continue to be non-face-to-face whenever possible;
2. spontaneous gatherings of people are avoided;
3. interpersonal distances should preferably be greater than 2m;
4. masks (mandatory in any enclosed space on campuses) are to be worn at all times throughout the campuses

5. any student, faculty, employee or researcher of the IST community schedule their free test whenever any symptom or risk contact exists by simply filling out and submitting the form - [https://docs.google.com/forms/d/e/1FAIpQLSdH3yBqHySWLJyDBmsgK1rpgE\\_54H3zOFIb5zdpWTBgYHRQ1w/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdH3yBqHySWLJyDBmsgK1rpgE_54H3zOFIb5zdpWTBgYHRQ1w/viewform);
6. Particular and reinforced attention is given to hand hygiene and work spaces;
7. Whenever possible, windows should be kept open in order to promote a high air renewal rate;
8. the capacity of the closed spaces, whatever they are, should not be exceeded.

Keep yourselves protected, keep yourselves safe!

Rogério Colaço  
President of IST

**More information**

Updates to the Técnico community about the Coronavirus.  
This website is constantly updated.

<https://tecnico.ulisboa.pt/coronavirus>

**Contacts**

For more informations about Coronavirus/COVID-19 at Técnico,  
contact us by email

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