



## **COVID-19 Safety and Preventive Measures / COVID-19 Advisory**

In view of the prevailing COVID-19 situation and rise in the number of COVID-19 positive cases, following public health measures are to be followed to reduce the risk of COVID-19 by all (faculty members, staff, students, and visitors) at all workplaces at all times:

1. Physical distancing of at least 6 feet must be followed as far as feasible.
2. Use of face covers/masks is mandatory.
3. Frequent hand washing with soap (for at least 40-60 seconds) even when hands are not visibly dirty. Use of alcohol-based hand sanitizers (for at least 20 seconds) can be done wherever feasible.
4. Respiratory etiquettes to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing of used tissues properly.
5. Self-monitoring of health by all and in case of any COVID-19 related signs and symptoms, the concerned faculty/students/staff should report to their respective Head of Department/Incharge/ Provost immediately.
6. Spitting is strictly prohibited.
7. Installation & use of Aarogya Setu App is strictly advised.
8. Reporting to the hospital administration if any symptoms are suspected.



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## 1. Undergraduate Boys and Girls Hostels:

- a. Both the Hostels currently will functional under strict observation of the COVID-19 safety and health preventive measures.
- b. All the students residing in the hostel will strictly follow the COVID-19 safety and precautionary measures by greeting each other without physical contact, maintaining social distancing, wearing face cover (when outside their room), sanitizing their hands regularly, etc.
- c. All the COVID-19 related consumables like N-95 masks, 3-ply masks, Face shields, Hand gloves, Pulse oximeters, digital thermometers, hand sanitizer, etc. are available in adequate quantity in the warden office. The students and hostel staff can avail these items anytime by putting a request to the warden office.
- d. Overnight/Long Leave of any kind will not be permitted to students residing in the hostels, unless in case of emergency.
- e. Resident students and staff should avoid or limit visiting the markets. Essential day to day items will be made available in the common room of the hostel.
- f. Self-monitoring of health by all students is to be done using digital thermometers and pulse oximeters which are available in the warden office.
- g. In case of any COVID-19 related signs and symptoms, the concerned student/staff should report to the Provost/Assistant Provost immediately.
- h. Symptomatic students will be immediately shifted to the quarantine section/rooms of the hostel and will not enter the common hostel building/ common room/visitor room under any circumstances.
- a. Isolation facilities for symptomatic students and quarantine facilities for those who were in contact with the positively tested persons is arranged inside the hostels. Proper arrangement of safety, health, food, water, etc. will be ensured for those in quarantine and isolation facilities.
- i. Clinical assessment and treatment will be provided to such students at the quarantine and isolation facilities of the hostel itself.
- j. Since residential students will be coming from different locations, they shall remain in quarantine and self-monitor their health for a period of 14 days before being allowed to attend classes or as per the policy opted by the State Government for quarantine (even if they bring a negative RAT/RTPCR report or the college plan to test them on arrival).
- k. Crowding in common areas, recreation room, playing area, dining halls of the hostels is strictly prohibited. Hence, their numbers need to be limited appropriately to avoid crowding.



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- l. Thermal Screening of all resident students, staff and visitor will be ensured at the entry point of hostels.
- m. Regular sanitization of the students' rooms, common rooms, warden office, student bus, etc. will be done.
- n. If feasible, hostel students will be called to college in phases to avoid crowding in the bus.
- o. It is important for the students to be physically and mentally fit to handle any exigencies. By remaining fit, they can take care of others also.
- p. The students must inculcate activities that will increase immunity-boosting mechanism which may include exercise, yoga, eating fresh fruits and healthy food (avoid fast food), sleep timely.
- q. Discrimination of fellow students in respect of whom there is a history of COVID-19 disease in the family must be avoided.
- r. Students are expected to extend support to their peers under stress due to COVID-19 pandemic.
- s. Any of the students found violating any of the above mentioned COVID-19 precautionary measures will be liable for strict disciplinary action.

### **Mess area:**

- a. Hygiene conditions will be regularly monitored and maintained in kitchens, dining halls, bathrooms, and toilets etc.
- b. Meals will be served in small batches, avoiding over-crowding. Take away options should be available for students and staff.
- c. It must be ensured that the meals are freshly cooked. Wardens and student mess representatives should monitor the same.
- d. Utensils should be properly cleaned.
- e. Wearing of face covers/ masks and proper sanitization of hands of the staff engaged for the preparation and distribution of meals will be ensured.
- f. Hostels may define the number of students in dining halls at any point in time.
- g. Mess timings will be increased to avoid overcrowding.



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### 2. Sensitization of Students, Faculty and Parents

- a. Awareness programmes regarding COVID-19 as to how the infection spreads, common symptoms, and precautions and measures required to contain its spread will be launched.
- b. Maintaining hygiene, e.g., how to wash hands, how to cough or sneeze into a tissue or elbow, avoid touching of face, eyes, mouth and nose will be regularly told to the students and the staff.
- c. The necessity of physical distancing, wearing face covers/ masks, hygiene etc. will be brought home to all.
- d. Activities to stay fit, physically, and mentally, will be encouraged like doing exercises, yoga, breathing exercises, meditation, etc.
- e. To improve resilience and mental health, students are encouraged to share their feelings with friends, teachers and parents, remain positive, grateful, helpful, have focussed approach, take a break from work, eat healthy and sleep timely etc.
- f. Eating healthy food and fruits, avoiding junk food, frequently drinking warm water, adopting ways to increase immunity etc. are encouraged.
- g. Students are advised to regularly sanitize their laptops, audio, video and other media accessories.
- h. Factual information regarding COVID-19 and consequences of infection, without making them stressed or fearful, will be disseminated.
- i. Posters and stickers are pasted at appropriate places in the campus to create awareness about the risk of infection from Coronavirus.
- j. All support and facilities will be provided to persons with disabilities.
- k. No discrimination based on caste, creed or gender will be allowed to take place.
- l. Sharing of books, other learning material and eatables is discouraged.



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### 3. Role of Stakeholders

#### • Faculty

- Faculty will make themselves fully aware of Institutional plans and Standard Operating Procedures.
- Every faculty will prepare a detailed teaching plan for the subjects taught by him/her, including timetable, class size, modes of delivery, assignments, theory, practical, continuous evaluation, end- semester evaluation, etc.
- Faculty will keep themselves updated with the latest teaching- learning methods and availability of e-resources.
- Faculty will make the students aware of the COVID-19 related situation, precautions, and steps to be taken to stay safe and healthy.
- Faculty will monitor and keep track of the physical and mental health of their students.

#### • Parents

- The parents are advised to ensure that their children observe safety norms at home and whenever they go out.
- Parents are advised not allow their children to go out, if they are not feeling well.
- Parents are advised to ensure that the 'Aarogya Setu App' has been downloaded by their children.
- Parents must sensitize them of healthy food habits and measures to increase immunity.
- Parents should ask them to do exercise, yoga, meditation and breathing exercises to keep them mentally and physically fit.

Dr. Vivek Kumar Sharma  
I/C Dean (Academics)  
AIIMS, Rajkot, Gujarat

संकायाध्यक्ष शैक्षणिक  
I/C DEAN ACADEMICS  
अखिल भारतीय आयुर्विज्ञान संस्थान, राजकोट, गुजरात  
ALL INDIA INSTITUTE OF MEDICAL SCIENCES, RAJKOT, GUJARAT