

ADVISORY/PREVENTIVE MEASURES AGAINST SPREAD OF NOVEL CORONA VIRUS (COVID-19) ON RAJKIYA ENGINEERING COLLEGE AZAMGARH.

This webpage provides information about advisory/preventive measures against spread of Novel Corona virus (COVID-19) on **REC Azamgarh**.

All Faculty, Staff, Students and Campus residents need not to be panic and take care to minimize the spread of Novel Corona virus (COVID-19). Social distancing and good hygiene are the vital keys to contain its spread.

Corona virus Symptoms:

- Fever
- Sore Throat
- Running Nose
- Tiredness
- Dry Cough
- Breathlessness

If you have the above symptoms, please contact your nearest Government hospital. If on campus, please immediately wear a mask and contact the Doctor at Community Health Centre at Lalganj. The Government Medical Officer, Lalganj, Dr. Manoj Kumar, is the only person authorized to issue a fitness certificate for the Faculty / Staff / Students and Campus residents returning to campus from hometown visits.

1. GENERAL GUIDELINES:

If you have returned from outside the Uttar Pradesh, **Quarantine is mandatory** before you enter campus premises. This applies both to **International** and **National** travel.

Quarantine guidelines:

- Link to MOHFW guidelines for home quarantine: <https://www.mohfw.gov.in/Guidelinesforhomequarantine.pdf>
- If you have travelled outside of Uttar Pradesh and returning to campus, it is mandatory that you undergo a period of self-quarantine. You must inform the Office of Director about this
- Please self-quarantine at your residence or place of stay for 15 days if you have travelled outside of Uttar Pradesh.
- If, after your quarantine period, you are not showing any symptoms of Corona virus disease (COVID-19) please contact the Medical Officer at Government Hospital Lalganj. You may only enter the campus after getting clearance from Medical Officer.
- Students who are outside Uttar Pradesh are not permitted to enter the Campus.

2. CAMPUS ENTRY IS RESTRICTED AS PER THESE RULES:

Campus Entry Rules:

- Visitors are allowed to enter campus only if it is absolutely necessary as shown by a written letter by Heads of Departments /Director of the institute.
- Visitors entering the campus will be scanned for symptoms at the GATE • If a higher than normal temperature is detected, the process to be followed is as below:
 - (a) All persons with an identity card must directly visit the Government Health Centre and seek advice.
 - (b) All other persons (e.g. visitors, vendors, etc) with symptoms mentioned above will not be allowed to enter the campus
- All visitors must wash their hands with soap or use alcohol based sanitizer when they enter in the campus.
- Institute staff may enter but they must wash their hands at the nearest place in campus soon after entering.

- Please cooperate with security and staff on campus, they are following instructions to ensure the health and safety of everyone.
- All campus members visiting campus are requested to keep a close check on their own health.
- Avoid eating outside, unnecessary travel and going into crowded places.
- Limit social interaction as much as possible
- If you feel like you have been in contact with someone exhibiting symptoms of Corona virus disease (COVID-19) please contact the nearest medical center/Government hospital, and follow their instructions. Do not travel or visit anyone without receiving medical clearance.

INSTRUCTIONS FOR ALL CAMPUS RESIDENTS:

- While on campus, please try to maintain social distance. The ideal distance is 1 meter.
- Avoid large group meetings.
- Keep your hands washed on frequent basis during a work day and keep your work surfaces clean and sanitized.
- Keep daily use items clean. These include backpacks, shoes, laptops, cellphones, headphones, watch etc.
- Drinking water point instructions:
 1. • Before you refill the water bottle please wash your hands and your bottle thoroughly
 2. • Place the water bottle away from the drinking water outlet for refill. Do NOT touch the mouth of the bottle to the outlet of drinking water.
 3. • While drinking water directly from the fountain, place your mouth away from the fountain
 4. • Elbow can be used to operate the water outlet wherever it is possible.
 5. • Please help and correct if you find anyone around you who does not know how to use it correctly.

6. FAQs ABOUT SELF QUARANTINE:

If I have travelled within Uttar Pradesh can I come to the campus?

Yes, but please monitor yourself, and limit interactions with people. You will enter the campus subject to pre-check up by Medical Officer at Government Health Centre at Lalganj

7. What is self-quarantine?

Self-quarantine is when an individual limits social interaction and stays at a secluded place, such as their home, for a period of time to minimize the risk of transmitting the novel corona virus. Inform the medical centre before taking this step.

How long do I have to be under self-quarantine?

Self-quarantine will be 15 days for those who have travelled internationally or within the country, or come in contact with someone who has travelled under these circumstances.

Do I have to self-quarantine if I visited by people from out of town?

Yes, if they have travelled outside of Azamgarh District. Please follow the self-quarantine advisory before returning to campus.

How long should I self-quarantine if I feel normal/fine?

Please self-quarantine for:

- (i) 15 days for travel within India
- (ii) Make an appointment with the health centre to be cleared before resuming work on campus.

7. ANTI-FAQ: WHAT NOT TO DO

- If you are in the quarantine period, do NOT come to campus.
- If you have to return from travel, do NOT simply postpone your travel for 15 days and then land up right away. The time for quarantine starts from the time of your return to Devgaon Lalganj.

- If you have a friend who is returning from outside the city, do NOT hold them up in your hostel room. This is serious violation. This will potentially bring infection onto the campus.
- **Do NOT land up on campus asking for a quarantine room. If you're off campus and in quarantine time, STAY off campus. We are trying to minimize spread.**
- Do NOT encourage any off-campus visitors.
- If you're in quarantine, do NOT meet people except by video conf. Even if off campus. Don't promote community spread of the disease.
- Do NOT come to the campus during your quarantine period. Contact the Government Medical Officer Dr Manoj Kumar at Lalganj

8. WORLD HEALTH ORGANISATION §WHO TRAVEL ADVISE FOR ALL CAMPS RESIDENTS / FACULTY / STAFF / STUDENTS:

Please visit the link for travel advise by WHO: <https://www.who.int/ith/en/>

9. DoPTs OFFICE MEMORANDUM NO. '11013/9/2014-Estt.A.III dated 17th MARCH 2020 MAY ALSO BE REFERRED IN THIS CONTEXT.

10. IN CASE OF ANY CLARIFICATION, PLEASE FEEL FREE TO CONTACT AT THE DETAILS MENTIONED BELOW:

A. FOR MEDICAL QUERY:

Dr. Manoj Kumar Government Medical Officer at Lalganj - 9451951850

B. FOR GENERAL QUERY:

Mr Prasant Singh – REC Azamgarh Phone no.: **8858981600**