

UNIVERSITY HEALTH CENTRE
KURUKSHETRA UNIVERSITY KURUKSHETRA
(Established by the State Legislature Act XII of 1956)
("A+" Grade, NAAC Accredited)

No. UHC/23/_____

Dated: - _____

Notification

Sub: Regarding preventive measures to be taken to prevent the spread of new variant of Novel Coronavirus SARS-CoV-2 (Covid- BF.7) as per W.H.O.

Sir/Madam,

I am directed to refer to the subject mentioned above and to say it is imperative for all of us to take all possible measures to prevent transmission, reduce the impacts of the outbreak and support control measures to save ourselves and others leading to severe infections & mortality in our University. It is therefore, requested that all the University Employees, Teachers & Students take all necessary measures to contain and prevent the spread of new variant of Coronavirus SARS-CoV-2 (Covid BF.7). An indicative list of Do's and Don'ts is also annexed for wide dissemination for the knowledge to all of us. It is hoped that these measures may be followed scrupulously to prevent spread of new variant. The important directions/advisories to be followed in this regard are given below:-

1. Make sure that the workplaces are clean and hygienic. Ensure proper cleaning and frequent sanitization of the workplaces, especially frequently touched surfaces (e.g. door, handles, desks and tables) and objects (e.g. telephones, keyboards), which needs to be

wiped with disinfectant regularly. Ensure regular supply of hand sanitizers, soap and running water in the washrooms.

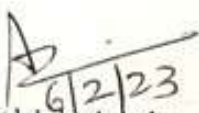
2. Promote regular and thorough hand-washing by Employees, contractors and visitors. Keep sanitizing hand rub dispensers in prominent places around the workplace. Make sure these dispensers are regularly refilled.
3. Brief the staff, employees and students that if anyone with even a mild cough or low-grade fever symptoms need to be diagnosed and proper medication be started immediately, and stay at home if needed.
4. All Employees/workers and students may be advised to take care of their own health and look out for respiratory symptoms/ fever. If feeling unwell, they may be advised to consult the doctor immediately and follow up.
5. Advise the staff members, who are at higher risk i.e. aged employees, pregnant employees and employees who have weak immunity due to underlying medical conditions, to take extra precautions.
6. Display posters promoting hand hygiene, along with other communication measures, such as offering guidance from occupational health and safety officers, briefings at meeting.
7. Hygiene and physical distancing (minimum 1 meter) should be maintained from a person having symptoms of cold or fever and be advised to avoid shaking hands.
8. Meetings, as far as feasible, may be done through video conferencing. Minimize or reschedule meetings involving large number of people unless necessary. Nonessential official travels may be avoided.
9. Display posters promoting Respiratory hygiene.

Do's :-

1. To maintain physical distancing.
2. To practice personal hygiene through frequent hand washing.
3. Wash hands with soap and water for minimum 30 seconds or use alcohol-based hand rub.
4. Wash hands even if they are visibly clean.
5. Always cover your nose and mouth with handkerchief/tissue while sneezing and coughing.
6. Throw used tissues into closed bins immediately after use.
7. Maintain a safe distance from persons during interaction, especially with those having flu-like symptoms.
8. Sneeze in the inner side of your elbow and not to cough into the palms of your hands.
9. Keep a watch on your body temperature.
10. To see a doctor if you feel unwell (Fever, flu like symptoms, cold, difficulty in breathing and coughing).
11. While visiting doctor, wear a mask/cloth to cover your mouth and nose to avoid getting or transmitting infection (if infected).

Don'ts :-

1. Shaking hands.
2. A close contact with anyone, if you're experiencing cough and fever.
3. Touching your eyes, nose and mouth.
4. Sneezing or coughing into palms of your hands.
5. Spitting in public.
6. Travelling unnecessarily particularly to any affected region.
7. Participating in large gatherings, including sitting in groups at canteens.
8. Visiting gyms, clubs and crowded places etc.
9. Spreading rumours or panic.


6/2/23
Dr Ashish Aneja
Medical Officer/Administrator
Univ. Health Centre
K. U. Kurukshetra

Endst. No. UHC/23/ 150-170 dated 06.2.2023

Copy of above is forwarded to the following for kind information.

1. All the Chairpersons/Deans/Directors/Heads of the University Teaching /Non Teaching departments/ Institutes/ Officers etc., K.U. Kurukshetra.
2. O.S.D. to Vice-Chancellor, K.U. Kurukshetra.
3. P.A.'s to Vice-Chancellor/Assistant Registrar O/o the Registrar (for kind information of the Vice-Chancellor & Registrar, K.U. Kurukshetra.

✓ 4. Director, I.T, Cell may be requested to display on University web site of the same.


6/2/23.
Dr Ashish Aneja
Medical Officer/Administrator
Univ. Health Centre
K. U. Kurukshetra