

Making USTM a Covid Free Campus...



USTM

Preventive Guidelines @ Covid 19



Unveiling Excellence

**University of Science and Technology
Meghalaya**

Health Advisory & Guidelines for the Prevention and Control of Covid-19 @ USTM campus

INTRODUCTION

The World Health Organization (WHO) has characterized COVID-19 as a pandemic and it has now spread around the planet, sending billions of people in to lockdown as health services struggle to cope. COVID-19 does not differentiate between borders, ethnicities, disability status, age or gender. With continued and rapid infection and in absence of direct treatment method, we can say that the disease has pressed a paused button of development in all sectors. It is urgent to strictly follow some guidelines for safety of life as well as uninterrupted services or activities to ensure development in this critical situation.

The protection of students and educational facilities is particularly important. Precautions are necessary to prevent the potential spread of COVID-19 in educational settings; however, care must also be taken to avoid stigmatizing students and staff who may have been exposed to the virus. It is important to remember that COVID-19 does not differentiate between borders, ethnicities, disability status, age or gender.

Purpose

To chalk out the action plan in COVID-19 pandemic, a special COVID-19 Health Advisory Committee has been constituted in University of Science and Technology, Meghalaya. Health advisory guidelines are prepared in the University to provide clear and actionable guidance for safe operations through the prevention, early detection and control of COVID-19 to ensure safety as well as uninterrupted teaching-learning and associated activities in university. Education on COVID-19 and precautionary steps or preventive measures will also help students and other members to become advocates for prevention and control of disease at home, in academic institution, in their community and in own locality. The university is in process of setting measures for execution of guidelines in proper way.



Key Messages and Actions

The university is planning the following actions for safety of its students, faculty members, administration and other staff to stop the spread of the disease. Some of the key actions are:

- ▶ Sick students, faculty members and other staff will not come to the university.
- ▶ Number of students and staff coming to university is planned in ratio i.e 50 -50 formula.
- ▶ Regular and frequent hand washing with clean water and soap and hand sanitization with alcohol rub/hand sanitizer or hypochloride solution should be practiced. Disinfection and cleaning of university surfaces will be done at regular intervals. There will be clear mechanism of handwashing, sanitization and disinfection.

- ▶ Provision of potable water, sanitation and waste management facilities along with proper cleaning and decontamination procedures
- ▶ University will ensure social distancing (a term applied to certain actions that are taken to slow down the spread of a highly contagious disease, including limiting large groups of people coming together) among students, faculties and other staff members.

Safety Measures for University Operations



A. Safety Measures for Transportation

- a. The students are ferried from different location by University shuttle buses maintaining social distancing while boarding & de-boarding as well as inside the bus while travelling.
- b. The buses are sanitize daily twice through disinfectant sprayers before and after each trip.
- c. All buses are equipped with hand sanitizer so that students are sanitized before boarding the bus.





B. Safety Measures at Entry Points

- In the main entry gates as well as in-front of every blocks sophisticated sanitization tunnels are being installed. Where all students, teachers, staff and visitors are made to go through the tunnel, so that proper sanitization is done of each individual.
- In all the entry points our COVID-19 medical team does thermal temperature screening and check up of every student, staff members and visitors. They will be allowed to entire in the USTM campus if temperature is within the normal limit.
- Each individual are allowed to passes through the sanitization tunnel followed by hand sanitization.



C. Safety Measures at Classrooms and Laboratories



- All the classrooms are sanitize on a daily basis before the commencement of classes and at the end of the day.
- In every classroom hand sanitizer are made available of students and teachers.
- Every student is supposed to sanitize themselves after the end of every period.
- Students are made to seat in every alternate desk in the class room, so that social distancing is maintained. In a given classroom only 50% of the total student strength is called for classes on an alternative basis. The other 50 % students will attend the classes through online mode.

- Face mask is compulsory at all times inside the classroom and Labs as well as inside the campus.
- The laboratories are also regularly sanitized before and after each practical session.
- Labs will be conducted with only one third of the total lab capacity, so as to maintain safe social distancing norms.



D. Safety Measures at Amenity centre and other common areas



- Amenity centre and other common areas are sanitized regularly through disinfectant sprayers throughout the day.
- All students and staff members are encouraged to bring their own food and water so that unnecessary crowds are avoided in the amenity center or inside the canteen.
- All Students and staff who desire to use these facilities are required to maintain social distancing strictly.
- The breaks are staggered so that large gathering is avoided in the campus.

E. Safety Measures at Washroom

- In the entrance of every washroom sanitizer are made available for students and teachers.
- The washroom are sanitized every hourly so that cleanliness and hygiene is maintained at all times.



F. Safety Measures at Library

- The library will function in a staggered manner, where students will be allowed at different times by maintaining all social distancing norms. Setting limits on numbers of people using the library at any one time.
- In the entry of the library sanitization facility is available for each students.
- Adequate Sanitizer is placed inside the library in different vantage points for regular hand sanitization.
- The reading rooms will be closed during this period.

- Only issue and return will be allowed in the library.
- Implementing regular cleaning processes (including through short closures of the library), especially focused on surfaces where the virus appears to be able to last for longest (plastics, metals other than copper), or at least intensifying clearing
- Developing click-and-collect services in order to allow access to books without human contact
- Continuing to promote online services and resources in order to limit numbers looking to visit the library
- Communicate any new rules to library users, both online and onsite, and provide regular updates
- To ensure the safety of staff and library users, all physical materials will be handled by staff applying physical distancing guidelines. After handling materials, hands should be sanitized.
- Regular sanitization by disinfectant sprayers is done inside the library along with the book rack on a daily basis.



G. Safety Measures at Hostels



University has taken the following measures in the Hostels

- Enforce frequent hand washing for all cooks, food-handlers, cashiers and other food-service personnel
- Sanitize cookware, plates, cups and cutlery regularly and plan for distribution that minimizes handling. Large capacity Dish-washers may be installed for better hygiene.
- Stagger meal-times to diminish crowds and allow time for cleaning and disinfecting between shifts
- Ensure that trash is removed daily and disposed of safely
- Promote and demonstrate regular hand washing and positive hygiene behaviors and monitor their uptake by warden and other officials.

- Ensure soap and safe water is available at appropriate hand washing points
- Clean and disinfect kitchens, dining facilities, corridors, toilets especially water and sanitation facilities at least once a day, particularly surfaces that are touched by students (railings, lunch tables, door and window handles etc
- Use sodium hypochlorite at 0.5% (equivalent 5000ppm) for disinfecting surfaces and 70% ethyl alcohol for disinfection of small items, and ensure appropriate equipment for cleaning staff.



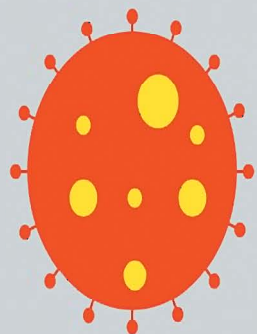
H. Safety Health Measures

The University has a well-trained medical team comprising of Doctors, Nurses, Pharmacists and other healthcare provider lead by the Chief Medical Officer of the University. The team take cares of all the precautionary measures that is undertaken in the campus for COVID-19 screening and emergency measures.

In addition, The University has tie-up with several leading hospitals in the Guwahati city for emergency and critical patients.

There is a established procedure for separating sick students and staff from those who are well – without creating stigma – and a process for informing parents/care-givers, and consulting with health care providers/health authorities wherever required.

Flexible attendance and sick leave policies that encourage students and staff to stay home when sick or when caring for sick family members.



Mental Health/Psychosocial support @ USTM

Trained psychologist is available in the campus for any help to students in distress.

Students are encouraged to discuss their questions and concerns. Explain it is normal that they may experience different reactions and encourage them to talk to faculty members if they have any questions or concerns. Provide information in an honest, age-appropriate manner. Ensure faculty members are aware of local resources for their own well-being. Work with university health workers/social workers to identify and support students and staff who exhibit signs of distress.

I. Safety Measures at Exit Points

- At the time of exit each individual have to passes through the sanitization tunnel followed by hand sanitization.
- After the classes are over all classrooms are sanitized along with the buses and other common areas

General safety measures under taken by USTM

- Regular temperature check of all students and staff in the main entry point through hand held thermal temperature scanner.
- Reinforce frequent hand washing and sanitation in each block. Proper hand washing stations with soap and water has been arranged, and or, place alcohol-based hand rub (hand sanitizers) in each classroom, at entrances and exits of each Block, near amenity centre, Hostels and toilets.
- Advanced sanitization equipment's like sanitization tunnels, sensor based hand sanitizers, disinfectant sprayers etc are being installed in all strategic location of the University campus.
- Wearing of mask is compulsory inside the campus at all times.
- To Clean and disinfect university buildings, classrooms, kitchens and dining facilities, and especially water and sanitation facilities at least once a day, particularly surfaces that are touched by many people (railings, lunch tables in canteen, sports and gym equipment, door and window handles, switch boards, teaching and learning aids like remote etc.)

Implement social distancing practices that may include:

- ▶ Staggering the beginning and end of the university day
- ▶ Cancelling meetings, seminars, workshops, sports, games and other events that create crowded conditions
- ▶ Whenever possible, create space for students' desks to be at least one metre apart
- ▶ Teach and model creating space and avoiding unnecessary touching





Checklist for students



1. In a situation like this, it is normal to feel sad, worried, confused, scared or angry. Know that you are not alone and talk to someone you trust, like your parent or faculty member so that you can help keep yourself and your school safe and healthy.

- Ask questions, educate yourself and get information from reliable sources

2. Protect yourself and others

▶ Wash your hands frequently, always with soap and water for at least 20 seconds.

▶ Remember to not touch your face.

▶ If soap and water are not readily available, use (you should have) an alcohol-based hand sanitizer with at least 60% alcohol.

▶ Wash your hands with soap or sanitize your hands after touching others/ doubtful (contaminated) object

- Always wash hands with soap and water, if hands are visibly dirty

▶ Ensure that safe drinking water is available and toilets or latrines are clean and available at home

▶ Ensure waste is safely collected, stored and disposed of

▶ Do not share cups, eating utensils, food or drinks with others.

▶ Avoid frequent trips to canteen and any shop.

▶ Limit visitors to your home or hostel room and avoid visiting others in their homes/hostel rooms. In case of emergency, extreme care is to be taken.

▶ Maintain 1 metre distance in Amenity Centre and have patience for your turn.

▶ Wear masks in public areas.

3. Concept of Social distancing to be maintained

- Standing further away from friends,

- Avoiding large crowds, not touching people if you don't need to etc.

- Avoid shaking hands and hugging while greeting.

4. Be a leader in keeping yourself, your university, family and community healthy.

- Share what you learn about preventing disease with your family and friends, especially with younger siblings.

- Demonstrate good practices such as sneezing or coughing into your elbow and washing your hands, especially for younger family members.

5. Don't stigmatize your peers or tease anyone about being sick; remember that the virus doesn't follow geographical boundaries, ethnicities, age, ability or gender.

6. Inform your near one if you feel sick & stay home.

7. Embarking on the university bus

- Student has to maintain distance from each student. Circle will be made 1 m apart from each student or temporary rings will be placed on the road.

- 50 % of capacity to be filled in the bus.

- Seats, door handles, windows of bus will be sanitized twice on a daily basis.

8. Stay physically fit



Know the latest facts



Aarogya Setu

▶ To understand basic information about corona virus disease (COVID-19), including its symptoms, complications, how it is transmitted and how to prevent transmission; information will be given in university website, hoardings, university news (regular) and social media.

▶ All are suggested to stay informed about COVID-19 through reliable sources such as WHO, UNICEF, IFRC and National Health Ministry advisories. Be aware of fake information/myths that may circulate by word-of-mouth or online.

▶ It is compulsory for all students faculties and staff to register Aarogya Setu App