

Shree Atal Bihari Vajpayee Medical College & Research Institute

Shivajinagar, Bangalore

Covid – 19 Instructions to be followed by the Students

1. In Hostel

- Students should ensure that their thermal Screening is done regularly at least twice a day.
- A student committee should be formed in hostel to monitor signs & symptoms of students residing in Hostel.
- Students who have developed any sort of symptoms and are strong suspects should get isolated themselves from others in the clearly demarcated isolation area maintained within the hostel. The same should be brought to the notice of Hostel warden or any other College staff.
- Overcrowding should be avoided in dining halls, common rooms, playing areas of the Hostel keeping in view the requirement of physical distancing.. Sharing of Household items such as dishes, drinking glasses, cups, utensils, bedding, Towels is strictly prohibited.
- Students should promote and watch that adequate care is taken by Kitchen staff to serve meals in small batches. Take away options should be available for students and staff. Utmost care should be given to maintain hygiene of Kitchen & Dining Hall, bathroom and toilets.
- Hostel warden/Assistant Warden should ensure that cooking Utensils should be properly cleaned and disinfected on regular basis. Strict instructions regarding wearing of face covers/ masks and proper sanitization of hands of the staff engaged for the preparation and distribution of meals should be given.
- Students should ensure that rooms should not be overcrowded (Maximum 2 Students per room with Cots arranged at 6 feet distance) with provision of Clean & Hot drinking water, good light & Ventilation. Symptomatic students will not

be permitted to stay along with normal students in the hostels under any circumstances.

- Unnecessary & frequent visit of students to market areas is strictly prohibited. Prior permission should be taken by the hostel warden. Care should be taken to follow the Covid appropriate behaviour when visiting market areas.
- Students should limit their movement within the hostel. Covid appropriate behavior like wearing masks, frequent cleaning of hands by disinfectant, physical distancing should be strictly followed inside the hostel.
- Any student residing in the hostel is suffering from any Covid related symptom, immediately it should be brought to the notice of the Hostel warden or the college staff. He/she should be immediately shifted to Covid dedicated hospital.

2. In College/ Classroom

The general health promoting and Covid-19 preventive measures as given below should be strictly followed by the students at all places within the College

1. Physical distancing of at least 6 feet to be followed as far as feasible.
2. Use of face covers/masks to be made 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 off used tissues properly.
5. Self-monitoring of health by all and reporting any illness at the earliest.
6. Adequate distance to be maintained while sitting in the Lecture Halls.
7. Sharing of items like laptops, notebook, stationary etc. amongst students should not be followed.
8. Offline classroom activities will be conducted in staggered manner, Students should attend the classrooms as per the time table. In-person classes should be conducted for only 1/3rd of its capacity in different batches.

