

## NERIST HEALTH UNIT

Dated: 25.03.20

### ADVISORY

Our Heartfelt gratitude to each NERISTIAN for extending full cooperation in the fight against COVID 19. Some more important steps and precautions that we all should take care in this period are as follows:

- 1) People visiting the grocery stores ( NERIST cooperative shop, other shops) should ensure only one person enters the store at a time , after washing their hands in the wash basin installed outside and covering their mouth and nose .Security Officer may kindly ensure necessary compliance.
- 2) Those drawing water from the common wells in Campus ,please ensure proper handwashing and cover their mouths before doing so. It is advised NOT to bring small children or other family members near the well.
- 3) The common places of worship- Mandir, Church, Naamghar, etc. are requested to keep the gates closed for the time being to avoid any spread and exposure to infection.
- 4) All residents are requested NOT TO flood the N.H.U with requests for masks and sanitizers. Except for workers in essential services, rest of the citizens sitting inside their homes DON'T REQUIRE masks and sanitizers. Use Water and Soap - the best and cheap disinfectants.
- 5) Many Patients have gone to visit specialists on their own without referrals from NHU .Please REFRAIN from doing this at this time as EVERYTIME YOU ARE VISITING A HOSPITAL ENVIRONMENT, YOU ARE FURTHER EXPOSING YOURSELF AND OTHERS TO RISK OF INFECTION.
- 6) All those with travel history currently advised home isolation in quarters or in the hostel rooms and NOT experiencing any symptoms of new onset Fever,dry cough,chest pain,fatigue etc are appealed NOT to pressurize the Doctors to send them for COVID 19 testing at TRIHMS. Referrals for testing are done strictly as per protocol as resources are limited and health risk for all involved.
- 7) Many employees have asked for names of those under isolation. Such attitude is unfortunate as it encourages stigmatizing. It is hereby informed to all that this is a strictly CONFIDENTIAL LIST only for the health care workers and the law enforcement authorities .
- 8) To everyone, it is our earnest appeal NOT to STIGMATIZE those advised self isolation by the Doctors. PLEASE NOTE , EACH ONE OF US IS A POSSIBLE INFECTION SOURCE, therefore a possible suspect, and NOT only those with history of travel from outside , as no one has been tested yet. Therefore it is advised to maintain a calm and stress free environment for benefit of all.
- 9) Also ,it is observed that many employees are still withholding their travel history, or giving false / partial information despite our repeated advisories and circulars. This is our final appeal to all concerned to come forward to disclose their complete travel details or else they shall attract relevant penalties as per law.
- 10) Make every effort to stay healthy while under home quarantine. Both Physically and Mentally. PHYSICAL HEALTH - Ensure proper cross ventilation of your rooms, keep the windows and doors open. Exercise 30min/day( Adults), 1 hr( Children), climb up and down the stairs . If working from home ,avoid sitting in the same position for long periods - get up and take a break every 30 min, do yoga, aerobics, sing ,dance eat healthy, avoid cold foods/ drink. Use this quarantine period to complete all pending house works. Do gardening or farmwork wherever feasible. If out on a walk, make sure to keep a safe distance from others and not touch or sit down anywhere.

MENTAL HEALTH- Get your health information from a reliable source e.g W.H.O, Health Departments, only once or twice a day. Avoid too much news if it makes you anxious. Read a book, write, listen to music, engage in and learn a new hobby. Talk to people you trust and rely. Tend to your plants and gardens. Research has shown that bacteria in the soil is greatly beneficial for mental health. Students and faculties should engage in their academic work.

Also, in these trying times, let us each make an effort to support other members of the community. Check on family ,friends, the elderly, the ill neighbors, the disabled ,those under home quarantine ,those who may need some supplies / medicines but are not able to go out to procure these and help them out. COMPASSION IS A MEDICINE IN ITSELF.

LET US NOT WAIT FOR THE GOVT AND DOCTORS TO SAVE US. SELF HELP IS THE BEST HELP.

Thanks

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