

UNIVERSITY OF JAMMU

CIRCULAR

In wake of COVID-19 positive patients detected during RAT drive conducted on the main Campus on Sept.7-8, 2020 and Post COVID Management Protocol issued on Sept. 13, 2020 by Ministry of Health & Family Welfare, GoI and SOPs by J&K UT to contain the spread of Corona virus disease, it is advised:

1. All employees detected for COVID-19 positive and are Home Quarantine must:
 - a. Confine in a separate room and continue COVID appropriate behaviour (use of mask, hand & respiratory hygiene, physical distancing).
 - b. Keep distance from other family members.
 - c. Drink adequate amount of warm water.
 - d. Take immunity promoting medicines as prescribed by a qualified practitioner.
 - e. Mild/ moderate exercise and daily morning or evening walk at a comfortable pace as tolerated.
 - f. Take balanced nutritious diet, preferably easy to digest freshly cooked soft diet.
 - g. Have adequate sleep and rest.
 - h. Take regular medications as advised for COVID and also for managing comorbidities, if any.
 - i. Monitor oxygen with Oximeter and in the event of drop of the oxygen level below 90% immediately report to Medical Officer for hospitalisation.
 - j. In case of persisting symptoms COVID-19, visit the nearest health facility.
2. After recovery, the first follow-up visit (physical/telephonic) should be within 7days preferably at the hospital or health centre. Subsequent treatment/follow up visits may be with the nearest qualified allopathic/ AYUSH practitioner/medical facility of other systems of medicine.
3. Recovered individuals may share their positive experiences with their friends and relatives using social media, community leaders, opinion leaders, religious leaders for creating awareness, dispelling myths and stigma.

In case of emergency, contact CMO, JU Office Control Room /Emergency No. 01912571921 / 9419111946 / 6005315989

No.: *Estab 2 of 6079-6178*

Dated: *14/09/2020*

Copy to:

1. Special Secretary to the Vice-Chancellor for kind information of the Vice-Chancellor
2. Sr. P.A. to the Dean Academic Affairs/Dean Research Studies/Dean Planning & Development/ Registrar Controller of Examinations/DCD/DDE/DIQA for information
3. All Rectors / Directors of the Offsite Campuses of the University
4. Dean Students Welfare/Provosts (Boys/Girls Hostels)/Dean Students Placement/I/c Librarian (Dhanvantri Library)
5. All Heads/Directors of the Teaching Departments of the University
6. I/c Administrator, General Zorawar Singh Auditorium
7. Sr. P.A. to the Joint Registrar (Finance/ DDE)
8. I/c Computer-Centre / I/c University Website/Coordinator Campuses
9. Programme Coordinator(NSS)
10. All Wardens of University Hostels
11. All Dy. Registrars/SE/EXEN/ I/c Media Cell / Manager Guest House
12. Medical Officer, University Health Centre
13. All Assistant Registrars
14. Chief Security Officer
15. All Sections/Guard File
16. Manager Guest House
17. Security Officer
18. All Sections
19. Guard File

W. S. Ch
REGISTRAR *14/9/20*