


University of Jammu

Advisory for employees of the University of Jammu regarding Do's and Don'ts in pandemic, COVID-19

Protect yourself and others!
Follow these **Do's** and **Don'ts**

Do's ✓

-  Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean
-  Cover your nose and mouth with handkerchief/tissue while sneezing and coughing
-  Throw used tissues into closed bins immediately after use
-  See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose
-  If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24X7 helpline at 011-23978046
-  Avoid participating in large gatherings

Don'ts ✗

-  Have a close contact with anyone, if you're experiencing cough and fever
-  Touch your eyes, nose and mouth
-  Spit in public

Together we can fight Coronavirus

Every employee of the University shall mandatorily wear **FACE MASK** or cover the face with handkerchief throughout his/her stay in the University.

Every employee of the University shall mandatorily download and use **Aarogyasetu App** in his/her phone and shall review his/her status

before starting for Office from the place of his/her residence before starting for Office/place of his or her work. He/she shall commute only when the App show his/her status as "SAFE" or "LOW RISK". Further, in case of the Aarogyasetu App shows the status that he/she has "Moderate" or "High risk", he/she should not attend the duty/ place of his or her work and must self isolate himself/herself for next 14 days. Such an employee however, would immediately inform his/her Controlling Officer and the CMO accordingly.

Mandatory thermal scanning of all the employees shall be carried out while entering the University Campus and in case of fever, he/she shall not be allowed to attend the duty /place of his or her work.

Further, the employees with co-morbidities conditions like cancer, Diabetes, Heart problems, COPD etc. and Pregnant women are advised to work from home. Such Employees would get their Medical Reports Certified by the CMO, University Health Centre, using emails and whatsapp like Digital platforms for further submission of the same to their Controlling Officers.

The employees shall mandatorily wear masks/handkerchiefs while attending their duties/place of work beside following all other safety measures, sanitizers etc. as mentioned above. They shall also strictly abide by the Social distancing norms as laid down by the University pursuant to the Govt. directions issued from time to time.

Sd/-

Registrar,
University of Jammu,
Jammu

Dated:14/05/2020

