

## **GUIDELINES FOR INMATES OF THE INSTITUTE OBSERVATION FACILITY**

The goal of keeping you under observation for a stipulated period is to isolate you from the rest of the community until it is clear that you were not infected with COVID-19. This assessment is based on your travel and medical history. We suggest that you mentally prepare for physically staying aloof from the campus community for a minimum of 14 days. Remember that the social isolation necessary while you are under observation will likely incur a degree of anxiety, although we will try our best to make you comfortable. Treat the staff at the observation facility with due courtesy and respect; they are after all risking their lives while performing their duties. Be patient, the systems are still being set up. In case of any problems or questions, contact the caretaker. You may also contact the health centre.

### **What will be provided during your stay in the observation facility?**

1. You will be given a clean room with a bed and supplies to clean your room and common areas such as toilet during your isolation.
2. Considering limited infrastructure, occupants will have to share the allotted room with others. Change of room partner will not be admissible.
3. Dedicated plate, glass, cup and other cutleries will be provided and kept in the room. Alternatively, you may use your own cutleries and bottles.
4. Food on self-service basis will be served in the earmarked area through a small window inside the observation facility. While serving the meal, stand on earmarked circles and follow the instruction.

### **What to bring with you while entering quarantine?**

1. Personal necessities like clothes, toiletries, any medicines, masks, gloves and sanitisers should be brought considering the duration to be spent in the observation facility.
2. A small stock of snacks or other foods that you prefer should be brought.
3. Reading material, laptop, other devices can be kept.

### **During the period under observation**

1. Cleaning and disinfection of common area within the observation facility and toilets/wash rooms will be done by the occupants themselves on roster basis. All the necessary material will be provided by the care taker of the building.
2. All the occupants in the facility must ensure the physical distancing. They can of course talk to people on the phone, or online.
3. No person is allowed to come out of his room without any specified requirement. They should always keep room closed and stay inside. Also, no one should step out of the observation facility during the observation period.
4. Movements of occupants to other person's rooms is strictly prohibited.

5. For disposing off the food waste, medicine or any other supplies use a sealed plastic bag placed in the room.
6. Each individual in the observation facility should wash the utensils and cloths and dry them inside the room himself/herself. You may use the common washing machine in the building for washing clothes.
7. In case of emergency or any additional requirement, occupants should immediately inform the Caretaker/ Guard on his contact number.
8. Personal protection equipment such as mask, gloves, etc. should be worn when you step out of your room.
9. Any violation of these guidelines and instructions issued from time to time will invite appropriate action.

### **Observation protocols**

- You will be contacted on a daily basis by staff at the medical centre.
- You may contact the Guidance and counselling (GCS) team, Mrs. Lishma Anad (9816098766) / Dr. Purnima Bajre (9167624945) in case you feel anxious or low.
- If you feel unwell, call the medical centre and If doctor prescribes any new medication, ask the caretaker to arrange to have it delivered to you.
- You may be asked to attend online classes during the period of your stay in the observation facility.