

## Frequently Asked Questions

### **Q1. What to do if family members return home from outside Himachal Pradesh?**

Family members travelling outside Himachal Pradesh should self-quarantine as per quarantine guidelines to avoid possible community spread of disease.

### **Q2. If I have travelled within the Himachal Pradesh, can I come to the campus?**

Yes, but please monitor yourself, and limit interactions with people. You will enter the campus subject to pre-check up by Medical Officer at Health Centre. If any of above symptoms are detected, the course of action will be as per posted guidelines.

### **Q3. What is self-quarantine?**

Self-quarantine is when an individual limits social interaction and stays at a secluded place, such as their home, for a period of time to minimize the risk of transmitting the novel corona virus. Inform the medical centre before taking this step.

### **Q4. How long do I have to be under self-quarantine?**

Self-quarantine will be 15 days for those who have travelled internationally or within the country, or come in contact with someone who has travelled under these circumstances.

### **Q5. Do I have to self-quarantine if I visited by people from out of town?**

Yes, if they have travelled outside of Mandi District. Please follow the self-quarantine advisory before returning to campus. Inform the health centre before taking this step.

### **Q6. How long should I self-quarantine if I feel normal/fine?**

Please self-quarantine for:

- (i) 15 days for travel internationally or within India
- (ii) Make an appointment with the campus health centre to be cleared before resuming work on campus.

### **Q7. What not to do?**

- If you are in the quarantine period, do NOT come to campus 'just to pick up some stuff'
- If you have to return from travel, do NOT simply postpone your travel for 15 days and then land up right away. The time for quarantine starts from the time of your return to Kamand, Mandi.
- If you have a friend who is returning from outside the city, do NOT hole them up in your hostel room. This is serious violation. This will potentially bring infection onto the campus.
- Do NOT land up on campus asking for a quarantine room. If you're off campus and in quarantine time, STAY off campus. We are trying to minimize spread.
- If you are expecting a courier delivery, do NOT ask them to come onto campus. The items should be picked up from the designated places.
- Do NOT encourage any off-campus visitors.
- If you're in quarantine, do NOT meet people except by videoconferencing. Even if off campus. Don't promote community spread of the disease.
- Do NOT come to the campus health centre during your quarantine period. Contact the Medical Officer or email at [dr.chandersinph@iitmandi.ac.in](mailto:dr.chandersinph@iitmandi.ac.in). Don't overwhelm them, this is a very busy time.