

GUIDELINES FOR INMATES OF THE INSTITUTE QUARANTINE FACILITY (B-26)

The goal of quarantine is to isolate you from the rest of the community until it is clear that you were not infected with COVID-19 during your travel, or due to close contact with someone who travelled recently. We suggest that you mentally prepare for quarantine for 14 days. Remember that the social isolation necessary during quarantine will likely incur a degree of anxiety, although we will try our best to make you comfortable. Treat the staff at the quarantine centre 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. **Mr. Dashmesh Singh (8219740119)**. You may also contact the **health centre**

What will be provided during quarantine?

1. You will be given a clean room with a bed and supplies to clean your room during your isolation.
2. You will be provided regular meals and a dinner plate and cutlery that you can wash and reuse during your stay. Please inform staff about any food allergies.

What to bring with you while entering quarantine?

1. Personal necessities: clothes, toiletries, any medication that you require regularly. External laundry facilities cannot be provided, given the risk of infection; but you can wash and dry clothes inside your room. Please plan accordingly.
2. A small stock of snacks or other foods that you prefer.
3. Please bring masks and hand sanitisers.
4. Reading material, laptop, other devices.

During the quarantine period

- It is critical that you avoid ALL direct social contact during your quarantine. You can of course talk to people on the phone, or online.
- A designated caretaker/volunteers from the campus community will procure and deliver any additional material you need during quarantine. You can call them and request what you need; they will disinfect the supplies and leave them outside your door. After they leave, you should wear your mask, sanitize your hands, step out quickly and take the material inside.
- Double-bag all waste within the room; when the bag is full, close it and call the caretaker to arrange a pickup time. Wear your mask, sanitize your hands, and leave the bag on the table outside your door. After you go inside, the caretaker will come and pick up the material. In general, the only things leaving your room during the quarantine period should be waste; no non-essential things should leave your room.
- 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.
- If you feel well, try to stick to a regular work routine.