



कुलसचिव
REGISTRAR

दिल्ली विश्वविद्यालय University of Delhi

ADVISORY FOR HOSTEL RESIDENTS

Covid-19 continues to spread and has posed a major health hazard for entire humanity. Delhi University is working to alleviate the effects of this disease. We are extremely concerned about the well-being of our students and staff members who live and work very close together in hostels and urge upon one and all to follow the measures which are critical to keep the transmission rates of the virus low:-

- Hostel authorities (Provost / Warden / Resident Tutor) are available 24x7 in the respective hostel for any guidance / assistance.
- Hostel authorities must earmark rooms for self-isolation.
- We hope the students will return to their native place and continue their academic activity remotely. At the same time, we recognise that some students are unable to return and need to stay on.
 - They are advised to eat a healthy balanced diet and take vitamin supplements.
 - Adequate water intake is a must.
 - They should make sure their rooms are well ventilated.
 - They should avoid closed, confined spaces at all costs.
- Students should watch out for symptoms such as Fever, Cough, Sore throat, Nausea, running nose, Headache, difficulty in breathing, Diarrhoea.
In case they develop any of these symptoms, they should contact Hostel Authorities or their local health provider for advice.
- The residents developing these symptoms should self-isolate and quarantine themselves pending the results of the tests. If positive, then an isolation period of 14 days is mandatory.
- Testing for Covid-19 infection is the key to identifying infection and preventing it from spreading. Residents are advised to contact Provost for RT PCR testing at
 - INMAS-DRDO, after filling mandatory form
 - Patel Chest Institute, on Provost recommendation
- The hostel administration must be informed immediately about the positive test results so isolation of the affected person can be arranged preferably with separate dining and bathroom facilities.

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University of Delhi, Delhi-110007

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28/4/21

- Contact tracing is of utmost importance. People who have come in contact with a patient need to get themselves tested as well or at least isolate themselves to curb the spread of disease any further.
- In case access to testing is not available for some reason, resident should isolate himself/ herself for at least seven days from symptom onset and for three days beyond all symptoms resolving.
- Residents should monitor their temperature and take medicines if required. Remain calm, take rest and balanced diet.
- Hostel residents are advised to vacate hostels as close contact poses a grave threat of disease transmission.

Medication Suggested by Delhi University WUS Health Centre Doctors:

- Tab Paracetamol 500 mg/ Paracetamol 650 mg sos for fever if >100C
- Vitamin C 500 mg and Cap Zincovit

Other medicines will be advised by your health care provider.

Monitoring:

- Body Temperature, Pulse Rate, Respiratory Rate and SpO2 by pulse oximeter.

If SpO2 falls below 94, please inform hostel authorities and your health care provider immediately

Balanced Diet:

- Milk, Egg, Fruits, Curd, Soup, Dal, Chawal, Khichri, Plenty of liquids, Lemon water

At all times, students and staff are expected to strictly adhere to public health protocols:

1. Maintaining social distancing of at least six feet and limiting contact with individuals outside of their hostel rooms.
2. Frequent hand washing
3. Use of masks at all times within the hostel premise. The mask should be well-fitting and should cover the nose and mouth properly.
4. Monitoring of Corona virus symptoms if any and isolation as and when required.

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We must bear in mind that students who test positive can be asymptomatic or experience minimal symptoms. Presence or absence of co-morbidities like obesity, diabetes and hypertension plays a major role in determining disease outcome.

The long-term effects of Covid-19 are largely unknown. So utmost precautions are necessary at all times in order to mitigate this crisis situation.

The University of Delhi has prepared a Help Desk for residents alongwith a list of Doctors who can be consulted for any immediate medical need. The details for the same are available with the hostel authorities.

It is once again advised that all precautions be observed to prevent the spread of COVID-19.

‘STAY SAFE – STAY HEALTHY’.

M. K. Chakraborty
28/4/21
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28th April, 2021

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