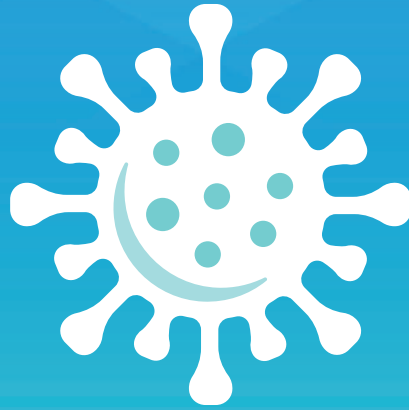




NU

NIIT UNIVERSITY

THE UNIVERSITY OF THE FUTURE



COVID-19

CORONAVIRUS

SYMPTOMS
&
PREVENTION



COVID-19 SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported –ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19.

Common Symptoms:

- a. Respiratory Symptoms like
 - dry cough,
 - running nose,
 - shortness of breath along with breathing difficulties and fever.
- b. Sore throat.
- c. Feeling of being unwell.
- d. Diarrhoea and vomiting leading to dehydration.
- e. Chills and repeated shaking with chills.
- f. Muscle pain and headache.
- g. Loss of taste or smell.
- h. Persistent pain or pressure in the chest.

Severe cases may lead to:

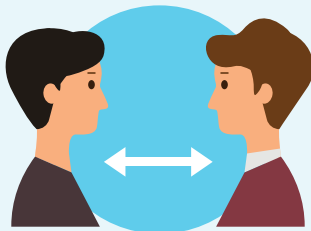
- i. Pneumonia.
- ii. Severe acute respiratory syndrome.
- iii. Kidney failure and even death.



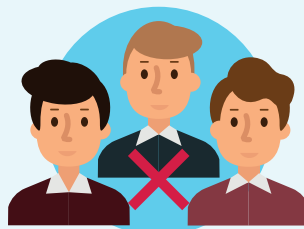
COVID-19 TRANSMISSION

Transmission of COVID-19 probably occurs by means of large droplets and contact and less so by means of aerosols and fomites. It requires a contact of ten minutes within distance of two metres. It spreads from an infected person to others through:

- a. Air, by coughing or sneezing.
- b. Close contact with a person like touching or shaking hands.
- c. Touching an object or surface with virus on it, then touching your mouth, nose, eyes without washing your hands.
- d. Faecal contamination (rarely).



KEEP DISTANCE



AVOID CONTACT



DON'T SHAKE



DON'T TOUCH EYES,
NOSE OR MOUTH
WITH UNWASHED HANDS







WASH HANDS

KNOW WHICH ZONE YOU ARE IN, AND FOLLOW THE REGULATIONS ACCORDINGLY.



Your guide to the three zones.

Green. Red. Orange.

-  Districts with zero confirmed cases till date or districts with no confirmed cases in the last 21 days
-  Highest incidence of COVID -19 cases –based on active cases, doubling rate of confirmed cases, the extent of testing & surveillance feedback from the districts
-  Districts which are neither defined as Red Zones, nor as Green Zones
-  Containment zones demarcated within Red & Orange Zones by States/UTs and District Administration based on the guidelines of MoHFW

| Activity | Green | Red | Orange | Purple |
|--------------------------------------|-------|-----|------------------|--------|
| Travel – Air, train, metro | X | X | X | X |
| Inter-state road movement | X | X | X | X |
| Education institutions | X | X | X | X |
| Hospitality, hotels, cinemas, malls | X | X | X | X |
| Large gatherings & places of worship | X | X | X | X |
| Barbershops, salons and spas | ✓ | X | ✓ | X |
| Stepping out between 7 pm to 7 am | X | X | X | X |
| Going out - age > 65, < 10, pregnant | X | X | X | X |
| Medical clinics, OPDs | ✓ | ✓ | ✓ | X |
| Rickshaws, Taxis & Cab aggregators | 1+1 | X | 1+1 | X |
| 4 wheelers | 1+2 | 1+2 | 1+2 ¹ | X |
| 2 wheelers | 1+1 | 1+1 | 1+0* | X |

| Activity | Green | Red | Orange | Purple |
|----------------------------------|-------|-----|--------|------------------|
| Inter-district buses | 50% | X | 50% | X |
| Intra-district buses | 50% | X | 50% | X |
| Industrials with access controls | ✓ | ✓ | ✓ | X |
| Urban industries | ✓ | ✓ | ✓ | X |
| Urban in-situ construction | ✓ | ✓ | ✓ | X |
| Urban single/non-essential shops | ✓ | ✓ | ✓ | X |
| E-commerce essential goods | ✓ | ✓ | ✓ | X |
| Private & Govt. (non-core) | ✓ | 33% | ✓ | X |
| Agri activities | ✓ | ✓ | ✓ | X |
| Banks & Financial Institutions | ✓ | ✓ | ✓ | Br. ² |
| Courier & Postal | ✓ | ✓ | ✓ | X |
| Goods Traffic | ✓ | ✓ | ✓ | X |

¹Only for permitted activities ; ²Branches allowed to operate in containment zone, offices of banks/financial institutions are not allowed to operate



PREVENTION OF COVID-19



WASH HANDS

Maintain good hygiene. Wash your hands as frequently as possible.

HAND SANITIZER

Use soap, water or a sanitizer each time you go to bathroom or before you have a meal.

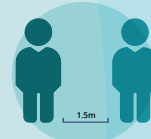


WEAR MASK

Cover your face with a tight-fitting clothing whenever you step out of the house.

SOCIAL DISTANCE

Practice social distancing.



AVOID HANDSHAKE

Do not shake hands or give hugs while greeting others.



DON'T TOUCH YOUR FACE

Do not touch your nose, eyes or mouth.



DON'T COUGH IN YOUR HANDS

Do not cough in your hands. Instead, cough on your elbow.

DOWNLOAD AROGYA SETU APP

Make use of the Aarogya Setu App.



Preventive Measures Taken By NU Against



COVID-19 CORONAVIRUS

Appropriate preventive measures adopted on the Campus will help in creating a safe and infection free environment on the Campus and will permit conduct of academic and administrative operations without any hindrance and loss of working time and days.

The following preventive measures will be adopted on the Campus:

Main Gate

i. Temperature checking with Temperature Gun.



TEMPERATURE CHECKING

ii. Hand wash and sanitisation by all.



iii. Persons with symptoms and high temperature will not be granted entry.



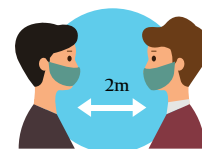
WEAR A MASK



MASK AVAILABLE AT MAIN GATE

iv. Ensure everyone puts on mask while entering the Campus. In case any person does not possess, it will be issued at the Main gate.

v. Ensure everybody maintains social distance (2 meters).



KEEP DISTANCE

vi. Sanitization of all luggage, bags, courier material and any other packet.



SANITIZATION OF VEHICLE

vii. Sanitization of exterior of all vehicles entering the Campus.

viii. No cooked food and fast food will be permitted from outside the Campus.



Preventive Measures Taken By NU Against



COVID-19
CORONAVIRUS



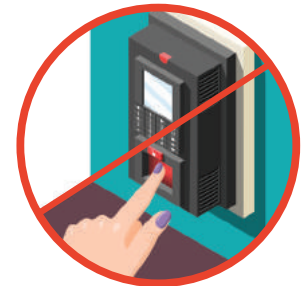
Buildings

It will be ensured that all buildings (Academic Blocks, Mess Complex, Hostels, Residences and Sports Facilities) are clean and hygienic:

i. High contact surfaces (desks, tables, chairs, lab platforms etc), door handles/ knobs/ frames, lift buttons, switch panels, handrails, water taps and toilet knobs and objects (telephones, keyboards) will be wiped with disinfectant after every hour. A separate team will be deputed to execute this. It will be carried out in all hostels four times in a day.



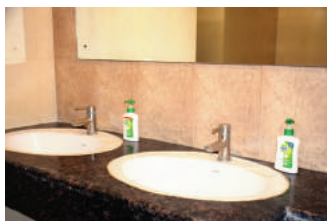
ii. Disable Bio-Metric Access and record attendance of support staff on a register.



BIOMETRIC DISABLED

iii. All waiting areas, Visitor Rooms and Meeting Rooms will be sanitized after each meeting.

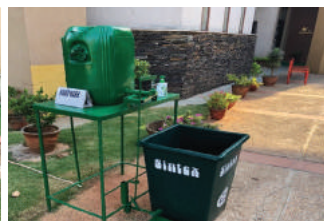
iv. Hand wash or hand sanitization facilities created in each toilet, mess, and at different places inside/outside all buildings on the Campus.



HANDWASH FACILITY IN TOILETS



HANDWASH FACILITY OUTSIDE BUILDINGS



HAND SANITIZER FACILITY

v. Separate Dustbin for disposal of used masks and PPE.



Preventive Measures Taken By NU Against



COVID-19
CORONAVIRUS



Buildings

vi. Marking in corridors of Academic Blocks for two side movement in file with social distancing.



vii. Creation of 'Isolation Areas' in hostles for separating and temporarily housing students/employees with ILI symptoms.



ISOLATION ROOM

viii. Reduce number of seats from all meeting rooms as per social distancing norms. All to adhere to the norm.



ix. Marking of seats as per social distancing norms in classrooms (CRs), labs and library (LIRC). Reduce number chairs from CRs with flexible seating.



x. Delivery of online classes during lockdown.



STAY SAFE
STAY HEALTHY
STAY CONNECTED

