

Instructions to Students for Home Quarantine at Hostel



✚ Students are advised to bring all essential items to stay at the designated room in hostel for 14 days such as personal care products, essential medicines, cosmetics, clothes, room slippers etc as the rooms may be different from your original room and you will not be allowed to go to your original room until 14 day quarantine is over.

- ✚ Students are advised to bring multi-tier tiffin boxes, microwavable bowls and cutlery for serving of food to your room.
- ✚ Bring any packed snacks, reading material if you would like to.
- ✚ On arrival at hostel at the security station, sanitize your bags using a sanitizer spray, sanitize your hands using the foot operated sanitizer and disinfect your foot wear at the mat kept near the stairs.
- ✚ You will be given a hamper containing 2-3 reusable masks, a hand sanitizer, hand wash and plastic bags for garbage disposal.
- ✚ Only one person will be allowed in the lift at a time. Use stairs if possible.
- ✚ Leave the footwear outside the flat.
- ✚ Occupy designated room only and stay indoors at all times as you are under compulsory Quarantine restrictions.
- ✚ You will be assigned a room and bathroom for single person usage.
- ✚ Keep your room door closed always and windows open.
- ✚ You are not allowed to visit others rooms. Gatherings and group activities are strictly forbidden.
- ✚ Bring your own Tiffin Box (multi-compartment) and cutlery for food to be served daily to your flat entrance. The tiffin box has to be kept outside the flat door on the designated table for serving, well in advance of the scheduled timings. Food delivery will be taken care by CeNS.
- ✚ Bring your own plates and cutlery for eating your food. Wash your dishes and cutlery yourself.
- ✚ Sharing of food and any personal accessory is not allowed.
- ✚ Do not use common kitchen utensils, washing machine etc. Wash your cloths yourself in the bathroom.

- # Bring simple cotton wear for two weeks as you may not be able to use the ones you left behind. Wear washed clean cloths every day. Maintain personal hygiene.
- # Keep your room clean and tidy. During quarantine period, caretakers are not allowed inside the flat. Residents will be responsible for cleaning the room and bathroom they use.
- # Have good reading material or board games (solo games) at hand.
- # Work from hostel – if possible.
- # Keep in regular touch with family, friends and Supervisor ***over phone and online platforms.***
- # Segregate the respective wastes in the garbage bags provided and put it in the designated bins outside the flat door.
- # Discard used facemasks, tissues and PPEs in the designated bin for biological waste only.
- # No visitors are allowed inside the hostel.
- # Practice healthy habits as mentioned in the Booklet.
- # Contact Administration, (S.Gulvady, [9845306784](tel:9845306784)) or Co-ordinator, Health, Safety & Conservation Officer (Dr. Yelamaggad, [9845068500](tel:9845068500)) or Authorised Medical Officer (Dr. Archana, [8762076573](tel:8762076573)) in case of any health issues.
- # Security and caretakers are entrusted with the responsibility of ensuring strict quarantine. Any misconduct by the residents will be directly reported to Wardens and Administration.
- # ***VIOLETION OF RULES DURING QUARANTINE WILL NOT BE TOLERATED. YOU WILL COME UNDER DISCIPLINARY ACTION IF FOUND VIOLATING THE NORMS.***



Things to bring

- 1. Multi-tier Tiffin box, preferably Tupperware or Plastic variety, Cutlery, Mug.**
- 2. Digital thermometer**
- 3. Clean clothes for 14 days**
- 4. Personal care stuff (tooth brush, tooth paste, bathing soap, shampoo etc) and other cosmetics**
- 5. Room slippers**
- 6. Tea bags, sugar**
- 7. Kettle and steam inhalation equipment if possible.**
- 8. Essential medicines, eg., paracetamol, nasal drop, lozenges, vitamin D, vitamin C, B complex, zinc tablets, betadine, nilgri tablets for steam inhalation and any other personal medicines.**
- 9. Tea bags, sugar, coffee powder.**