

KUHS Guidelines when colleges are getting reopened.

The following health measures are to be strictly followed to reduce the risk of COVID19 by all (faculty members, employees, students and visitors) at all times:

- i. Practice of Safe distancing: Physical distancing of at least approximately 6 feet (one meter) to be followed as far as feasible
- ii. Masking: Use of face covers/masks to be made mandatory. (Refer latest WHO mask use guidelines give link)
- iii. Hand hygiene Frequent hand washing with soap (for at least 40-60 seconds) even when hands are not visibly dirty. Use of alcohol-based hand sanitizers (for at least 20 seconds) can be done wherever feasible.
- iv. Respiratory etiquette: This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing of used tissues properly.
- v. Self-monitoring of health and being vigilant about prevention by restraining from activities. Those who have directly come across with known cases or suspects are considered as primary contacts and are supposed to go in to self-quarantine (Refer latest guidelines from DHS, Kerala). The Govt. have given specific directions on sanctioning special leave and this should be availed by all means.
- vi. Prompt reporting of contact/exposure history and disclosure of any symptoms at the earliest to the relevant superiors/colleagues etc.
- vii. Spitting at open spaces and making the surroundings unhygienic should be avoided.
- viii. Installation & use of Aarogya Setu App shall be advised wherever feasible.

- ix. Sharing of objects like pen/pencil/smartphones etc. also should be done with caution and in absolutely needy situations only.
- x. Special precautions (Getting in to public conveyance with less number of passengers, adhering to seating arrangements, starting ahead of time etc) should be practiced during travel as this has been identified as a high risk event for transmission.

The colleges are advised to make their own schedule of activities to be tailor-made as per the local prevailing social and medical conditions so as to effectively deal with any eventuality arising due to COVID -19/ post-COVID-19 conditions before resuming activities on campuses. As the disease is still active in community utmost sense of vigil and precautions should be practiced by everybody. All closed spaces and crowded places like classrooms, cafeteria where the risk of transmission should be dealt with extreme precaution. The reopening of colleges will relieve the teaching and academic staff, as well as students from uncertainties regarding students' career, mode of functioning including the conduct of physical classes. It is felt that even after the spread of Corona virus is contained, certain preventive measures will be required to be followed for quite some time to avoid its recurrence, especially in educational institutions.

Issues and challenges

It may be difficult to comprehend all the challenges/ situations which the colleges may be required to handle while they plan to reopen. At some point we have to resume to normal life and we are carefully planning that as per the guidelines of the Govt. However, some of the issues which they may be required to handle instantly are given below:

- i. To follow the advisories/guidelines/directions issued by the Central/State Government, Ministry of Education, Apex councils, and UGC from time to time to prevent the spread of

COVID19. If anybody has doubts, please approach credible source only.

- ii. Uncertainty among students regarding admissions, modes of teaching-learning, completion of courses, examinations, evaluation, declaration of results and the academic calendar, etc.: Please visit the KUHS site and get updated regularly
- iii. Anxiety, mental health and psychological issues of students developed during the lockdown period and fear of infection after the opening of campuses. Please do not spread negative messages and rely on credible source of information especially while using social media
- iv. Safety measures including sanitisation of premises, thermal screening, ensuring physical distancing, face-cover/mask wearing, respiratory hygiene and hand-hygiene etc. Please follow all the instructions even if it is inconvenient to you. Please show co-operation and patience wherever needed.
- v. Preparation for risk assessment and subsequent actions which may be required for hostel facilities for students. Please plan sufficiently ahead.
- vi. Varied conditions of the pandemic in the state, area and environment where the students mainly live while making risk assessment and planning to address these challenges. Do respond according to your own situation and please do not make comparisons and unnecessary criticisms.

Pre-requisites

- i. The directions, instructions, guidelines and orders issued by the Central and State Government concerned regarding safety and health in view of COVID-19 must be fully complied by all colleges.
- ii. However, the colleges may develop stricter provisions and guidelines, if they feel it necessary. The colleges are required to

make adequate arrangements to ensure the safety and health of students, faculty and staff.

- iii. The colleges are advised to re-open in phase-wise manner.
- iv. The faculty, staff and students of college all should download 'Aarogya Setu App'.
- v. The institutions should be ready with a plan for handling the inflow of students, faculty and staff in the campus, monitoring disinfecting measures, safety and health conditions, screening and detecting the infected persons, containment measures to prevent the spread of the virus in the campus, and also alternative plan(s), in case the campus needs to be closed again due to spread of the virus in campus or in the surrounding area(s) in near future.
- vi. To provide all communications timely and sufficiently ahead in a responsible and accountable way.
- vii. To take sufficient precautions by providing all handwashing facilities, sanitizers etc. To keep the premises safe and hygienic, to do all timely maintenance for safe classrooms or labs with enough ventilation and clean physical ambience
- viii. All services should be provided preferably online (like fees remittance) or most efficiently without making the beneficiary wait and get crowding.

Modalities for Physical Opening of Colleges

- i. Colleges may plan opening the campuses in phases, with such activities where they can easily adhere to social distancing, use of face masks and other protective measures. This may include administrative offices, research laboratories and libraries etc.
- ii. Thereafter, for didactic lectures, students may also be taught on-line by using MOODLE platform.
- iii. For all teaching hospitals, at least 30% beds in clinical settings to be allotted to teaching units and all necessary precautions must be adhered to.

- iv. As and when required, students may be instructed to visit their respective departments in small groups for consultation with the faculty members, after seeking prior appointments to avoid crowding, while maintaining physical distancing norms and other safety protocols.
- v. Institutions should have a plan ready for students who cannot join the programme due to travel restrictions. Online teaching-learning arrangements should also be made for them.

Safety concerns

- i. The institutions should train their staff and students to assist and undertake the work related to safety and health to prevent an outbreak of the pandemic in their campuses. Non-resident students should be allowed in campuses only after thermal scanning, sanitization of their hands, wearing of face masks and gloves. Symptomatic persons should not be permitted to enter the campus and should be advised to contact the nearest hospital for clinical assessment.
- ii. Regular visits of a counsellor may be arranged so that students can talk with the counsellor about their anxiety, stress or fear.
- iii. To avoid the risk of transmission, the students, faculty and staff should be screened and symptomatic ones be advised to get clinically assessed before allowing them entry into the campus.
- iv. Isolation facilities for symptomatic persons and quarantine facilities for those who were in contact with the positively tested persons should be there on campus or a tie-up may be made in advance with some hospital or approved premises or as advised by the local authorities so that, in case of necessity, prompt action may be taken. Proper arrangement of safety, health, food, water etc. should be ensured for those in quarantine and isolation facilities.

- v. For those who have tested positive, isolation facilities should be in place either on campus itself or as a prior arrangement with some nearby hospital(s) or as advised by the local authorities.
- vi. Colleges should prepare a policy for restricting the outside experts on campuses, study tours; field works etc., keeping in mind the COVID-19 situation.
- vii. All such programmes and extracurricular activities should be avoided where physical distancing is not possible. Meetings should be arranged as far as possible on virtual platforms. Social entertainment parties and celebrations should be avoided if possible or arranged in the simplest way adhering strictly to covid protocols and with permission of the head of departments.
- viii. Clean and hygienic conditions, as per safety and health advisories of the concerned government departments, are to be maintained at all places, including hostel kitchens, mess, washrooms, libraries, class rooms etc.
- ix. Proper signage, symbols, posters etc. should be prominently displayed at appropriate places to remind the students, faculty and staff for maintaining physical distancing. The details of COVID-19 cell established by the institution be prominently displayed containing the emergency number, helpline number, email id and contact details of persons to be contacted in case of any emergency in the institution. Ensure the norms of physical distancing, sanitization and hygienic conditions for use of common facilities, viz., Auditorium, Conference/ Seminar halls, Sports, Gymnasium, Canteen, Parking Area etc.
- x. Ensure the norms of physical distancing, sanitization and hygienic conditions for use of common facilities, viz., Auditorium, Conference/ Seminar halls, Sports, Gymnasium, canteen, parking spaces etc.

Hostels

- i. Hostels may be opened strictly observing the safety and health preventive measures.
- ii. All Students must bring all a RT-PCR report that is negative at the time of re-joining the hostels and they must be re-called in batches.
- iii. Symptomatic students should not be permitted to stay in the hostels under any circumstances.
- iv. Since residential students may be coming from different locations, they shall remain in quarantine and self-monitor their health for a period of 14 days before being allowed to attend classes or as per the policy opted by the State Government for quarantine (even if they bring a negative test report or the college plan to test them on arrival).
- v. There should be no crowding in hostel areas where students live in close proximity and share common facilities and utilities. Hence, their numbers need to be limited appropriately to avoid crowding. Also, hostel students should be called in phases.
- vi. Thermal Screening of all resident students should be ensured.
- vii. They will be referred to the nearest COVID treatment facility for clinical assessment and treatment.
- viii. Density in dining halls, common rooms, playing areas should be limited, keeping in view the requirement of physical distancing.
- ix. Hygiene conditions should be regularly monitored in kitchens, dining halls, bathrooms and toilets etc.
- x. Cleanliness is to be maintained in dining areas. Meals should be served in small batches, avoiding over-crowding. Take away options should be available for students and staff.
- xi. It must be ensured that the meals need to be served as freshly cooked. A senior staff should monitor the same.
- xii. Utensils should be properly cleaned using sufficient safe water.

- xiii. Wearing of face covers/ masks and proper sanitization of hands of the staff engaged for the preparation and distribution of meals should be ensured.
- xiv. Resident students and staff should avoid or limit visiting the markets. As far as possible, essential items may be made available within the campus by online purchase or home delivery.
- xv. Hostels may define the number of students in dining halls at any point in time. Mess timings may be increased to avoid overcrowding.

Sensitization of Students, Teachers and Staff

- i. Awareness programmes regarding COVID-19 as to how the infection spreads, common symptoms, and precautions and measures required to contain its spread may be launched with preferably distance communications.
- ii. Maintaining hygiene, e.g., how to wash hands, how to cough or sneeze into a tissue or elbow, avoid touching of face, eyes, mouth and nose should be regularly communicated and reinforced.
- iii. The necessity of physical distancing, wearing face covers/ masks, hygiene etc. should be brought home to all.
- iv. Activities to stay fit, physically and mentally, should be encouraged like doing exercises, yoga, breathing exercises, meditation, etc.
- v. To improve resilience and mental health, students should be encouraged to share their feelings with friends, teachers and parents, remain positive, grateful, helpful, have focussed approach, take a break from work, eat healthy and sleep timely etc.
- vi. Eating healthy food and fruits, avoiding junk food, frequently drinking warm water, adopting ways to increase immunity etc. should be encouraged.

- vii. Students should be told to regularly sanitize their laptops, audio, video and other media accessories.
- viii. Factual information regarding COVID-19 and consequences of infection, without making them stressed or fearful, should be disseminated. There may be non-credible information in social media and inadvertent sharing need to be avoided.
- ix. Posters and stickers should be pasted at appropriate places in the campus to create awareness about the risk of infection from Coronavirus.
- x. All support and facilities should be provided to persons with disabilities (Divyangjan).
- xi. No discrimination of any sort based on caste, creed or gender should be allowed to take place. Any sort of human right violation if observed should be reported immediately to the concerned authorities.
- xii. Sharing of books, other learning material and eatables should be preferably discouraged.