

ACSR GOVERNMENT MEDICAL COLLEGE, NELLORE.

SOP on preventive measures to contain spread of COVID-19

Government of Andhra Pradesh is following a phase-wise unlocking of activities. As per the guidelines of Government and Dr. NTRUHS instructions to resume teaching for 2nd MBBS, 3rd MBBS PART-1 & 3rd MBBS PART-2 From 06/01/2021. In days to come, this would also follow resumption of classes to other batches of students.

This SOP aims to enable safe resumption of teaching/ training activities in ACSR Government Medical College, Nellore. This SOP outlines various precautionary measures to be adopted in addition to specific measures to be taken at this institute to prevent spread of COVID-19.

1. General COVID Preventive Measures

The preventive measures include simple public health measures that are to be followed to reduce the risk of COVID-19. These measures need to be observed by all (faculty, employees, students and visitors) in the premises of this institute including hostels, canteen and play grounds at all times. These include:

- i. Physical distancing of at least 6 feet to be followed as far as feasible.
- ii. Use of face covers/masks to be made mandatory.
- iii. 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 precautions to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing / sneezing with a tissue / handkerchief / flexed elbow and disposing off used tissues properly.
- v. Self-monitoring of health by all and reporting any illness at the earliest.
- vi. Spitting shall be strictly prohibited.

2. Teaching programme

Online/distance learning and formative examinations shall continue to be permitted and shall be encouraged.

- i. The academic schedule shall be planned with a view to avoid overcrowding. As far as possible, the academic schedule should promote a mix of regular classes and online teaching/ training, assessments
- ii. For practical activities in laboratories maximum capacity per session based on redesigned spaces, may be planned and scheduled accordingly.
- iii. All employees who are at higher risk i.e. older employees, pregnant employees and employees who have underlying medical conditions to take extra precautions. They should preferably not be exposed to any front-line work requiring direct contact with the students.

3. Measures taken Before opening up of the institution

- i. Prior to resumption of activities, all areas intended for use including laboratories, other common utility areas and hostels, shall be sanitized with 1% sodium hypochlorite solution, with particular attention to frequently touched surfaces.

- ii. For ensuring physical distance management, specific markings on the benches with a gap of 6 feet may be made and be adhered to.
- iii. Displaying of State helpline numbers and also numbers of wardens and local health authorities etc. in case of any emergency.
- Iv. Appropriate back-up stock of personal protection items like face covers/masks, visors, hand sanitizers etc. shall be made available by management to the teachers and staff.

4. After opening of the teaching/training institutions

a) At the entry point -

- i. Entrance to have mandatory hand hygiene (sanitizer dispenser) and thermal screening provisions. Multiple gates/separate gates should be used for entry and exit while maintaining physical distancing norms.
- ii. Only asymptomatic persons (faculty, employees, students and visitors) to be allowed in the premises. If a faculty/employee/student/visitor is found to be symptomatic, he/she should be referred to hospital.
- iii. Posters/standees on preventive measures about COVID-19 to be displayed prominently.
- iv. Proper crowd management in the parking lots, in corridors and in elevators – duly following physical distancing norms shall be organized.
- v. Entry of visitors should be strictly regulated/restricted.

b) Conduct of teaching activities in the classrooms

- i. To ensure a distance of 6 feet between chairs, desks etc.
- ii. The teaching faculty will ensure that they themselves as well as the students wear masks throughout the conduct of the teaching activities
- iii. Sharing of items like laptops, notebook, stationary etc. amongst students should not be allowed.

c) Activities in common area – library, canteen, common rooms, gymnasium, etc.

- i. Physical distancing of 6 feet needs to be maintained.
- ii. Person using the common areas needs to use mask/face cover all the time
- iii. Canteens may remain closed as far as possible.
- iv. Wherever applicable, avoid cash transactions and e-wallets etc may be promoted.

d) Hygiene and Sanitation

- i. Daily cleaning of the floors shall be taken up.
- ii. Provision of soap in toilets and hand sanitizers in other common areas in sufficient quantity must be ensured.
- iii. Cleaning and regular disinfection (using 1% sodium hypochlorite) of frequently touched surfaces (door knobs, elevator buttons, hand rails, chairs, benches, washroom fixtures, etc.) to be made mandatory in all class rooms, laboratories, lockers, parking areas, other common areas etc. Before beginning of classes and at the end of the day.
- iv. Teaching materials, computers, laptops, printers, shall be regularly disinfected with 70% alcohol swipe.

- v. Deep cleaning of all drinking and hand washing stations, washrooms and lavatories shall be ensured.
- vi. Students and staff should be advised to dispose of used face covers / masks in separate covered bins placed in class rooms, work stations and other common areas.

5. Risk Communication and awareness

- i. To ensure the students do not gather when leaving the institute and in their free time
- ii. Create awareness among the students to follow simple preventive health measures like hand hygiene, respiratory hygiene, physical distancing and wearing of masks.
- iii. Ensure regular counselling is done for students reporting mental health issues such as anxiety and depression
- iv. If a student, faculty or staff is sick, she/he should not come to institute and follow necessary protocols in this regard.
- iv) All employees and students are instructed to undergo online modules training course on “Basic awareness on COVID”

6. Stay at Hostels, and other residential complexes

The measures as proposed above related to use of mask/face cover, hand hygiene, respiratory hygiene, physical distancing norms and environmental sanitation will apply to hostels and other residential buildings.

Further, the following specific points for Hostels and other residential complexes shall also be followed:

- i. Students who are not local residents of the city/town, or do not have any support at home, or do not have facility for on-line education may be prioritized for allotment of hostel rooms.
- iii. Only asymptomatic boarders should be allowed to join. Symptomatic boarders shall be isolated in the designated isolation facility at the institute, till such time, they are seen by a doctor.
- iv. Proper crowd management in the hostel as well as in outside premises like parking lots – duly following physical distancing norms shall be ensured. All sought of Gatherings shall continue to remain prohibited.
- v. Only one Student is allowed to stay in a room. Any symptomatic student should be provided requisite medical care.
- vi. Mess facility/canteen, shall follow physical distancing norms at all times.
- vii. Hostel should be out of bound for all persons except essential staff with known health status.

7. All the students will be screened by RTPCR test

8. SOP to be followed in case a student/faculty/staff develops symptoms (fever, cough, difficulty in breathing)

- i. Immediately inform to the college authorities to provide necessary treatment. Place the ill person in a room or area where they are isolated from others.
- ii. Inform parents/guardians as the case may be.
- iii. Patient will remain isolated while wearing a mask/face cover till such time

they are examined by a doctor.

vi. Disinfection of the premises to be taken up if the person is found positive.