

***Dispensary***  
*and*  
***Nursing Home***

*Sri Aurobindo Ashram*  
*Pondicherry - 605 002*

*Date .....10/01/2022.....*

**MEDICAL UPDATE**

In view of the increasing numbers of COVID-19 cases, the following precautions are to be taken with immediate effect:

**Students**

- Any student with a cough / cold should not come to school till it is resolved.
- Any student with regular 'morning cold' or chronic conditions should submit to the Section Head a doctor's note clearing them for normal activities.
- Any student with a fever together with usual COVID-19 symptoms (cough, tiredness, loss of taste or smell, sore throat, headache, aches and pains, diarrhoea, etc) should stay at home and call an Ashram Doctor for guidance.

**International travellers**

- All incoming international travellers must follow all current Government rules.
- As the guidelines and rules issued by the Government of India and Government of Puducherry change often, all Guest House In-Charges / Managers must remain up to date and enforce them. Specifically, the term 'countries at risk' and which countries are included in the list is dynamic.
- All international travellers must adhere to Government rules that are in force at any point in time.

*and*

*Date .....*

**Nursing Home**

- At present (06.01.2022), the rules after exit for passengers from Countries at Risk from airport are as follows:
  - home quarantine for 7 days. Test (RTPCR) on the 8th day of arrival in India and if negative, further self-monitor of their health for next 7 days.
  - If tested positive on 8<sup>th</sup> day, the contacts of such positive case will be kept under institutional quarantine or at home quarantine monitored strictly by the concerned State Government as per laid down protocol.
- At present (06.01.2022), the rules after exit for passengers from Countries Not at Risk from airport are as follows:
  - shall self-monitor their health for 14 days' post arrival.
- If travellers under home quarantine or self-health monitoring, develop signs and symptoms suggestive of COVID-19 or test positive for COVID-19 on re-testing, they will immediately self-isolate and report to their nearest health facility or call National helpline number (1075)/ State Helpline Number.
- To avoid any confusion, all incoming international travellers wishing to volunteer at any Ashram Department must contact Bhrata Reddy (94888-18744) before starting work.

**DINING ROOM**

- All guests staying at Ashram Guest Houses wishing to dine in at the Ashram Dining Room must be fully vaccinated.
- All Ashramites and volunteers wishing to dine in at the Ashram Dining Room must be fully vaccinated.

**Dispensary**

and

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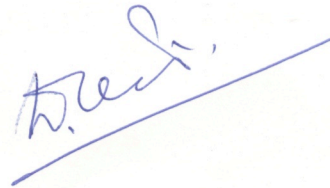
*Date .....*

**Nursing Home**

- Carrier service as per regular procedure may be personally taken by those not fully vaccinated.

**GENERAL**

- In case of a suspected COVID19 case, the following shall apply:
  - The affected individual shall take an RTPCR test as soon as possible (as per Ashram doctor advice);
  - The direct contacts (A category) of the above individual shall isolate themselves till the results are available;
  - If the individual's test results are COVID positive, the direct contacts shall continue to remain in isolation and get themselves tested with an RT- PCR test on Day 6 from date of last contact (Day 1 being the day after the last contact) or stay in isolation for 14 days;
  - If the individual's test results are negative, the direct contacts are free to move about normally.



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