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.
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 8th 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

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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