

Message 2 from O/o DSW

The following is the message from the **O/o DSW** in collaboration with **University Medical Centre**

Safety measures for the Students during COVID -19

A few precautions to take to prevent **COVID** infection are as follows. All these are advised to be followed together and consistently all the time.

1. Social distancing. A 6 feet distance is to be maintained at all times even while using public facilities
2. Hands should be frequently washed with soap water for 20 secs, especially after touching any surfaces.
3. Do not touch face with hands. Clean your hands as above (point no.2) before touching face. Make this a habit
4. Wear mask whenever you step out of room/house. Any handkerchief or cotton cloth double folded will do.
5. Do not self medicate if you have fever. Take medical advise...telephonic advise from Doctor will also do
6. Keep positive...if you follow all of the above, the chances that you will be safe are very good.
7. It is best to stay in well ventilated rooms with good air flow as this will prevent viral particles from stagnating at one place
8. Take enough care of the food and hygiene
9. Avoid direct interactions and activities such as group socializing, gatherings and group games and sports

Remember, it is better to be safe than being sorry. It is better to assume that any person you come in contact with can be corona positive even if he or she is asymptomatic, and take enough care rather than taking a risk. If you follow the above precautions, chances of getting infected will be minimal.

For any need of Psycho-social support, our University Psychological Counselors are available to you for tele-counseling on the following numbers:

Dr Hymavathi - 9515667087

Mr Subhash - 8008477643

Stay Safe!

Links from UGC and toll free number

Share the following video links of Ministry of Health & Family Welfare <https://www.mohfw.gov.in/> on your University/College website, and with students and faculty via e-mail, through social media like Facebook, WhatsApp and twitter etc.:

- Practical tips to take care of your Mental Health during the Stay In <https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
- Minding our minds during the COVID-19 <https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
- Various Health Experts on how to manage Mental health & Well Being during COVID-19 outbreak <https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>
- Behavioural Health: Pschyo-Social toll free helpline - 0804611007