



**PONDICHERY UNIVERSITY**  
(A Central University)  
**BOYS HOSTELS OFFICE**

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*Kalapet, Puducherry- 605 014*

No. PU/UHs/CW/2019-20/ 529

Date: 05.03.2020

**CIRCULAR**

**Sub: IMPORTANT NOTIFICATION TO THE HOSTEL INMATES**

As you are all aware, cases of Novel Corona virus has been reported recently in certain parts of the country.

Necessary steps has taken by the Govt. of India to contain the spread of this virus but creating awareness amongst general public is extremely important to prevent / reduce transmission of the Novel Corona virus.

Hence, in order to create awareness among stakeholders of the University, preventive interventions such as frequent hand wash, respiratory etiquettes (using hand kerchief over mouth while coughing/sneezing, use of tissue paper or using the sleeve of shirt covering upper arm, avoiding of public gatherings, etc.,) would help in preventing / reducing transmission of not only this disease, but also large number of other communicable diseases, notably flu-like illnesses.

Therefore, all the inmates of Hostels are requested to be in cautious to protect from the above diseases.

Further, some of the details given by the UNICEF regarding this corona virus attached herewith for kind information of all the stakeholders of the University to take precautionary measures to prevent from the above disease.

**General Advisory to the Hostel Inmates**

- Stakeholders of the University are advised to **avoid any large gathering** during the course of the day.
- Any student/staff with **travel history to any COVID-19 affected country** or in contact with such persons in last 28 days should be monitored.
- Wardens should be alert, if any student with **signs and symptoms, i.e. fever, cough and difficulty in breathing**, and they should immediately informed to take test with the advice of the Medical Officer.
- Wardens, staff and students should also be advised to take simple public health measures of hand and respiratory hygiene:

**Hand hygiene: Wash hands frequently and thoroughly with soap and water or use alcohol based hand sanitizer, even when hands are visibly clean.**

**Respiratory hygiene:**

1. Everyone should **cover their mouth** with a tissue/hand kerchief (or their sleeve if there are no tissues available) when they cough or sneeze and wash their hands afterwards.
2. **Do not touch** your eyes, nose and mouth.
3. Everyone should **throw away used tissues** in a bin and wash their hands after contact with coughing/sneezing.

**Frequently touched surfaces** - door knobs, switches, desk tops, hand railings, etc., should be disinfected.

In **hostels**, health status of students as well as the other ancillary staff should be **monitored by the hostel wardens on regular basis**. In case, there are suspected cases, the medical officer should be called for examination.

Further, anybody with **signs and symptoms (cough, fever or difficulty in breathing)** should visit health centre with a mask or mouth covered.

  
(Dr. S. SUDALAI MUTHU)  
CHIEF WARDEN-BOYS HOSTELS

*5/3/2020*

*108*  
*05/03/2020*

To

- 1) All the inmates of the Hostel.

Copy to:

- 1) The Asst. Registrar, Vice-Chancellor's Secretariat - for kind information to the V.C.
- 2) The Asst. Registrar, Registrar's Secretariat - for kind information to the Registrar
- 3) The Medical Officers - University Health Centre and PIMS
- 4) The Chief Warden (Girls' Hostel).
- 5) The Deputy Chief Wardens/Wardens
- 6) The Systems Manager - to host in the University Website.
- 7) Notice Board.



# Corona virus

## 1. What is a 'novel' coronavirus?

A novel coronavirus (CoV) is a new strain of coronavirus.

The disease caused by the novel coronavirus first identified in Wuhan, China, has been named coronavirus disease 2019 (COVID-19) - 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV.'

The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold.

## 2. How does the COVID-19 virus spread?

The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing), and touching surfaces contaminated with the virus.

The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it.

## 3. What are the symptoms of coronavirus?

Symptoms can include fever, cough and shortness of breath. In more severe cases, infection can cause pneumonia or breathing difficulties. More rarely, the disease can be fatal.

These symptoms are similar to the flu (influenza) or the common cold, which are a lot more common than COVID-19. This is why testing is required to confirm if someone has COVID-19. It's important to remember that key prevention measures are the same - frequent hand washing, and respiratory hygiene (cover your cough or sneeze with a flexed elbow or tissue, then throw away the tissue into a closed bin). Also, there is a vaccine for the flu - so remember to keep yourself and your child up to date with vaccinations.

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## 4. How can avoid the risk of infection?

Here are four precautions you and your family can take to avoid infection:

1. Wash your hands frequently using soap and water or an alcohol-based hand rub

2. Cover your mouth and nose with a flexed elbow or tissue, when coughing or sneezing, and throw away the tissue into a closed bin
3. Avoid close contact with anyone who has cold or flu-like symptoms
4. Go to the doctor if you have a fever, cough or feel that it is difficult to breathe

#### **5. Should wear a medical mask?**

The use of a medical mask is advised if you have respiratory symptoms (coughing or sneezing) to protect others. If you don't have any symptoms, then there is no need to wear a mask.

If masks are worn, they must be used and disposed of properly to ensure their effectiveness and to avoid any increased risk of transmitting the virus.

The use of a mask alone is not enough to stop infections and must be combined with frequent hand washing, covering sneezes and coughs, and avoiding close contact with anyone with cold or flu-like symptoms (coughing, sneezing, fever).

#### **6. Does COVID-19 affect children?**

This is a new virus and we do not know enough yet about how it affects children or pregnant women. We know it is possible for people of any age to be infected with the virus, but so far there have been relatively few cases of COVID-19 reported among children.

The virus is fatal in rare cases, so far mainly among older people with pre-existing medical conditions.

#### **7. What should do, if child has symptoms of COVID-19?**

Seek medical attention, but remember that it's flu season in the Northern Hemisphere.

The symptoms of COVID-19 such as cough or fever can be similar to those of the flu, or the common cold - which are a lot more frequent.

Continue to follow good hand and respiratory hygiene practices like regular hand washing, and keep your child up to date with vaccinations - so that your child is protected against other viruses and bacteria causing diseases.

As with other respiratory infections like the flu, seek care early if you or your child are having symptoms, and try to avoid going to public places (workplace, schools, public transport), to prevent spread to others.



## **8. What should do, if a family member displays symptoms?**

You should seek medical care early if you or your child has a fever, cough or difficulty breathing.

Consider calling ahead to tell your health care provider if you have traveled to an area where COVID-19 has been reported, or if you have been in close contact with someone who has traveled from one of these areas and has respiratory symptoms.

## **9. Should take child out of school?**

If your child is having symptoms, seek medical care, and follow the instructions from the health care provider. Otherwise, as with other respiratory infections like the flu, keep your child well rested at home while symptomatic, and avoid going to public places, to prevent spread to others.

If your child isn't displaying any symptoms such as a fever or cough - and unless a public health advisory or other relevant warning or official advice has been issued affecting your child's school - it's best to keep your child in class.

Instead of keeping children out of school, teach them good hand and respiratory hygiene practices for school and elsewhere, like frequent handwashing, covering cough or sneeze with a flexed elbow or tissue, then throwing away the tissue into a closed bin, not touching their eyes, mouths or noses if they haven't properly washed their hands.

Instead of keeping children out of school, teach them good hand and respiratory hygiene practices for school and elsewhere.

## **10. Can pregnant women pass coronavirus to unborn children?**

At this time, there is not enough evidence to determine whether the virus is transmitted from a mother to her baby during pregnancy or the potential impact this may have on the baby. This is currently being investigated.

Pregnant women should continue to follow appropriate precautions to protect themselves from exposure to the virus, and seek medical care early, if experiencing symptoms, such as fever, cough or difficulty breathing.

## **11. Is it safe for a mother to breastfeed if she is infected with coronavirus?**

All mothers in affected and at-risk areas who have symptoms of fever, cough or difficulty breathing, should seek medical care early, and follow instructions from a health care provider.

Considering the benefits of breastfeeding and the insignificant role of breastmilk in the transmission of other respiratory viruses, the mother can continue breastfeeding, while applying all the necessary precautions.

For symptomatic mothers well enough to breastfeed, this includes wearing a mask when near a child (including during feeding), washing hands before and after contact with the child (including feeding), and cleaning/disinfecting contaminated surfaces - as should be done in all cases where anyone with confirmed or suspected COVID-19 interacts with others, including children.

If a mother is too ill, she should be encouraged to express milk and give it to the child via a clean cup and/or spoon - all while following the same infection prevention methods.

A handwritten signature in blue ink, followed by the date '2/13/2020' also written in blue ink. The signature is stylized and appears to be 'S. D.'.

**CHIEF WARDEN**  
**UNIVERSITY HOSTELS**  
**PONDICHERRY UNIVERSITY**  
**PUDUCHERRY - 605 014.**