Latest Activities of Health Centre (During COVID-19)

This is to inform that Health Centre remain functional throughout the Lock-Down and Doctors as well as Paramedical staff was 24x7 available to provide any medical assistance to all.











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1. Follow the guidelines of COVID-19 as laid down by MOHFW, GOI strictly.
2. Providing comprehensive medical cover to all the needy patients (24X7)
3. Attending O.P.D., Emergency and providing medications to all the patients.
4. Early detection and referral to COVID-19 centre.
5. Regular monitoring of all COVID-19 Positive cases.
6. Contact tracing and follow up of all COVID-19 Positive cases.
7. Monitoring of all individuals exposed to COVID-19 Positive cases.
8. Referral of all exposed cases for testing if required.
9. Transportation of COVID-19 Positive cases to hospital & back if required with PPE kit.
10. Follow up of COVID-19 patients for any post COVID complications.
11. Taking informative online class regarding awareness, symptoms of the COVID-19 disease, prevention and its management.
12. Psychological counselling of all needy patients.
13. Regular visits to students who were stuck up in hostels during Lock-down.
14. Medical assistance to all the students who use to stay in near-by vicinity in best possible way.

PRESENT PLAN

1. To provide comprehensive medical cover to all the dependant population as per UGC guidelines.
2. To fill up the vacant posts of doctor & nurse
3. To increase empanelled hospitals/diagnostic facilities
4. To issue Health-card to all dependents
5. To procure more medicines at regular interval
6. To organize medical camps more frequently
7. To get all the students insured

FUTURE PLANS

1. Increase more numbers of Doctors including Consultants of various fields.
2. To utilize all equipments optimally
3. To establish a registration counter
4. To increase paramedical staff (Pharmacist)
5. To increase supply of medicines
6. To create better & well equipped centre
   (Future plans are all subjected to availability of funds issued by Finance department)

An Advisory Committee has been constituted by the Competent Authority with reference to Office Order No. 2018/Estt./BBAU/18 dated 21.12.2018 & Office Order No. 162/Estt./BBAU/ 19 dated 17/10/2019 to look into all issues (Administrative/others) related to the Health Centre of the University of which meeting was held on 16.01.2021 minutes of which has already submitted its opinion & comments for persusal & necessary action.

COVID 19 DO'S & DON'TS

DO'S

1. **DO** WASH YOUR HANDS for at least 20 seconds, several times a day. Use soap and water or a hand sanitizer with at least 60% alcohol:

- Before cooking or eating
- After using the bathroom
- After blowing your nose, coughing, or sneezing
-

2. **DO** learn the symptoms, which are similar to flu:

- Fever
- Cough
- Shortness of breath

Most cases do not start with a runny nose.

3. **DO** reconsider travel to affected countries, especially if you have underlying conditions. For people in a higher-risk group -- seniors and people with preexisting conditions -- the agency suggests postponing nonessential travel. It also suggests everyone avoid cruises.

4. **DO** consider taking extra precautions and staying out of public places if you're over 60 years old, or have a condition, as you have a higher risk of developing the disease. Note that as of now, the highest-risk groups appear to be seniors and people with pre-existing condition like heart disease, chronic respiratory diseases, and diabetes.

Contd.

5. **DO** practice **"social distancing":** Avoid large gatherings and crowds in poorly-ventilated spaces, and try to stay at three to six feet away from anyone who's coughing or sneezing.

6. **DO** prioritize your health. Now is not the time to burn the candle at both ends, skip workouts, or ignore a healthy diet—that can weaken your immune system.

7. **DO** check in on high-risk neighbours: older adults and people with serious chronic medical conditions. Monitor their food and medical supplies, and make sure they have people or organizations who can help if they get sick.

8. **DO** cough or sneeze into the crook of your elbow or a tissue, and dispose of the tissue immediately in a covered bin. (You should be doing this whether or not you suspect COVID-19 -- you don't want to spread a common cold, either.)

9. **DO** wear a mask properly around others if you suspect you may have the virus -- the mask itself can be a source of infection if you don't follow the guidelines.

10. **DO** make sure someone in your home knows how to clean properly. Studies suggest that coronaviruses can live on surfaces for a few hours or up to several days. To reduce the chance of spreading COVID-19, wear disposable gloves to clean surfaces regularly with soap and water, followed by a disinfectant to kill the virus. Effective options include a bleach solution of 5 tablespoons per gallon/4 teaspoons per quart of water, solutions with at least 70% alcohol.

Condt.

DON'TS

1. **DON'T** panic. At this point, public health officials still say the risk of becoming infected with COVID-19 is low. Taking proper precautions -- wash your hands! -- and making preparations are the best things you can do.

2. **DON'T** touch your eyes, nose, and mouth. If you *have* somehow come into contact with the virus, touching your face can help it enter your body.

3. **DON'T** go out except to see your doctor, after calling first. And if you do have to go out, avoid public transportation, taxis, and ride-sharing.

4. **DON'T** hang out with your family or pets if you suspect you have the virus. In order to protect them, eat and sleep separately from them, try to stay in one room, and use a separate bathroom if possible.

5. **DON'T** reach for antibiotics. If you happen to have some lying around from a previous illness, you may be tempted. But antibiotics work only on illnesses caused by bacteria, and the coronavirus is -- you guessed it -- a virus

Dr. Vikas Srivastava

Medical Officer

B.B.A.U.

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5. **DO** learn the symptoms, which are similar to flu:

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  Cough

  Shortness of breath

Most cases do not start with a runny nose. Report to nearest health centre if any of these symptoms appear.

6. **DO** prioritize your health. Have a healthy diet and exercise or work out at a secured and safe place to stay healthy.

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