

# Guidelines for all First Year Students Joining On/Off Campus

## Accommodation



Dear Hostel Students,

We look forward to your arrival and have high expectations from you in this new normal.

Just like everything else around us, living in the hostel will require different protocols and more conscious practices to keep everyone safe and healthy. We will remain your partners during your stay in the hostel and want to remind you that we all are required to monitor ourselves and adhere to the safety regulations to protect each other from COVID-19.

Stay Strong and Stay Safe with these following rules, regulations and guidelines:

### **A) Managing Ourselves**

Observing safety protocols to prevent the risk of spreading COVID-19 is the responsibility of the entire hostel community - staff and students alike.

The five behaviors you must embrace:



1. Use the **Sehat App** every day as soon as you wake up.
2. Do not share food items, water bottles, and anything else specifically meant for personal use.
3. Wear your face mask as soon as you leave your room.
4. Use the hand sanitizer when entering and leaving the hostel and wash your hands frequently.
5. Maintain a 6-feet distance from another person.

**B) Pre and Post Arrival protocols**

- **Before arriving** please call the Aga Khan University Hospital (AKUH) call center at +92 21 **111 911 911** to book your COVID-19 test appointment. The validity of test is 72 hours. You must arrange your travelling logistics accordingly.
- **On the day of arrival** students must report directly to the COVID testing site and get themselves tested.
- The test result is expected in 24 hours.
- During this time, depending on the assessment of the physician, you will be required to self-quarantine in your room or in the designated off campus hostel.
- Students declared COVID-19 **Negative** will start formal activities as recommended by the Student Health Physician.
- Any student declared COVID-19 **Positive** would be required to stay in the designated off-campus hostel/Hotel for isolation. They will be re-evaluated during and at the end of self-isolation period by the student health physician based on which decision will be made about discontinuation of isolation.
- During self –isolation for moderate to severe symptoms students may be referred to the ER for evaluation regarding Hospital admission.

**While you are in Quarantine/Isolation at on/off campus Hostel/Hotel:**



- 
- During self-quarantine/ self-isolation period, movement of students would be restricted and they will not be allowed to leave the hostel /hotel premises or socialize with anyone.
  - Entry into the hostel for visitors would be strictly restricted. Only maintenance complaints would be attended.
  - During this time, room cleaning will be the responsibility of the individual student to avoid any further individual exposure.
  - On-campus/off campus hostels have sufficient laundry rooms; each student in self-quarantine may wash their clothes at staggered timings while taking all safety precautions.
  - During this self-quarantine and self-isolation period, NFSD will provide packed economy meals in hostels to all hostilities. Students will not be charged for the food during this isolation period.
  - During self-quarantine/self-isolation students will not be allowed to order or accept food from an outside caterer/franchise.
  - Stay connected with family and friends remotely.

**What to Do if You are Sick during Quarantine /Isolation period:**



- If you have symptoms such as cough, fever or other respiratory problems, contact Student Health Services or the 24/7 employee and student Hotline **+92-300-827-8350** (08:00am-8:00pm) / **+92-305-222-1486** (8:00pm-08:00am) or email [student.healthpk@aku.edu](mailto:student.healthpk@aku.edu) to get advice about your problem.
- TELE-CLINIC may be the option to contact your student physician depending on your complaint. Check with the Student Physician/Nurse, or schedule an appointment online with Student Health Services.
- Stay in contact with Hostel Team and MONITOR your symptoms. Follow-up for instructions via PHONE and EMAIL with Student Health Services.
- Stay connected with family and friends remotely.

### **C) Using the Sehat App**

The Sehat check will assess your health status. After logging in and answering questions related to your symptoms you will receive either a green or a red card.

The **green** card allows you to continue with your academic/other commitments.



The **red** card suggests that you are not well. At this time, the Student Health nurse, the hostel manager and your program lead will be automatically informed. You must stay in your room regardless of your symptoms. Contact the Student Health Services or call 24/7 employee and student Hotline at **+92-0300-827-8350** (08:00am-8:00pm) or **+92-0305-222-1486** (08:00pm-08:00am) for consultation and inform Hostel Team for facilitation. Please call them at Ext 5491 /5492.

#### D) Wearing your mask

**Be a role model** – you **MUST** wear a surgical mask within and around the hostel premises.



Wearing a mask will help protect yourself and people around you, including those at higher risk of severe illness from COVID-19 and workers who may frequently come into close contact with others and are around you. Learn more about face coverings [here](#)

#### E) Hand Hygiene

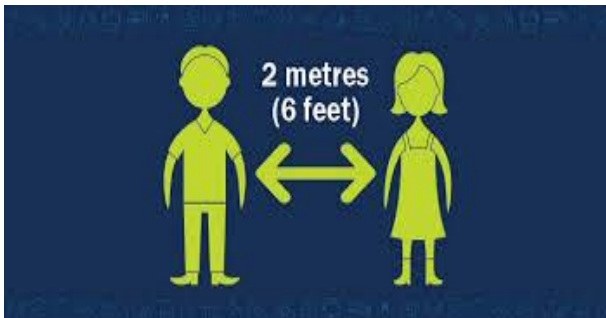
You must use the hand sanitizers installed at the hostel entrance and within the hostel at multiple locations which **SHOULD** be used while entering and leaving the premises.



Hands should be washed with soap and water for at least 20 seconds when visibly soiled, before eating, and after using the restroom. Learn more about handwashing [here](#)

### **F) Physical Distancing**

To practice social or physical distancing, please stay at least 6 feet (about 2 arms' length) from another person, both indoors and outdoors; particularly from those who are not family members. Learn more about maintaining physical distance [here](#).



### **G) Within the Hostel**

1. Maintain social distancing when using public facilities such as the laundry, pantry and washroom.
2. Do not plan large gatherings or meet groups of other hostel residents. Remember: The more people an individual interacts with at a gathering and the longer that interaction lasts, the higher the potential risk of becoming infected with and spreading COVID-19.
3. Take care of your emotional health. Physical distancing doesn't mean social isolation. Connect with family and friends remotely.

**H) Upon joining: please bring with yourself a COVID kit**



Your COVID kit should include:

**Surgical Masks:** It should be worn by when traveling back to campus. This provides greater protection from others who may have the virus.

**Hand Sanitizer that contains at least 60% alcohol:** It can be used where sinks are not available.

**Alcohol Swabs:** You can disinfect surfaces which are touched frequently.

**Thermometer:** You will have to monitor your temperature daily. When you assess yourself on the Sehat app, this will be required. Anything more than 38° should be reported.

**Supplies to clean your room.** Daily cleaning /disinfecting surfaces is best practice to prevent COVID-19.

**I) Stay connected: Some Important Contact Info:**

<b><u>Hostel</u></b>	<b><u>Student Health Services (SHS)</u></b>	<b><u>Counseling Services Wellness Office</u></b>
<p><b><u>Female Hostel Staff:</u></b> Ext .5491/5492</p> <p><b><u>Manager Female Hostel</u></b> Mehrunissa Kabani Ext .5455 Email ID: <a href="mailto:mehrunissa.kabani@aku.edu">mehrunissa.kabani@aku.edu</a></p> <p><b><u>Hostel Coordinator for COVID-19</u></b> Hina Jiwani Ext.5534</p> <p><b><u>Hostel Coordinator for Safety &amp; Security</u></b> Almas Shehzad Ext. 5534</p>	<p><b><u>Chair of the Student Health Services</u></b> Dr .Aziz Jiwani</p> <p><b><u>Student Health Physician</u></b> Dr. Samar Zaki</p> <p><b><u>Student Health Nurse:</u></b> Ms.Noorjehan Momin</p> <p><b><u>Student Health Services (email.ID)</u></b> <a href="mailto:student.healthpk@aku.edu">student.healthpk@aku.edu</a></p>	<p><b><u>Associate Director</u></b> Dr Hadia Pasha Ext. 4456 Email ID: <a href="mailto:hadia.pasha@aku.edu">hadia.pasha@aku.edu</a></p> <p><b><u>Student Counsellor</u></b> Ms. Sarah Ahmad</p> <p><b><u>Student Psychiatrist</u></b> Dr. Sana Siddiqui</p> <p>Get an appointment by emailing at <a href="mailto:student.counsellor@aku.edu">student.counsellor@aku.edu</a></p>

<p><b><u>Male Hostel Staff:</u></b></p> <p>Ext 4421/4422</p> <p><b><u>Manager Male Hostel:</u></b></p> <p>Tabassum Nadeem Ext. 4420</p> <p>Email ID: <a href="mailto:tabassum.nadeem@aku.edu">tabassum.nadeem@aku.edu</a></p> <p><b><u>Hostel Coordinator for COVID-19 &amp; Safety &amp; Security</u></b></p> <p>Ghulam Hassan Ext. 4421</p>	<p><b><u>24/7 Employee and Student Hotline</u></b></p> <p><b>0300-827-8350</b> (08:00am-8:00pm)</p> <p><b>0305-222-1486</b> (08:00pm-08:00am)</p> <p><b><u>Call Centre for Scheduling COVID test appointment</u></b></p> <p>Please call (021) 111 911 911</p>	<p><a href="mailto:student.psychiatrist@aku.edu">student.psychiatrist@aku.edu</a></p>
---	---	---

*Last updated: April 5, 2021*