



राष्ट्रीय प्रौद्योगिकी संस्थान मिजोरम
NATIONAL INSTITUTE OF TECHNOLOGY MIZORAM
(An Institution of National Importance under the Ministry of HRD, Govt. of India)
CHALTLANG, AIZAWL, MIZORAM - 796012

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F. No. NITMZ/Adm./4/2018/379

Date: 16 MAR 2020

NOTICE

In the wake of the ongoing threat of COVID-19 globally and consequent to the decision of the State Government of Mizoram vide Press Release dated 16.03.2020, the NIT Mizoram hereby notifies to undertake the following measures:

1. Though classes are suspended, all Faculty members and Non-Teaching officers and staff are advised to remain in station. As a precautionary measure, all incoming faculty members arriving at Aizawl shall proceed to the Health Care Centre for thermal screening on arrival and followed up after 2 weeks.
2. Thermal screening shall be conducted for the students in station and all Faculty members, Non-Teaching officers and staff and all outsourced manpower i.e. Security, Housekeeping and Mess personnel w.e.f. 17.03.2020 onwards as:

17.03.2020 - Faculty
(11:00am - 1:00pm)


17.03.2020 - Students
(1:30pm-5:00pm)

18.03.2020 - Non-Teaching officers and staff
(9:00am-1:00pm)

18.03.2020 - All outsourced personnel
(1:30pm-5:00pm)

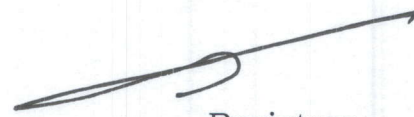
The Health Care Centre under the charge of Dr. Lalnuntlana, Gen. Physician, NIT Mizoram shall ensure thermal screening on full count and to take follow up measures.

3. Hand wash solutions/hand sanitizers shall be provided to the Academic and Administrative premises. The Superintendent, NIT Mizoram is entrusted for compliance.
4. Handout on the precautionary measures against COVID-19 infections is appended at Annexure-I. All fraternity members are advised to minutely go through the handout.
5. All fraternity members of the Institute are advised to maintain proper hygiene, maintain their bodies through regular exercise regimen, maintain proper nutrition so as to gain robust immunity and further urged to refrain from participating in public gatherings etc. If any symptomatic condition of COVID-19 is suspected, Dr. Lalnuntlana, Gen. Physician, NIT Mizoram (Ph.9612147615) or Mr. Benjamin Lalbiakmuana, Superintendent, NIT Mizoram (Ph. 9862786550)


(Dr. LALTHANCHAMI SAILO)
Registrar,
NIT Mizoram

Copy to:

1. Director, NIT Mizoram
 2. All Deans
 3. Deputy Registrar, NIT Mizoram
 4. Executive Engineer (Civil), NIT Mizoram
 5. All HoDs
 6. Asst. Librarian
 7. Dr. Lalnuntlana, Gen. Physician, NIT Mizoram
 8. Mr. Chayan B. Deb, Mess Contractor
 9. Mr. Kalita, NESS
 10. Mr. Eric Lalremruata, MC&SSA
 11. Superintendent
 12. Mr. Sandeep Kumar Dash for uploading on the Institute's website.
 13. Concerned file
 14. Order Guard file
- } with an advisory to follow the notification.


Registrar
NIT Mizoram

Diagnosis of COVID-19 (by W.H.O.) :

Includes : (rRT-PCR, Immunoassay, CT Scan etc.)

Standard Method of Testing : rRT-PCR (real-time Reverse Transcription Polymerase Chain Reaction)

-samples can be obtained from Nasopharyngeal Swab or Sputum.

Important points to know about Coronavirus (by UNICEF) :

1. *Coronavirus lives on the hands for 10 minutes, so putting an Alcohol Sterilizer in the pocket meets the purpose of prevention.*
2. *The Virus does not settle in the Air but is grounded, so it is not transmitted by Air.*
3. *The Virus when it falls on the Fabric remains 9 hours, so Washing clothes or being exposed to the Sun for 2 hours meets the purpose of killing it.*
4. *The Virus when it falls on a Metal surface, it will live 12 hours, so Washing hands with Soap and Water well enough.*
5. *Gargle with Warm and Salt Water kills the Tonsils Germs and prevents them from leaking into the lungs.*
6. *The Coronavirus is Large in size where the Cell Diameter is 400-500 micro and for this reason any Mask prevents it's entry.*

Basic Protective Measures against SARS-CoV-2 :

1. *Washing Hands frequently for at least 20 seconds with Soap & Water or clean Hands with Alcohol-based Hand Rub.*
2. *Maintain social distancing – maintain at least 1 metre distance between yourself and anyone who is coughing or sneezing. Avoid Public gathering or crowded places.*
3. *Avoid close contact with anyone with Cold or Flu-like Symptoms.*
4. *Avoid Shaking hands, or with strangers.*
5. *Avoid touching eyes, nose and mouth*
6. *Practice Respiratory Hygiene – Cover your Mouth and Nose with bent elbow or handkerchief or Tissue or Mask when you cough or sneeze, then dispose of the used tissue immediately, and/or wash them properly.*
7. *If you have Fever, Cough and Difficulty breathing, seek medical care early.*
8. *Avoid unprotected contact with live Wild or Farm Animals.*
9. *Thoroughly cook meat and egg.*
10. *Stay informed and follow advice given by your healthcare provider.*