



**MAY (YOU)
CLIMB FROM
PEAK TO PEAK**

HMI/COVID/Trg/2020-21

Mar 2020

All Students

COVID-19 CORONA VIRUS ADVISORY/PRECAUTIONARY MEASURES FOR STUDENTS

1. Due to ongoing epidemic of Corona Virus (COVID-19), students are advised to take following precautions prior to joining the Mountaineering Course :-
 - (a) Maintain good Health & Hygiene.
 - (b) Avoid crowded places and outside food.
 - (c) Do not travel abroad especially to those countries where large number of cases have been detected.
 - (d) Carryout immediate medical checkup incase of doubt.
2. Also, anyone has travelled abroad in last month he/she should get his/her medical checkup done and also report the details of the travel to HMI Darjeeling(WB). The details covered should be as follows :-
 - (a) Date and period of journey.
 - (b) Country visited.
 - (c) Copy of passport.
3. A preliminary medical checkup/clinical screening will be done at the time of reporting for all the students in which if a student is observed to be suffering from high fever cover 100° Celsius and also having cough, he/she will be referred to the District Hospital, Darjeeling and will not be allowed to undergo the course subsequently.
4. In addition to HMI Darjeeling Medical Certificate, students are required to carry Medical Fitness Certificate and Self Certificate as per format attached as **Appendices `A` and `B`**.
5. Advisory for Corona virus issued by Unicef is also enclosed as **Appendix `C`** for your further necessary action.
6. **Foreigner Trainees** As per Sikkim Govt Notification No Home/Confdl/119/2020/1274 dated 05 Mar 2020 Inner Line Permit for foreigner has been suspended till further orders. It is advised that foreigner trainees if planned to visit HMI, may contact on mob No 7602215312 and 9064851452.
7. For strict compliance please.

Sd/-----
(Jai Kishan)
Gp Capt
Principal

NOO

D (HMI), Govt of India,
Ministry of Defence
Room No 225F, 'South Block'
DHQ, PO New Delhi-110011

- for your info please

Appendix `A`

(Reference to Para 4 of HMI letter No
HMI/COVID/Trg/2020-21 dt Mar 2020)

MEDICAL FITNESS CERTIFICATE

(To be signed by a registered medical practitioner holding a degree not below that of MBBS)

(TO BE SUBMITTED AT THE TIME OF REPORTING)

(Refer training programme of courses for the year 2020-2021)

1. I certify that I have carefully examined Mr/Ms_____
Son/daughter/wife/husband_____. Based on the
examination, I certify that he/she is in good health and is free from signs and symptoms of
corona virus (COVID-19) which may interfere with his/her course including the active
outdoor Adventure Activity.

- (a) Fever - Detected/not detected.
- (b) Cough - Detected/not detected
- (c) Any other symptoms if any _____

Signature of the candidate_____

Place :

Date :

Name & Signature of the Medical Officer
With Seal and registration number

Note : It is mandatory for all students to bring this medical certificate duly signed by Medical
Officer.

Appendix `B`

(Reference to Para 4 of HMI letter No
HMI/COVID/Trg/2020-21 dt Mar 2020)

SELF CERTIFICATE

1. I, Mr/Mrs/Miss _____ S/D/O _____
certify to the best of my knowledge that I have not come in contact with any COVID-19
(Corona Virus) affected persons and not travelled to any foreign country in last one month.

2. I also certify that, I do not possess fever over 100° Celsius and cough which are the
basic symptoms of COVID-19(Corona Virus).

Place :

Date :

Name & Signature of the student

Note : It is mandatory for all students to bring this self certificate duly signed by itself.

Appendix `C`

(Reference to Para 5 of HMI letter No
HMI/COVID/Trg/2020-21 dt Mar 2020)

UNICEF

1. **Corona Virus** is large in size where the cell diameter is 400-500 micro and for this reason **`any mask prevents its entry`**.
2. The virus does not settle in the air but is grounded, so it is **`not transmitted by air`**.
3. Corona virus when it falls on a metal surface, it will live 12 hours, so **`washing hands with soap`** and water well enough.
4. Corona virus when it falls on the fabric remains 9 hours, so **`washing clothes`** or **`being exposed to the sun for two hours`** meets the purpose of killing it.
5. The virus lives on the hands for 10 minutes, so putting an **`alcohol sterilizer`** in the pocket meets the purpose of prevention.
6. If the virus is exposed to a temperature of 26-27° Celsius, it will be killed, as it does not live in hot regions. Also **`drinking hot water and sun exposure`** will do the trick and **`stay away from the ice cream and eating cold`** is important.
7. **Gargle with warm and salt water**, kills the tonsils, germs and prevents them from leaking into the lungs.
8. Adherence to these instructions fulfils the purpose of preventing viruses.