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Advisory on COVID-19 (OMICRON VARIANT)



By

Blue Circle Medi Services



BLUE CIRCLE MEDI SERVICES HEALTH CIRCULAR

Advisory on “COVID-19” (OMICRON VARIANT)

Introduction: The Omicron Variant is a variant of SARS-COV-2, the virus that causes COVID-19. It was first reported to the WHO from South Africa on 24th November, 2021. The variant has an unusually large number of mutations several of which are Novel and a significant number of which affect the spike protein targeted by most COVID-19 vaccines at the time of discovering the Omicron variant. This level of variation has led to concerns regarding its transmissible, immune system, evasion and vaccine resistance.

As cases of infection with the omicron variant of the corona virus multiply around the world, scientists are racing to characterize the heavily mutated variant to understand how it spreads and gauge new risks during this wave of the pandemic. More data is needed to know if Omicron infections, and especially reinfections and breakthrough infections in people who are fully vaccinated, cause more severe illness or death than infection with other variants.

As the COVID-19 situation will continue to remain dynamic the protocols may change accordingly.

Diagnostic Method: The most accepted and commonly used method of diagnostic for SARS-CoV2 Variant is RT-PCR method. This method detects specific genes in the virus.

Signs and Symptoms of OMICRON variant: Signs and symptoms include respiratory symptoms and include fever, dry cough and shortness of breath. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome and sometimes death

Precaution: ICMR director general **Balram Bhargava** issued a call to avoid non-essential travel and mass gatherings, and observe low-intensity festivities — especially to mark the new year,

Shahid Jameel writes: It is time to increase the pace of vaccination, keep hospital capacity ready and urgently formulate clear policies on vaccine boosters and vaccinating all.

Other practical measures includes : COVID appropriate behaviour

- physical distancing on campus
- avoid events and gathering, avoid closed auditorium with crowd.
- adequate and frequent ventilation in rooms
- good hand hygiene, wash your hands often with soap and water for at least 20 seconds, avoid touching your eyes, nose, and mouth with unwashed hands.
- use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- sufficient cleaning/self cleaning practice, clean and disinfect frequently touched objects and surfaces.
- wearing mask appropriately, cover your cough or sneeze with a tissue, then throw the tissue in the trash
- avoid all non-essential, frequent travel and unnecessary movement on campus.
- testing and isolation post travel /on arrival.
- avoid close contact with people who are sick, stay home when you are sick.
- cross ventilation in rooms and class rooms to be encouraged.



FOLLOW ALL FIVE RULES TO FIGHT COVID-19

Wear Masks

Wash Hands
Frequently

Observe
Respiratory
Etiquette

Maintain
Social Distance

Clean And
Sanitize
Workplace
Frequently

What can we do on campus?

1. Ensure COVID appropriate behaviour on campus
2. Vaccination is mandatory on campus, all with single vaccination should be advised to complete their vaccination.
3. Maintain physical distance, on campus insist on hand hygiene.
4. Mask is mandatory, ensure your mask is right fit, if one is double masking and one of the mask is a loose fit, then the other mask can't protect you, don't touch or adjust mask, don't pull the mask from front.
5. Avoid unnecessary travel and restrict visitors on campus to certain areas only.
6. Aarogya setu app to be activated on phones post travel.
7. Travel from infected states to be dealt as most vulnerable and isolation to be implemented.
8. All traveling in and out of campus will carry RTPCR negative report, 3 days of isolation/ restricted movement will be advised, & for some Rapid Antigen Test may be advised by the medical team.
9. Sufficient stock of PPE kits, emergency medicines, and equipment on campus.
10. Medical team will assess the patient and decide if the patient is to be kept at isolation or requires shifting to a hospital.
11. Divide the campus in 3 zones mild exposure, moderate exposure and severe exposure zone, conduct risk assessment of mild moderate and severe zones accordingly put COVID awareness posters and conduct briefing of deployed staff.
12. Awareness generation posters to be pasted at prominent places on campus.
13. COVID refresher workshops/quiz to become a part of student activity /club activity.
14. All symptomatic patients will be immediately isolated, as advised by the doctor on duty.

SYMPTOMS OF COVID-19 INCLUDING OMICRON VARIANT		
MOST COMMON SYMPTOMS	LESS COMMON SYMPTOMS	SERIOUS SYMPTOMS
FEVER	SORETHROAT	BREATHLESSNESS
COUGH	COLD(RUNNY NOSE/SNEEZING)	
TIREDNESS	DIARRHOEA	
LOSS OF TASTE OR SMELL	EYE IRRITATION	
	SKIN RASHES	

Testing and following COVID appropriate behaviour is essential need of the hour.



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