

What it takes to be Quarantined?

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First of all, I want to thank Prof. Hari and Prof. Dipshikha for giving me the opportunity to share my experience of being quarantined. I visited USA this year in March to attend a conference in Denver, Colorado. When we started our journey from India, the pandemic situation of Corona Virus was not that severe, and we could travel freely to USA without any checking. By the time we came back to India, the situation had gotten much worse. Since I was coming back from one of the hotspots of the pandemic, I was suggested to come back straight to the IISc campus. The institute was prompt tracking us and providing us with support. I had travelled through four different airports to finally reach Bangalore. The situations at the airport really scared me and I was anxious to start my quarantine thinking that I might have been infected by CoVID-19. To be honest my overall experience of 14 days isolation was great. Although we were absolutely isolated from any human interaction, timely supply of great food and other necessary items kept our morale going. I was staying in the Guest house of IISc where I had separate access to washroom, toilet, water and food. We were constantly in touch with the IISc Health Centre via a doctor who kept us in check each and every day. The institute and the team fulfilled all our demands and for that I am grateful to them. By the grace of god, I never showed any symptoms of being infected and I finished my quarantine successfully. In the end of my quarantine period, I understood the importance of this decision. It is the only way to restrict the spread of the virus and I applaud IISc for arranging everything for us. Now for the students who will be coming back from different regions of the country, I have some tips to share.

1. Being quarantined simply means that your interactions with any other person (friends, workers) need to be minimum for this period. Take this very seriously and strictly obey the rules of quarantine provided by the institute/government. By doing that you will be making sure that you are not spreading infection to others (if you are infected) as well as you are also not getting infected by others.
2. Always wear mask when you are out in the public and frequently wash hands after/before touching your nose and mouth.
3. While sneezing or coughing always cover your mouth.
4. Carefully use the common facilities like washrooms/toilets/watercooler/mess etc. and be considerate of others.
5. Follow the social distancing rule always and don't forget to carry your tiffin boxes to the mess every time you visit.
6. Importantly, be compassionate with yourself and with others. Looking the current situation through others' point of view will keep you motivated in the isolation. Helping each other will get us through this situation quickly.
7. Keep your immunity high by eating well and exercising is possible. Monitor your physical as well as mental health every day and ask for help if needed.

I wish everyone a great and happy quarantine time and I'm sure everyone will successfully finish their quarantine time. We are looking forward to welcome you in IISc. Wish everyone a happy and safe journey. Thank you.