

## **Health Guidelines For the LUMS Students**

The health of the LUMS students is of foremost importance. As a vibrant community where students live, learn, and grow, it is crucial to follow health guidelines to ensure their well-being.

### **General Guidelines**

- You must be fully vaccinated against COVID-19.
- Keep your COVID vaccination status up to date with the required data on Zambeel.
- Take regular showers and disinfect or wash your hands before eating anything.
- Cough and sneeze into your elbow or use tissue paper. Never cough, or sneeze into your hands or in the open air. Dispose of used tissues properly in designated bins.
- Help keep the campus clean by avoiding littering.
- You must carry your personal hand sanitizers and use them when needed.
- Smoking is prohibited and is allowed only in designated areas on the campus. Smoking in non-designated areas will result in fines of Rs. 5,000 (first violation), Rs. 10,000 (second violation) and in case of third violation, the student will immediately be revoked of campus access privileges and hostel accommodation for the semester.
- It is highly recommended to receive a Typhoid vaccination if you intend to use the swimming pool.

As a community, it is important for us to be vigilant and observe protocols that will mitigate the risk of infection transmission to others.

### **Specific Guidelines in Case of Sickness**

1. If you experience symptoms such as fever, body aches, sore throat, frequent sneezing or coughing, blisters/red spots, or any other health issues (even milder ones), it is essential to practice social distancing, wear a mask and promptly visit the LUMS Medical Center for a checkup. If you are diagnosed as sick, please follow these guidelines:
  - a. You **MUST** wear a face mask in any enclosed premises or activities, such as lectures or training.
  - b. Wear a mask during outdoor gatherings as well.
  - c. Ensure that the face mask covers your nose and mouth completely. If you need to briefly remove it outdoors, secure it under your chin.
2. If you are certain that you have been exposed to someone with a contagious viral infection, specifically COVID-19, immediately consult with the doctor at the campus Medical Center.
3. Close contacts of infected students should take precautions such as masks and social distancing.

*(Definition of close contact: A close contact is defined as any individual who was within 6 feet of an infected person for a cumulative total of at least 15 minutes over a 24-hour period starting from 2 days before illness onset or, for asymptomatic patients, 2 days prior to positive specimen collection).*

4. If you have tested COVID-19 positive, immediately notify LUMS by emailing [campus.health@lums.edu.pk](mailto:campus.health@lums.edu.pk).

5. As soon as we find out that a COVID positive student has attended in-person classes, LUMS will immediately notify the instructor of the course, the HOD, and the dean.
6. In case of any contagious viral infection (including COVID-19, Monkeypox, Chickenpox, etc.), students are required to promptly isolate themselves from others and immediately return to their homes. Additionally, the parents or guardians of the affected student may be notified and requested to pick them up from campus. Upon recovery and returning to campus, the student must immediately obtain clearance from the doctor at the LUMS Medical Center before joining classes.

### **Additional Guidelines for Resident Students**

- In the case of any contagious viral infection (including COVID-19, Monkeypox, Chickenpox, etc.), students residing in the hostels will be relocated to an isolation facility. Their parents or guardian will be informed, and a choice/approach for treatment will be agreed upon depending on the changing situation, e.g., parents or guardian pickup, treatment in an agreed hospital with an attendant arranged by the family.
- If the doctor recommends a lab test while the student is in the isolation center, then the student will bear the cost. The University has made arrangements with some credible pathology labs in Lahore to pick up onsite samples.

### **Isolation Facilities:**

- Isolation centers are available on the ground floor of M5 for males and F5 for females.
- Students will not be allowed to leave their rooms. Staff will help them access food.
- The nursing staff from the Medical Center will take your vitals and coordinate with the doctor at the Medical Center.
- Student will have telephone access to the housing staff (Ph: M5: 042 3560 8000 ext. 2641, F5: 042 3560 8000 ext. 2761 and the Medical Center (Ph: 042 3560 8000 ext. 8500).
- In case of serious symptoms, student will be moved to a hospital in consultation with their parents/guardians. Attendant and all expenses must be arranged by the student's family and/or through student's insurance cover. You can return to campus once you have clearance from the hospital and from the LUMS Medical Center doctor.

### **Health Support on Campus for all LUMS Students**

- Nursing staff and doctors at the Medical Center are available 24 x 7 x 365.
- Availability of COVID-19 Rapid Antigen test at the Medical Center.
- Psychological Support - Students feeling distressed are encouraged to seek help from campus counselors at 0307 024 7704 or [student.counselling@lums.edu.pk](mailto:student.counselling@lums.edu.pk). For more details, you can visit <https://caps.lums.edu.pk/>.
- Health insurance cover through IGI.

### **Guidelines For LUMS Medical Center**

- The Medical Center is designed to provide medical treatment for general ailments, with a particular focus on walk-in patients. In the event of a serious medical condition requiring immediate intervention or specialized care, such as heart disorders, epilepsy, broken bones, brain hemorrhages, and similar emergencies, we strongly advise reaching out to emergency services by dialing Rescue 1122 and notifying the LUMS main gate for local assistance in directions (Ph: 042 3560 8000 ext. 2560).

- To get treatment at the Medical Center, present your LUMS smart card at the reception of the Medical Center.
- Making noise is strictly prohibited in the Medical Center.
- Only one attendant is allowed to stay with the patient in the LUMS medical center.
- The washroom in the Medical Center is only for the use of admitted patients.
- Student who requires wheelchair will fill and submit a wheelchair reservation form to the Medical Center's staff and acknowledge to all the terms and conditions.

### **In case of Violation of Health Guidelines**

In case of a violation of the health guidelines, fines and penalties are imposed on students.

- First violation - a fine of Rs. 10,000
- Second violation, the student will immediately be revoked of campus access privileges and hostel accommodation (if availing) for the semester.

### **Collaborations**

LUMS has collaborations with the following laboratory and hospitals, providing the community with various benefits upon verifying their identity through the LUMS smart card. The benefits include:

#### **a) Dr. Essa Laboratory and Diagnostic Center:**

- 50% discount on laboratory services
- 30% discount on radiology services
- 25% discount on dental services
- 10% discount on routine COVID PCR
- 50% discount on pre-employment and annual medicals
- Free sample collection for the LUMS community residing within LUMS premises and in the surroundings of laboratory's network branches in various cities.

#### **Contact Information:**

- Website: <https://dressalab.com/>
- Contact Number: 0331 2195120

#### **b) Farooq Hospital:**

- Flat 20 % discounts (excluding OPD) on hospital services, e.g., in-patient, emergencies, lab, and diagnostic services, upon showing LUMS smart card.
- For priority OPD bookings, one can present a LUMS smart card on the counter or give details over the phone. However, LUMS community affiliates can get a privilege membership card on their first visit to Farooq Hospital, DHA, Lahore.
- The Psychological and Psychiatric teams' close collaboration with LUMS counselling and psychological services (CAPS) regarding the mental health challenges.
- Twice a year, medical camps and regular awareness sessions are held (as per need and agreed schedule).

#### **Contact Information:**

- Website: <https://farooqhospital.com/farooq-hospital-dha-branch/>
- Contact Numbers: 0330-0600800, 042-3570 9673, 042-3570 9938, 042-3572 9756

**c) Integrated Medical Care Hospital:**

- Integrated Medical Care (IMC) Hospital shall provide OPD, medical services, diagnostic facilities, and treatment options to patients referred by the qualified healthcare professionals at agreed-upon discounted rate of 10% to the rack rates. Please note, no discounts will be applied on outsourced Lab tests and MRI.
- IMC hospital, in cooperation with LUMS’s healthcare professionals and students shall establish and operate free clinics at LUMS.
- IMC shall offer clinical training opportunities, internships, and rotations for the LUMS’s healthcare management and allied students, providing them with hands-on experience in a real healthcare setting.

**Contact Information:**

- Website: <https://www.imchospital.com.pk/>
- Contact Numbers: 042 37178904, 0300 0341462

**d) Saleem Memorial Hospital:**

Saleem Memorial Hospital (SMH) shall provide OPD and medical services to the LUMS community, including their parents, spouses, and children under the age of 21 years on the discounts as follows:

<b>Sr. #</b>	<b>Departments</b>	<b>Discount</b>
1	Room/Ward Charges	20%
2	IPD Consultation	25%
3	Laboratory (IPD)	20%
4	Radiology (IPD)	20%
5	Surgical Procedure Charges	20%
6	Emergency & General Services (Accidental and Life Saving Case)	20%
7	Procedures (Short Stay & OPD)	20%
8	Pharmacy	5%
9	Laboratory (OPD)	20%
10	Radiology (OPD)	20%
11	Radiation Oncology	5%
12	Walk-In Clinic	25%
13	Consultation Fee (OPD) – Visiting Doctors	10%

\*The consumable surgical items shall be invoiced at their original prices, and no discounts shall be extended to such items.

- All payments shall be made by the person availing discounted services at the time of the provision of services.
- Above medical services discounts are cash discounts, hence will not be available for the patients treated under a cashless process typically supported through an insurance company.
- Non-emergency cases pertaining to LUMS community members that requires full or partial financial support will be referred by “Campus Health” or any other designated office, SMH will run it through their designated office and will share the outcome with the patient in a weeks time.
- The services for walk-in clinic from its senior registrar shall be with fee of PKR 750/- (timings: from 10 am to 4 pm).

**Contact Information:**

- Website: <https://smh.org.pk/>
- Contact Number: 042 34509999

**e) Evercare Hospital Lahore:**

- Evercare Hospital Lahore (EHL) will provide a flat 15% Discount (Cash basis) on healthcare services including OPD, Emergency, Lab / Diagnostic, and In-Patient services upon showing LUMS smart card for faculty, staff, students, and alumni. While obtaining this special discount, no other Debit/Credit Card discounts will be entertained.
- All payments shall be made by the person availing of discounted services at the time of the provision of services.
- Discounts will not be available for patients treated under a cashless process typically supported by an insurance company.
- The discount will NOT be applicable to food nutrition services, consumables, pharmacy, and implant services, which will be provided at actual cost.
- Evercare Hospital/Evercare Group will offer Research and Internship opportunities (with a wide range of programs) for LUMS Health Management and Innovation students and other related disciplines/programs to get exposure not only to medical and clinical experts in Pakistan but also in Nigeria and Kenya in Evercare Group Hospitals.
- Evercare Hospital also offers an opportunity for standardized practice in Data querying on certain tests of diseases like Diabetes and Hypoglycemia for research purposes. EHL and LUMS to develop and work together for Real League of Hi-Tech Health Interventions in Pakistan, whereas EHL secondary data can be used for health interventions.
- LUMS Computer Science faculty/students may plug into EHL HIMS data for research purposes after approval from the EHL Ethics and Research Committee.
- LUMS may launch/offer new scholarship-based healthcare programs for Pakistani students with clinical practices at Evercare Group Hospitals in Kenya and Nigeria. The program would be co-supported and branded by Evercare Hospital Lahore.
- EHL representation in Kenya and Nigeria enables them to build bridges between these countries and help LUMS promote its programs and bring on board international students.
- EHL also helps in generating funding opportunities for the LUMS National Outreach Program (NOP).
- With an affiliation with the College of Physician and Surgeons (CPSP) Pakistan, EHL offers a post-graduate Research Training program in four specialties i.e. Cardiology, Cardiac Surgery, Anesthesia, and Pain Management for LUMS faculty and students as a Fellowship Research opportunity in Clinical and Allied Health Sciences.
- EHL and LUMS may collaborate for the management of the LUMS Medical Centre (24/7) with sustainable efforts and to work for better and advanced healthcare in Pakistan.
- EHL will organize free Health Awareness Sessions/Talks for LUMS faculty, students, and staff by EHL healthcare professionals/expert consultants on health issues regularly according to their needs and availability.

**Contact Information:**

- Website: <https://www.evercarehospitallahore.com/>
- Contact Numbers: Tel: 042 111 227 333, WhatsApp: 0310 7777024, 0313 777284

**Specialized Clinics**

LUMS presently operates two free clinics at its Medical Center and has ambitious plans to broaden this service by partnering with additional free clinics. Further information about the current free clinics is provided below:

**a) Dermatology:**

Keeping in view the everyday skin related problems, Dr. Qazi Hammad Ahmed; MBBS, FCPS (Derma), dermatologist consultant at the National Hospital & Medical Center, Lahore, is currently running this clinic for one hour every Tuesday.

**b) Gynecology:**

As per the demand and need for gynecological advice among our female community at LUMS, we therefore started a free gynecology clinic at the LUMS Medical Center in collaboration with Farooq Hospital. A qualified gynecologist is available every Friday for one to two hours.

**Note:** To avoid any inconvenience, individuals are advised to book a slot for the free clinic by presenting their LUMS smart card at the Medical Center desk.

For health-related questions and support kindly email at [anam.sarfraz@lums.edu.pk](mailto:anam.sarfraz@lums.edu.pk).