



## Sitaram Beach Retreat – Covid-19 Protocol

In response to current circumstances surrounding the COVID-19 pandemic, we have implemented a variety of new protocols and safety practices to keep-up with our high standards of patient safety.

Please find below, some of the measures we have implemented and what to expect at Sitaram Beach Retreat. The sanitization and health protocols are supervised by our Doctors, to ensure following of NABH and local Government recommended protocols.

**We are delighted to welcome you.**

Patients are required to:

International	Domestic
1. Undergo an RT - PCR test within 72/96 hours before flight departure. Please check this with the flight authorities as these regulations amend regularly.	1. Undergo a RT - PCR test within 48 hours before arrival at Sitaram Beach Retreat. The negative test result should be produced during check-in.
2. On arrival at Sitaram, you would have to undergo a rapid antigen test at the nearest laboratory. On receipt of test results, one may continue for consultation and treatments.	2. Register on COVID Jagratha portal. <a href="https://covid19jagratha.kerala.nic.in/home/addNewDomestic">https://covid19jagratha.kerala.nic.in/home/addNewDomestic</a>
3. You are required to register on Air Suvidha self-reporting form.  <a href="https://www.newdelhiairport.in/airsuvidha/apfo-registration">https://www.newdelhiairport.in/airsuvidha/apfo-registration</a>	

Our reservation team would be happy to assist you with the registration.

- Submit a declaration that they have not been in contact with anyone who was Covid-19 Positive in the last 14 days.
- Wear a face covering, which is a strict requirement whenever you are in public areas. Kindly follow the same inside the retreat's premises.
- Practice social distancing, staying at least 6 feet or 2 meters away from other patients and staff.

**We appreciate your support and understanding.**

### Social Distancing measures:

1. Measures to ensure a safe distance are maintained between everyone.
2. Occupancy is limited
3. Seating capacity is reduced in our restaurant
4. Distancing measures are followed in yoga hall and other common areas.

### Pick-up and drop services:

All of our vehicles are disinfected using hospital grade disinfectants before pick-up and after drop to ensure safety.

### Check-in Measures:

1. The luggage is disinfected on arrival at the retreat and then moved to the rooms.
2. All check-in procedures are contactless.
3. Online and contactless payment methods are made available

### Housekeeping and cleaning services:

1. We have increased the frequency of cleaning and disinfection, particularly in areas with high traffic.
2. Hand sanitization stations are installed around.
3. Housekeepers wear two different gloves for each room they clean.
4. Our team wears face coverings and gloves based on the activities they are performing.
5. We use a hospital grade disinfectant to wipe all areas and we fumigate the rooms after and before treatments.

### Staff safety:

1. We perform Rapid Antigen tests for our staff regularly.
2. We perform daily temperature and symptoms screening, to ensure there is no one with any symptoms or disease.
3. All our staff wears mask, face shield and gloves all the time. (Therapists will remove the gloves while doing treatments).

In the unfortunate event of any of our guests developing similar symptoms of Covid-19, we have facilities and separate rooms to isolate them and have them tested immediately.

**Now, more than ever, we are passionate about delivering an exceptional healing experience and truly memorable moments throughout your stay.**

