

Advisory for Staff (Shri Amarnath Ji Yatra 2019)

- ❖ The staff is advised to travel light carrying their belongings in a haversack instead of attachés'.
- ❖ The staff is advised to carry warm clothes including woolens and rain proof outer wear.
- ❖ Appropriate foot wear consisting of trekking shoes is required.
- ❖ Ideally a light weight sleeping bag and pillow will be required.
- ❖ Toiletries to last the duration of their deployment and should include sun protection lotion (Sun Screen).
- ❖ Adequate numbers of changes of clothes as arrangements for laundry are difficult.
- ❖ Head wear preferably a wide brim hat.
- ❖ Get BSNL Postpaid Sim Card.
- ❖ The staff will be attended at the **Srinagar Airport** by the **Medical Officer Incharge, Dispensary**. The staff will be provided transport to the Division of Epidemiology & Public Health, Barzulla Srinagar for where further transfer to Baltal & Pahalgam will be arranged in Groups. Further deployment process will be communicated to all at this place.
- ❖ **Early flights to Srinagar are advised,** as transfer from Srinagar to Baltal/ Pahalgam is a three hour journey which has to be completed on the same day (Day of Arrival).
- ❖ Night Stay and training will be conducted at Baltal/ Pahalgam form where further Deployment to Yatra Areas will proceed.
- ❖ To expedite adaptation to high altitudes the guest staff should consider pre medication with acetazolamide as per the recommendation of the CDC (Centers for Diseases Control and Prevention) for more details visit: <https://wwwnc.cdc.gov/travel/yellowbook/2018/the-pre-travel-consultation/altitude-illness>

Transit from Airport and further on can be communicated to each guest staff after their travel itinerary is available with this office and as such the staff is requested to forward the same to the following mail addresses and confirm your time of arrival with the following and in case of any further clarification contact details of the Officer/ Official Incharge are given hereunder:

- **Dr. Rafi Arshad, Nodal Officer [Yatra], Directorate of Health Services, Kashmir 9419019643**
- **Mr. Bilal Ahmad Sofi, Yatra Unit, Directorate of Health Services, Kashmir 9596178899, E-mail id: dhsyatra@gmail.com**



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