

SAFETY MEASURES DURING CORONAVIRUS

Recommended Care	Logic, Reference
<p>1. PERSONAL CARE AND HYGIENE</p>	
<p>Body: Bathe twice daily. However, it is mandatory that as soon as you enter home, put <u>all</u> clothes for wash in soap water and take bath immediately before touching anything else. Choose the nearest bathroom to the door to avoid contaminating the rest of the house. If possible, keep a separate bathroom for all those who are not going out, especially old and children.</p>	<p>Contagion spreads through air and contact with surfaces and people.</p>
<p>Hands: Handwashing is one of the best ways to protect yourself and your family from Covid -19 infection</p> <p>Wash hands for a minimum of 20 seconds with vigorous scrubbing between the fingers, under fingernails with soap every hour or sooner and especially when you enter the office or home. Shut tap while scrubbing and do not waste water. You may use hand sanitizer with at least 70% alcohol. Scrub hands for minimum 20 seconds.</p> <p>MOHFW video about COVID-19: https://www.youtube.com/watch?reload=9&v=UIQIZBO2ilA&feature=youtu.be https://www.youtube.com/watch?v=cq88Z87BnVs&list=PLGqF2Eq4iV789JKyN_780aoZnDc954JvL&index=38</p> <p>WHO: https://youtu.be/3PmVJQUcm4E</p> <p>SWE Alliance video: Save water during handwash: https://www.youtube.com/watch?v=V06-tGH6DvA</p>	<p>MyGov website: https://www.mygov.in/</p> <p>For any enquiries: call at Ministry of Health GoI's 24x7 Helpline No.: +91-11-23978046 Toll Free Number: 1075 WhatsApp No: 9013151515 Email: ncovi2019@gmail.com</p>
<p>Face: Do not touch your face, especially your eyes, nose and mouth. Viruses can live for days on surfaces from desktops to door handles, and once on our hands can be transferred into our bodies through these entry points.</p> <p>Wear a homemade or a cloth mask all the time when you are in public. Never touch mask outer surface. Change every six hours, if you are outdoor. Put old one in a plastic pouch and wash the pouch and the mask as soon as you reach home. First wash hands with soap for 20 seconds before washing your face with a soap for 20 seconds.</p> <p>Face masks protect you and others from infection</p>	<p>Make a mask at home? https://www.youtube.com/watch?v=Y-M09DQj81M OR https://www.youtube.com/watch?v=e5btJO_KTU8</p>
<p>Hair: Keep your hair tied, in a bun or in a braid (women). Keep your hair short (men). Avoid a barber visit, use a hair clipper. Cover hair with a bandana when in public transport.</p>	<p>Avoid inadvertent touch points</p>
<p>Feet: Wear your shoes all the time. Make two pails of 500 ppm chlorine bath at the entrance and dip your shoe in one and feet in the other after you remove your shoes for 30 seconds (to be on a safer side) – then rinse in clean water bath. Put</p>	<p>Virus sits on the floor when people spit, sneeze or</p>

<p>your socks in a soap bucket. Once you step out of chlorine bucket, dip your mask in it for 15 minutes and then let it dry out. Sanitize in a 25-ml chlorine solution in liters (half a bucket) of clean water.</p>	<p>cough, the virus settles on the floor. CDC</p>
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<p>2. STAY STRONG AND HEALTHY</p>	
<p>Exercise: 30-minute daily exercise at home is recommended, be it just running / jogging at one place on a soft mat or Skipping, high interval exercise etc – do it every day for 3-4 minutes. You may do yoga - surya namaskar and pranayama. https://www.ayush.gov.in/</p>	<p>https://www.youtube.com/watch?v=gR4PNme7CEY&list=PLGqF2Eq4iV789JKyN_780aoZnDc954JvL</p>
<p>Food and nutrition: Please use Vitamin C and Zinc supplements, as long as you have no medical reasons against this. Eat supplements, such as Chyawanprash and have herbal teas, to improve immunity. Vitamin C is an important nutrient found in fruit and vegetables that may help shorten the duration and severity of colds. [Eat one orange or have a glass of lemon juice every day]. Remedies like Tulsi, Methi or ginger can help in boosting immunity especially in people who are 60 years and above with history of diabetes, hypertension, etc. and are prone to disease and catching infections easily. Now is also the time to quit alcohol or smoking.</p>	<p>Recommended by the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa Rigpa and Homoeopathy (Ayush) https://www.ayush.gov.in/</p>
<p>Vulnerable groups: Take special care if you belong to the vulnerable group, such as old, immunocompromised, or having blood pressure or diabetes, or weak kidney or liver function.</p> <p>Majority of coronavirus cases in India are among those below the age of 50 years. Everyone is vulnerable. Take care of yourself, even if you are young and fit.</p> <p>Keep the old and kids away from those who go out often to protect them.</p>	<p>No one is safe; whatever be the age or beliefs</p>
<p>Symptoms of respiratory illness: In case you feel any symptoms (dry cough, fever, tiredness, difficulty in breathing), stay isolated in a closed room at home, avoid family contact till you recover or are tested for Coronavirus.</p>	<p>Early testing, tracing and treatment saves lives, and prevents spread</p>
<p>3. ADVICE WHEN STEPPING OUT FROM HOME</p>	
<p>Social distancing: Stay away from mass gatherings or going to public place frequently. Keep a distance of 6 feet or 2 meters – about one body length – away from other people. Greet people with Namaste, Aadaab, or Sat Sri Akaal. Do not touch other people, avoid handshakes and hugs. Physical touch is the most likely method of transmission of contagion. Wear mask, gloves, hair cover, keep distance if possible else keep your back towards the crowd.</p>	<p>Stay aware of the latest information on the COVID-19 outbreak, available through</p>

<p>Family members are most at risk. Keep distance from your loved ones, if your work requires you to go out.</p>	<p>http://www.mohfw.nic.in/ and local public health authority.</p>
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<p>Principle of ONE ONE person: Identify one adult in a family for going out. Only he or she should go out. NOBODY ELSE. ONE wallet: Use only one wallet. Don't mix these currency, coins and cards with other which already are there at home. Avoid using cash transactions and move to UPI which does not require touch. ONE shopping bag: Use only one and same shopping bag every time. Keep it in a separate closet. Clothes worn outside may also be taken off as soon a one reaches home and hung in a different closet. ONE vehicle: Use same vehicle and key. Avoid public transportation. ONE go: Avoid going out multiple times. Finish all your work in one go. Avoid crowding and come back immediately once you finish your work. Use your elbow or non – dominant hand to open the door or push the buttons.</p>	
<p>4 SAFETY AT WORK</p>	
<p>Keeping work place clean and hygienic: Wipe door handles and surfaces (e.g. desks and tables) and objects (e.g. computer / laptop screens, telephones, keyboards) with disinfectant regularly Handwash: Promote regular and thorough hand-washing by employees, contractors, and customers using soap and water or hand sanitizers. Put hand sanitizers in prominent places around the workplace. Facemask: All to wear face mask Work from home: Anyone with even a mild cough or low-grade fever (37.3 C or more) or on medicine like paracetamol/acetaminophen, ibuprofen or aspirin, which may mask symptoms of infection needs to stay at home. Teleworking: Reduce travel and conduct meetings through digital medium whenever possible Awareness: Conduct regular awareness programs on spread and methods to control Coronavirus If infected: Put a plan in place to identify persons who may be contagious or at risk of Coronavirus and support them without inviting stigma and discrimination. Be sure your plan addresses the mental health and social consequences. Stay connected with the nearest public health authority.</p>	<p>https://www.who.int/docs/default-source/coronaviruse/advice-for-workplace-clean-19-03-2020.pdf</p>
<p>5 AAROGYA SETU APP STAY CONNECTED WITH NATION</p>	

Download and install the Aarogya Setu App – the Govt's mobile application developed by the Government of India to stay connected with essential health services and staying informed and alert in fight against COVID-19. Probably it may subsequently act as e-pass for travel. **IOS:** <https://apps.apple.com/in/app/aarogyasetu/id1505825357>

Android: https://play.google.com/store/apps/details?id=nic.goi.aarogyasetu&hl=en_GB

<https://www.mygov.in/aarogyasetu-app/>