Guidelines for Healthcare Workers for Prevention of COVID-19

1. Personal Protective Equipments (PPE) - Mask/ Goggle/ Face shield
   - Use PPE to avoid direct contact with patient’s blood, body fluids, secretions (including respiratory secretions) and non-intact skin.
   - Wear mask at all times; wear goggle, face shield as needed.
   - Perform hand hygiene before putting on.
   - Place the mask carefully, ensuring it covers the mouth and nose, adjust to the nose bridge, and tie it securely to minimize any gaps between the face and the mask.
   - Avoid touching them while wearing it.
   - Remove them using the appropriate technique: do not touch the front of the mask but untie it from behind.
   - After removal or whenever a used mask/ goggles/ face shield are inadvertently touched, clean hands with an alcohol-based handrub, or soap and water if hands are visibly dirty.
   - Replace masks as soon as they become damp with a new clean, dry mask.
   - Discard single-use masks after each use and dispose them immediately upon removal.

2. Eating/drinking
   - Since wearing of mask is not possible during eating or drinking, do not eat or drink together.
   - If you have to take food/snacks/tea, you must have it alone; no other person should be in the room.
   - In case you have to eat with others, maintain at least 6 feet distance; avoid sitting facing each other; sit facing different directions.
   - Do not share food items; do not eat from another person’s plate.

3. Physical contact
   - Avoid physical contact with friends, colleagues and others, such as putting hands over shoulders, holding hands, shaking hands etc.

4. Social gatherings
   - Do not hold or attend any social functions.
   - Do not hold or attend any parties.

5. Transport
   - Avoid public transport of any sort.
   - Use your own two wheeler.
   - Avoid riding as 2 or 3 persons in the two wheelers as much as possible.

6. Interaction with others
   - Do not interact with others even outside the workplace.
   - Interaction with other healthcare workers or other high risk groups within or outside the hospital can lead to transmission of infection.

7. Household contact
   - Even within the house, maintain social distancing.
   - Avoid unnecessary physical contact.
   - Avoid eating from the same plate and drinking from the same glass.
   - It is preferable to wear a mask.
   - Especially avoid contact with elderly and persons with significant diseases.
   - Overall, avoid all unnecessary contact with people.

   Symptoms
   Watch for symptoms such as fever/ malaise/ body ache/ cough/ running nose/ sore throat/ breathlessness/ other respiratory symptoms.
   If you have any symptoms inform the SR/ Faculty/ SNO immediately.

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