

SYMPTOMS



FEVER



COUGH



SHORTNESS OF
BREATH



SORETHROAT



HEADACHE

GENERAL Dos AND DONTs

- Employees with Symptoms of COVID 19 are not allowed to come for work, they are required to consult nearest Hospital.
- Anyone without Mask is not allowed to enter the premises
- Prohibition of sharing tools & appliances
- Prohibition of touching & handshaking.
- Prohibition of unnecessary movement of employees
- Not allowed crowd in common areas
- Use of virtual platforms for meetings
- Avoiding use of air conditioning as much as possible
- Limit Visitors as much as possible
- Temperature checking & hand sanitisation while entering to office.
- Maintaining Social Distance at least 2 meters
- Hand Sanitisation
- Increase outdoor air ventilation at the workplace
- Follow respiratory etiquette
- Make a habit of frequent (at least every 2 hours) hand washing with soap and water for at least 20 seconds at a time. Wash your hands even if they are visibly clean. Wash hands especially before and after cooking or eating, after using the washroom, after blowing your nose, coughing or sneezing.

- Disinfect your mobile phone by wiping it with an alcohol-based sanitizer.
- Be mindful of what surfaces you are touching and how frequently you are touching your face. Get into the habit of not taking your hands to your face
- Ensure proper nutrition through home cooked fresh hot meals and keep yourself well hydrated
- Wash vegetables with clean water thoroughly before cooking them
- Exercise regularly at home
- Take special attention of the elderly in the household as they are at high risk of severe disease
- If you develop symptoms suggestive of COVID-19, immediately contact the nearest health centre and follow the medical advice. Do not take your symptoms lightly. Wear a mask and isolate yourself till you are tested. Do not self-medicate
- In case someone in your family gets COVID-19 symptoms, seek medical attention immediately. Give that person a mask. Isolate that person in your house till such time that COVID-19 is ruled out.
- Do not cough or sneeze into your bare hands or without covering your face
- Don't go out of your home unless it's absolutely essential. Discourage your family members also.
- Avoid going to the hospital. Get tele-consultation from your doctor. Postpone elective surgeries
- Avoid people not wearing a mask
- Avoid eating food from outside
- Avoid eating together with people as there is a risk of catching COVID-19
- Do not touch surfaces usually used by the public, like staircase railings, door handles and knobs, gates, light switches, counter tops, taps etc. Use your elbows or arm to open doors.
- Do not stigmatize people with COVID-19 by avoiding them or by not helping them. Stigma can result in under reporting, misinformation and lack of cooperation
- Do not spit in public
- Avoid travel if not absolutely essential. In case necessary, follow all basic infection control precautions