

# PREVENTION OF CORONA VIRUS INFECTION

Compiled by: Editorial Office, IJCEP.

## WHO Guidelines:

Basic protective measures against the new coronavirus

- **Frequent hand washing:** Cleaning hands regularly and thoroughly with an alcohol-based hand rub or washing them with soap and water kills viruses that are present on hands.
- **Maintain social distancing:** Maintaining at least 1 metre (3 feet) distance from anyone who is coughing or sneezing avoids breathing in the droplets, including the COVID-19 virus if the person coughing has the disease.
- **Avoid touching eyes, nose and mouth:** If hands get contaminated, it can transfer the virus to eyes, nose or mouth. From there, the virus can enter into body and can make sick.
- **Practice respiratory hygiene:** Following good respiratory hygiene means covering the mouth and nose with bent elbow or tissue while coughing or sneezing. Then dispose of the used tissue immediately.

## In case of fever, cough and difficulty breathing, seek medical care early

Stay home if unwell. If fever, cough and difficulty breathing persists seek medical attention and call in advance. This will also protect you and help prevent spread of viruses and other infections.

## Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading

- Follow the guidance outlined above.
- Stay at home if unwell, even with mild symptoms such as headache and slight runny nose, till recovery because avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect from possible COVID-19 and other viruses.

- If fever, cough and difficulty breathing develop, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell the provider of any recent travel or contact with travellers.

## ICMR Guidelines:

- Install thermal scanners at the entry of government buildings. Mandatory placing of hand sanitizers.
- Discourage, to the maximum extent, entry of visitors in the office complex.
- Meetings should be done through video conferencing.
- Avoid non-essential official travel.
- Undertake essential correspondence on official email and avoid sending files and documents to other offices.
- Close all gyms/recreation centers/crèches located in government buildings.
- Ensure proper cleaning and frequent sanitization of the workplace, particularly of the frequent touched surfaces.
- Ensure regular supply of hand sanitizers, soap and running water in the washrooms.
- Maintain personal hygiene and physical distancing and avoid shaking hands.
- Practice frequent hand washing. Wash hands with soap and water or use alcohol-based hand rub.
- Cover nose and mouth with handkerchief/tissue while sneezing and coughing.
- Throw used tissues into closed bins immediately after use.
- Sneeze in the inner side of the elbow and not to cough into the palms, better to use disposable mask.