

# 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.

- Limit physical contact within your house also as much as possible.

## 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 health care 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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