

## Advisory – COVID – 19

Dear Member,

1. Coronavirus Disease (COVID – 19) has rapidly emerged as a global health threat and India is also facing a health emergency.
2. Postpone all CME's, Workshops, Seminars and Conferences.
3. Postpone elective outpatient appointments and procedures that can be safely delayed particularly in elderly patients and those with comorbidities.
4. Educate staffs and colleagues regarding importance of reducing interactions per day to minimal required number (Interact ONLY if it is a must).
5. **Self care at hospital:**
  - During clinical time wear mask
  - Wash hands after touching every Patient
  - Wear Aprons in hospital and leave them In hospitals only
  - Get them all washed Everyday and stock them
6. **Clinical care:**
  - Keep distance in OPD. Sit in open space and see one by one only, don't let get crowded.
  - Don't bend over Pt., avoid unnecessary touches
  - Communicate from safe distance
7. **Personal care:**
  - Get lots of fresh air and sun
  - Drink lots of water and eat well.
  - Don't touch your face, if possible use phone on speaker mode. This is a serious request as we need to flatten the spread.
8. Frequently clean doors, chairs, handles, cots & staircase railings, tabletops, etc., with disinfectants.
  - Provide Washing point with enough soap and water for incoming patients.
  - Keep disinfectant/ Hand rub in the front desk or OP for patients and attenders.
  - Advice the Paramedic People and Health Care Professionals to wear surgical mask, to follow Hand Hygiene and Personal Protective Measures.
  - Only one attender with the Inpatient is allowed and no visitors are allowed to visit the inpatient.

**Your Medical degree is not immunity against Corona Virus..! Take essential care for yourself too.**

**"JOIN HANDS TO FIGHT THE INVISIBLE ENEMY WITH WILL & VALOUR"**

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