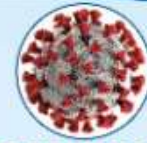




VALLABHBHAI PATEL CHEST INSTITUTE

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COVID 19: UPDATED ADVISORY FOR DOCTORS AND PARAMEDICAL STAFF

Prevent transmission of infection at all times by following these instructions:

1. Wear mask at all time whenever examining/caring for the patient in OPD, emergency, ward etc.
2. Always use sanitiser for cleaning hands BEFORE and AFTER examining (touching) each patient.
3. Ensure all symptomatic respiratory patients are wearing mask (except when the condition of the patient does not permit so).
4. Clean wipe diaphragm of your stethoscope with sanitiser after examining each patient and hence, take time gap of about one minute between examination of patients (for hand hygiene and stethoscope diaphragm cleaning).
5. Try to maintain a distance of at least 1 metre while taking history of the patient and also while other social interactions.
6. Always ask patients for any recent travel history/ history of contact with COVID 19 case.
7. "NO Hand Shake" practice to be followed at all times.
8. Avoid touching your face, eyes, nose and mouth (wash hands before doing so).
9. Disinfect your hands with sanitiser after handling patient record/ reports/ documents/radiographs etc.
10. Try to wash your hands with soap and water almost every hour.
11. N- 95 masks to be used in places where aerosolization may happen in procedures like nebulisation, BiPAP, intubation, bronchoscopy, etc.
12. Use disposable gloves wherever required
13. Try to avoid AC and keep windows open instead
14. Always perform hand hygiene before using the mobile phone and also disinfect phone with hand rub.
15. All patient areas (including table, chairs, siderails, lifts, staircase, door handles, etc.) to be disinfected by dedicated personnel.
16. Never admit Suspect cases of COVID-19 (as per definitions), they are to be reported to respective Consultants for referral to the Government designated surveillance testing centres.
17. Wash your hands and face while returning from work and before entering homes.
18. On entering home remove hospital clothes and wash your clothes separately.
19. Educate all patients to follow hand hygiene by frequent hand washing and following cough etiquette i.e. coughing in tissue and disposing tissue or coughing in folded elbow (clothes need to be washed as they get soiled with infection)
20. Drinking warm water/ beverages and eating well cooked or boiled food may be helpful
21. Always take meal before entering hospital, avoid entering wards/ICU/OPD on empty stomach (keep biscuits, snacks etc in your bag)

The above have been taken from various guidelines/advisories for best available practices at present to prevent/cut down transmission of COVID 19.

WHILE WEARING A MASK, MAKE SURE YOU



Unfold the pleats of the mask; make sure that they are facing down.



Place the mask over your nose, mouth and chin and ensure there are no gaps on either side of the mask, adjust to fit.



Avoid touching the mask, while using it.



Do not leave the mask hanging from the neck.



Change the mask after six hours or as soon as they become wet.



Never reuse disposable masks and dispose the used masks into closed bins after disinfecting them.



Do not touch the potentially contaminated outer surface of the mask, while removing it.



After removal of mask, clean your hands with soap and water or use alcohol-based hand rub disinfectant.

TOGETHER WE CAN FIGHT COVID-19!