

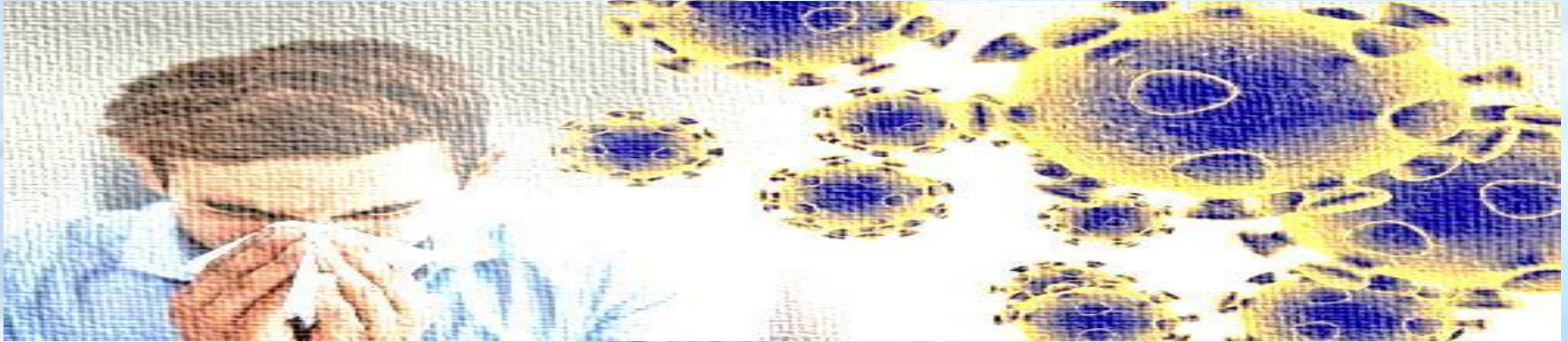


## **WHO SAFETY GUIDELINES – CORONA VIRUS (COVID-19)**

**CORPORATE  
MEDICAL  
SERVICES**



# CORONA VIRUS (COVID-19)



- Coronaviruses are a group of viruses belonging to the family of Coronaviridae, which infect both animals and humans.
- Human coronaviruses can cause mild disease similar to a common cold, while others cause more severe disease (such as MERS - Middle East Respiratory Syndrome and SARS – Severe Acute Respiratory Syndrome).
- A new coronavirus that previously has not been identified in humans emerged in Wuhan, China in December 2019.
- Signs and symptoms include respiratory symptoms and include fever, cough and shortness of breath.
- In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome and sometimes death.



## PREVENTIVE MEASURES



### Wash your hands frequently

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- **Why?** Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

### Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



## PREVENTIVE MEASURES

### Maintain social distancing

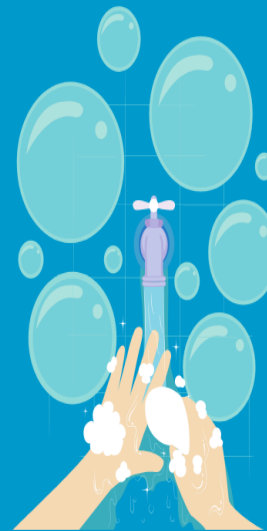
- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
- **Why?** When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

### Avoid touching eyes, nose and mouth

- **Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Protect yourself and others from getting sick

### Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

# PREVENTIVE MEASURES



## Practice respiratory hygiene

- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- **Why?** Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

## Protect others from getting sick

When coughing and sneezing  
**cover mouth and nose** with  
flexed elbow or tissue



**Throw tissue into closed bin**  
immediately after use

**Clean hands** with alcohol-based  
hand rub or soap and water  
after coughing or sneezing and  
when caring for the sick







## PREVENTIVE MEASURES

**If you have fever, cough and difficulty breathing, seek medical care early**

- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
- **Why?** National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

**Protect others from getting sick**



**Avoid close contact** when you are experiencing cough and fever

**Avoid spitting in public**



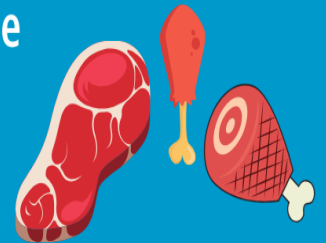
If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider

## PREVENTIVE MEASURES

- Ensure animal products cook thoroughly and properly handled.
- Avoid frozen animal products.
- Wash Hands with soap and water after touching animals and animal products.

### Practise food safety

Even in **areas** experiencing outbreaks, meat products can be safely consumed if these items are **cooked thoroughly and properly handled** during food preparation.





# HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK.

## WHEN TO USE A MASK

For healthy people wear a mask **only if you are taking care of a person with suspected 2019-nCoV infection**

Wear a mask, **if you are coughing or sneezing**

Masks are effective only when used in **combination with frequent hand-cleaning** with alcohol-based hand rub or soap and water

If you wear a mask then you **must know how to use it and dispose of it properly**



## HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**Before putting on a mask,  
clean hands with alcohol-  
based hand rub or soap  
and water**





# HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK.



## HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**Cover mouth and nose  
with mask and **make sure**  
**there are no gaps**  
**between your face and**  
**the mask****



## HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**Avoid touching the mask  
while using it;  
if you do, clean your  
hands with alcohol-based  
hand rub or  
soap and water**

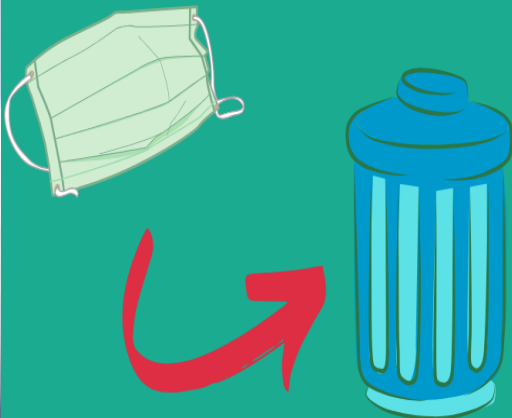




# HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK.

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**Replace the mask with a new one as soon as it is damp and do not re-use single-use masks**



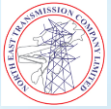
HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water**



## Consolidated Travel advisory in view of COVID-19, MoH&FW, GOI as on 11.03.2020

## WHO Advisory



- All existing visas (except diplomatic, official, UN/International Organizations, employment, project visas) stand suspended till 15th April 2020. This will come into effect from 1200 GMT on 13th March 2020 at the port of departure.
- Visa free travel facility granted to OCI card holders is kept in abeyance till 15th April 2020. This will come into effect from 1200 GMT on 13th March 2020 at the port of departure.
- OCI card holders already in India can stay in India as long as they want.
- Visas of all foreigners already in India remain valid and they may contact the nearest FRRO/FRO through e-FRRO module for extension/conversion etc. of their visa or grant of any consular service, if they choose to do so.

# STAY HEALTHY WHILE TRAVELLING

**Avoid travel if you have  
a fever and cough**



**If you have a fever, cough and  
difficulty breathing seek medical  
care early and share previous  
travel history with your health  
care provider**



## Consolidated Travel advisory in view of COVID-19, MoH&FW, GOI as on 11.03.2020

- Any foreign national who intends to travel to India for compelling reason may contact the nearest Indian Mission.
- In addition to Visa restrictions already in place, passengers traveling from /having visited Italy or Republic of Korea and desirous of entering India will need certificate of having tested negative for COVID-19 from the designated laboratories authorized by the health authorities of these countries. This is in enforcement since 0000 hrs. of 10th March, 2020 and is a temporary measure till cases of COVID-19 subside.

## WHO Advisory



# STAY HEALTHY WHILE TRAVELLING

**Avoid close contact  
with people suffering  
from a fever and cough**



**Frequently clean hands by  
using alcohol-based  
hand rub or soap and water**

**Avoid touching eyes,  
nose or mouth**



World Health  
Organization

## Consolidated Travel advisory in view of COVID-19, MoH&FW, GOI as on 11.03.2020

- All incoming travellers, including Indian nationals, arriving from or having visited
  - ☐ China,
  - ☐ Italy,
  - ☐ Iran,
  - ☐ Republic of Korea,
  - ☐ France,
  - ☐ Spain
  - ☐ and Germany after 15th February, 2020 shall be quarantined for a minimum period of 14 days. This will come into effect from 1200 GMT on 13th March 2020 at the port of departure.

## WHO Advisory



# STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing  
cover mouth and nose with  
flexed elbow or tissue – throw  
tissue away immediately and  
wash hands



If you choose to wear a face mask, be  
sure to cover mouth and nose -  
avoid touching mask once it's on

Immediately discard single-use mask  
after each use and wash hands after  
removing masks

## Consolidated Travel advisory in view of COVID-19, MoH&FW, GOI as on 11.03.2020



### WHO Advisory

- Incoming travellers, including Indian nationals, are advised to avoid non-essential travel and are informed that they can be quarantined for a minimum of 14 days on their arrival in India.
- Indian nationals are further strongly advised to refrain from travelling to **China, Italy, Iran, Republic of Korea, France, Spain and Germany.**
- All incoming international passengers returning to India should self-monitor their health and follow required do's and don'ts as detailed by the Government.
- International traffic through land borders will be restricted to designated check posts with robust screening facilities. These will be notified separately by M/o Home Affairs.

## STAY HEALTHY WHILE TRAVELLING

If you become sick  
while travelling,  
inform crew and  
seek medical care  
early



If you seek medical  
attention, share travel  
history with your health  
care provider



## Consolidated Travel advisory in view of COVID-19, MoH&FW, GOI as on 11.03.2020

- All international Passengers entering into India are required to furnish duly filled self-declaration form in duplicate (including personal particulars i.e. phone no. and address in India) ( as annexed) to Health Officials and Immigration officials and undergo Universal Health Screening at the designated health counters at all Points of Entry.
- For any queries related to health, people may contact Ministry of Health & Family Welfare 24\*7 helpline number (+91-11-23978046) or email at (ncov2019@gmail.com).

## WHO Advisory



# STAY HEALTHY WHILE TRAVELLING

**Eat only well-cooked food**



**Avoid spitting in public**

**Avoid close contact and travel with animals that are sick**



# Additional Travel Advisory for Novel Coronavirus Disease (COVID-19)

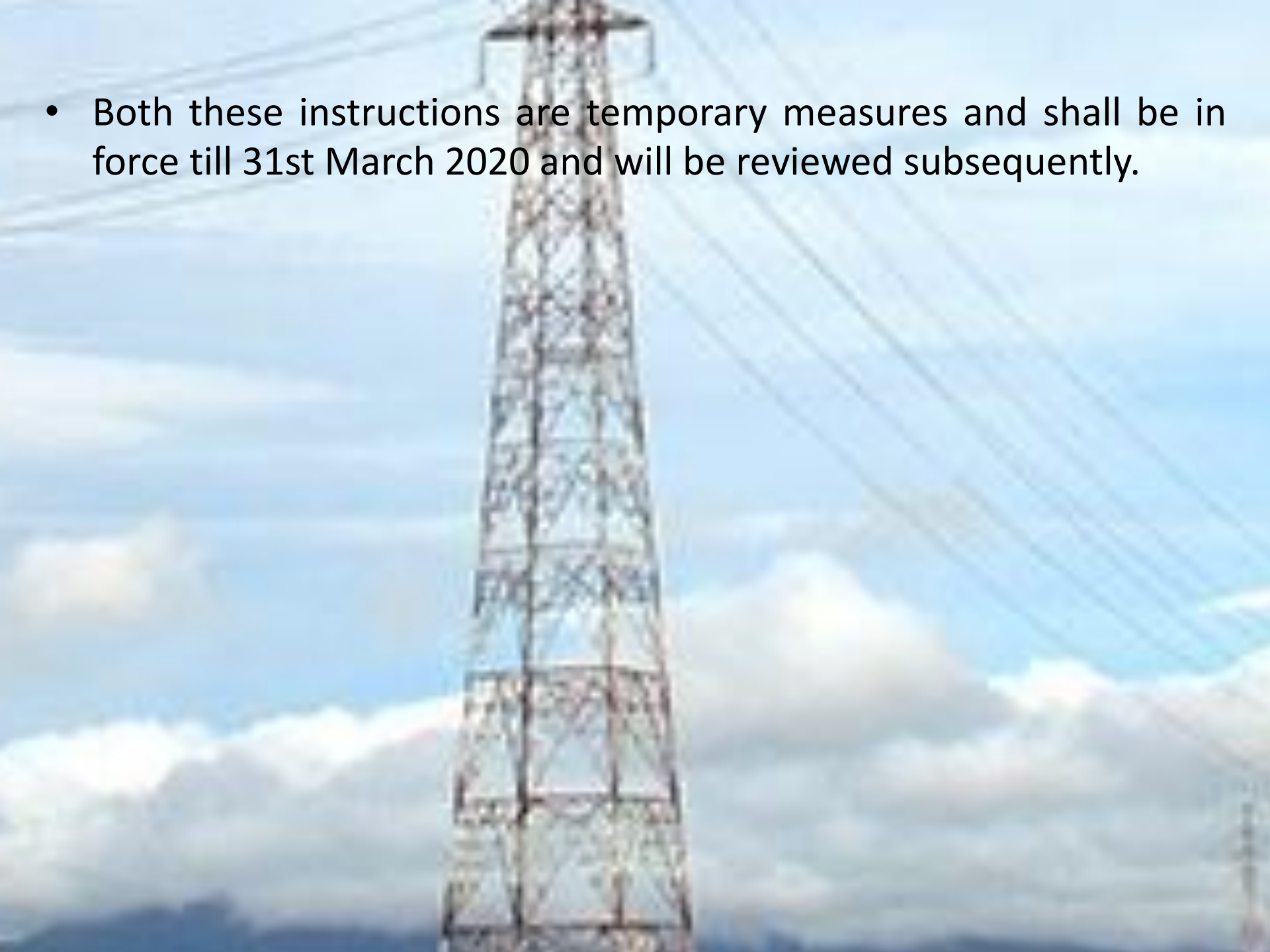


In continuation of the travel advisory issued on 11th March 2020

**MoH&FW, GOI as on 16.03.2020**

- Expanding compulsory quarantine for a minimum period of 14 days for passengers coming from/transiting through [UAE, Qatar, Oman, and Kuwait](#). This will come into effect from 1200 GMT on 18th March 2020 at the port of first departure.
- Travel of passengers from member countries of the [European Union, the European Free Trade Association, Turkey and United Kingdom to India is prohibited with effect from 18th March 2020](#). No airline shall board a passenger from these nations to India with effect from 1200 GMT on 18th March 2020. The airline shall enforce this at the port of initial departure.

- Both these instructions are temporary measures and shall be in force till 31st March 2020 and will be reviewed subsequently.





# **Additional Travel Advisory for Novel Coronavirus Disease (COVID-19)**

In continuation of the travel advisory issued on 11th March 2020 & 16<sup>th</sup> March 2020

**MoH&FW, GOI as on 17.03.2020**



- Travel of passengers from **Afghanistan, Philippines, Malaysia** to India is prohibited with immediate effect. No flight shall take off from these countries to India after 1500 hours Indian Standard Time (IST). The airline shall enforce this at the port of initial departure.
- This instruction is a temporary measure and shall be in force till 31st March 2020 and will be reviewed subsequently.



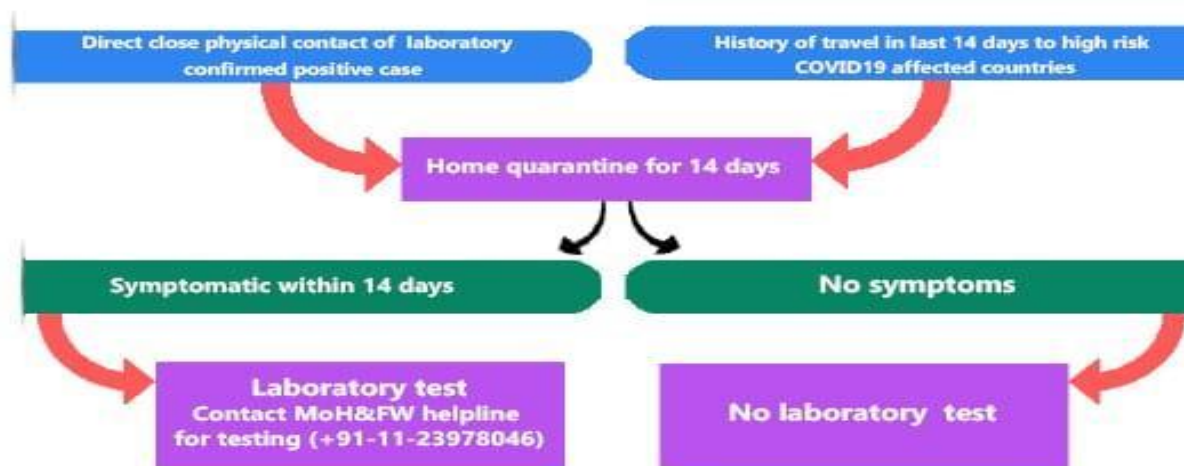
## Revised COVID19 Testing Strategy in India: 16/03/2020



- > There is currently no community transmission of COVID19.
- > Disease is primarily reported in individuals with travel history to the affected countries or close contacts of positive cases.
- > Therefore all individuals **need not be** tested



### WHOM TO TEST



- > Throat swab + nasal swabs taken in Viral Transport Medium in one tube in cold chain.
- > List of testing facilities: [www.icmr.nic.in/content/covid-19](http://www.icmr.nic.in/content/covid-19)
- > Health care workers managing respiratory distress / Severe Acute Respiratory Illness patients should be tested when symptomatic with acute respiratory illness.

**\*This is an evolving strategy**



# MYTH BUSTERS

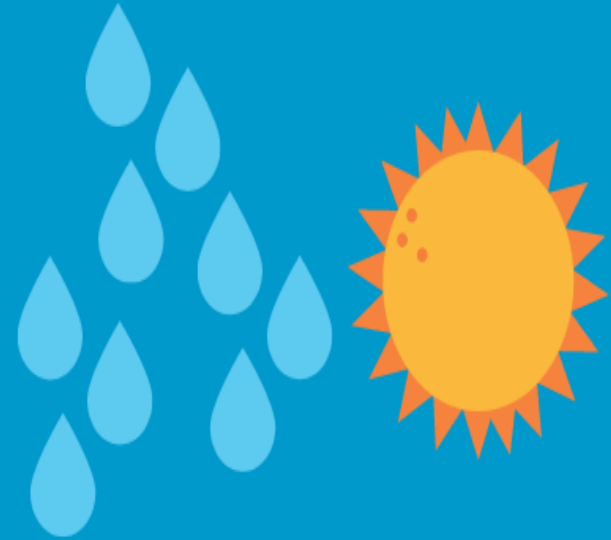
From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather.

Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. Eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

**FACT:**

The new coronavirus  
can be transmitted in  
areas with  
hot and humid climates





# MYTH BUSTERS



Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

**FACT:**

**Taking a hot bath does not prevent the new coronavirus disease**



# MYTH BUSTERS

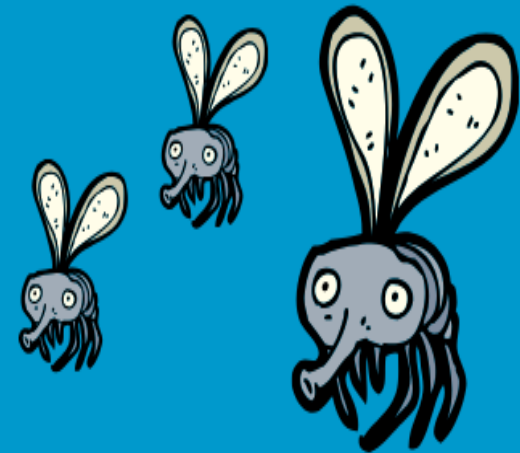


To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.

The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.

To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

**FACT:**  
The new coronavirus  
**CANNOT**  
be transmitted through  
mosquito bites



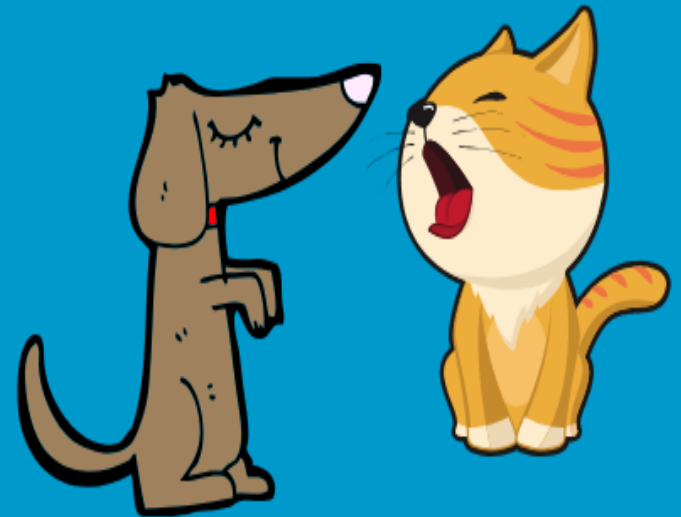
**#Coronavirus** **#COVID19**



# MYTH BUSTERS

At present, there is **no evidence** that **companion animals / pets such as dogs or cats** can be infected with the new coronavirus. However, it is always a good idea to **wash your hands with soap and water** after contact **with pets**. This protects you against various common bacteria such as *E. coli* and *Salmonella* that can pass between pets and humans.

## Can pets at home spread the new coronavirus (2019-nCoV)?





# MYTH BUSTERS

People of all ages can be infected by the new coronavirus (nCoV-2019).

Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

## Does the new coronavirus affect older people, or are younger people also susceptible?



# MYTH BUSTERS

No. Hand dryers are not effective in killing the 2019-nCoV.

To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

Are hand dryers effective in killing the new coronavirus?





# MYTH BUSTERS

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e., eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.



#2019nCoV

Can spraying alcohol or chlorine all over your body kill the new coronavirus?







# MYTH BUSTERS

There is no reason to believe that cold weather can kill the new coronavirus or other diseases.

The normal human body temperature remains around 36.5°C and 37°C, regardless of the external temperature or weather.

The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

**FACT:**

**Cold weather and snow  
CANNOT kill the new  
coronavirus**



World Health  
Organization

**#Coronavirus**

**#COVID19**

# MYTH BUSTERS

Garlic is a healthy food that may have some antimicrobial properties. **However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus (2019-nCoV)**

Can eating garlic help prevent infection with the new coronavirus?

