



# Pocket Guide for Self Protection

For frontline workers in COVID19





# Your Health is State's Wealth

- We care for you and hence we insist you carry this message in your pocket and go through this as many times as you wish.
- As frontline workers, we need to take extra precaution to protect ourselves as well as the people we serve.
- Objective of this guide is to give you all basic self-care precautions in a nutshell so as to enable you to work without fear. This guide intends to dissipate all the myths and give you clarity for working in the field.



# United we stand Divided we fall

- Knowledge is power. Acquire all the information you need to know about SARS CoV-2. Know your enemy before entering the field.
- Learn about all the set-up established at District level and State level to fight COVID-19.
- Provide self-less service to the nation till we emerge victorious.
- Effectively follow all the instructions and guidelines issued by Government from time to time.



# Corona Virus & COVID-19

COVID 19 is the name of the disease caused by Corona Virus. Corona Virus belongs to a family of viruses that range from Common cold to Severe Acute Respiratory Syndrome virus.

## What are the symptoms of COVID 19?



Fever



Dry Cough



Cold/  
Running Nose



Sore Throat



Diarrhoea

Moderate: Loss of appetite, Breathing difficulty, Pneumonia, Severe Myalgia

## **Is COVID 19 Fatal?**

- COVID 19 is not fatal for all. Majority of the cases, about 96% recover from the illness out of which about 85% have only mild symptoms. The death is caused due to various factors like negligence to timely report symptoms and approach a hospital,(or) patients having compromised immunity, etc

## **Why are we investing time and huge resources in containing this disease?**

- The spread of the disease is very fast and each case has the potential of infecting many others. This will not only increase the disease burden of the State but also may put a huge strain on the available medical resources. In case of huge spread, many needy individual may loose the opportunity of right access leading to increased mortality as witnessed in other nations like Iran, Italy, etc.
- Containment measures will reduce the spread of the disease, the number of positive cases and increase the access to affected individuals, thereby reducing morbidity & mortality



# How can I support?

- Each one of you play a very important role to prevent the spread of this disease.
- Do not panic and help others to have calm mental state.
- Perform all the duties assigned to you diligently. Plan the sequence of action demanded out of you and perform accordingly.
- Educate the sub-ordinates/ colleagues about the precautionary measures to prevent spread of the disease.
- Keep yourselves updated with recent guidelines.
- Work load may increase but believe that it is temporary.
- Remember, resources are always limited. Use the resources prudently!
- Keep the Superiors/ Nodal persons well informed about your action and maintain a daily reporting system.



# Where can I get authentic information?

- [www.mohfw.gov.in](http://www.mohfw.gov.in)
- [covid19.telangana.gov.in](http://covid19.telangana.gov.in)
- [chfw.telangana.gov.in](http://chfw.telangana.gov.in)
- [www.ayush.gov.in](http://www.ayush.gov.in)

 [iihfw\\_Telangana\\_covid19](https://www.instagram.com/iihfw_Telangana_covid19)

 [#iihfw](https://twitter.com/iihfw)



# Self-Care Precautions and Tips

## ***Before Working Hours:***

- Do not skip the meal
- Consume adequate quantity of water (min. 2 litres/day)
- Have adequate sleep
- Practise Yoga and Meditation
- Warm water shower
- Wear a clean sun-dried dress
- Avoid any creams on face/body
- Tie your hair up/ braid it well
- Arrange your personal belongings
- Avoid cash/ Use Paytm/e- Cash
- Carry packed food from home
- Carry water bottles
- Remember to carry prescription medication , if any
- Carry 2-3 masks, every time you step out of the house.
- Take a Polythene carry bag to store all used masks



# Self-Care Precautions and Tips

## ***During Working Hours:***

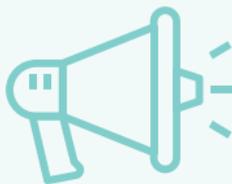
- Read the Job chart once again
- Maintain 1-2 metre distance at all time, once out from house
- Follow cough etiquette
- Use mask always and change it once in 6 hours/ whenever soiled.
- Perform Hand-hygiene measures once an hour or each time after contact with any foreign body (including files, papers, etc.,)
- Wash your hands with soap and water when visibly dirty
- Avoid crowding at any place inside or outside office
- Take adequate breaks when feeling stressed
- Do not skip meal
- Keep sipping warm water as often as possible.



# Self-Care Precautions and Tips

## *After Working Hours:*

- Sanitize your belongings like mobile phones, wallets, keys, etc. with disinfectant before leaving office
- While entering home, ask someone to open the door. Do not touch anything
- Go straight to take shower
- Soak your used clothes in hot water and Dettol for 20 min and wash them
- Sun dry all the clothes
- Immerse used masks in 1% hypochlorite/ 7%bleaching solution/ in boiling water with Dettol for 20 min before washing. Always Sun-dry.
- Take immunity boosting foods
- Inhale steam for 2-3 minutes
- Ensure sanitation at your house with Lysol/ Bleaching solution twice a day
- Maintain distance from old aged/ persons with co-morbidity at home



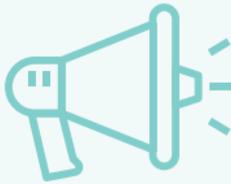
## **Myth Breakers**

### ***1. “I need a PPE/ Protective gown whenever I go to Healthcare related work”***

- No. Only those health care workers who work in close contact with COVID-19 Positive cases, such as in ICU, Lab, Housekeeping at Positive ward, etc., require a full PPE.
- Those in clinical areas require just a mask and gloves to protect themselves
- For other workers, just a Mask is suggested when they work public places other than hospitals.

### ***2. “I need not wear a mask all the time”***

- Mask is a must whenever you go out of home.
- Cloth masks functions as good as clinical masks in protecting you. Please watch videos from website/ YouTube and learn to prepare a cloth mask easily.



## Myth Breakers

### ***3. “I am not safe because I have co-morbidity”***

- COVID-19 affects every individual with equal virulence. Hence, it is important for any individual to take self precautions to prevent entry of virus.
- Hand Sanitisation, Immunity booster foods, Social Distancing and Personal Hygiene will prevent infection.

### ***4. “My village/ district is not affected yet, so I can take it light”***

- It is very essential to follow all instructions, even if the village/ district is not affected. At the stage of local transmission, it is very difficult to identify between a carrier and a suspect or a positive person.
- In the absence of preventive measures & necessary preparedness, once the case starts reporting, the numbers will increase exponentially. Hence we need to implement every guideline diligently.

# Hand Hygiene

## How to handWASH?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



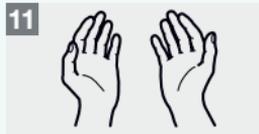
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

# How to handRUB?

## RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

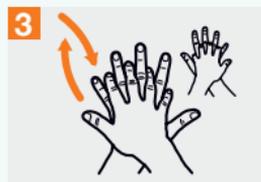
**⌚** Duration of the entire procedure: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



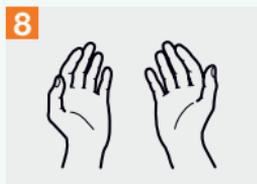
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.