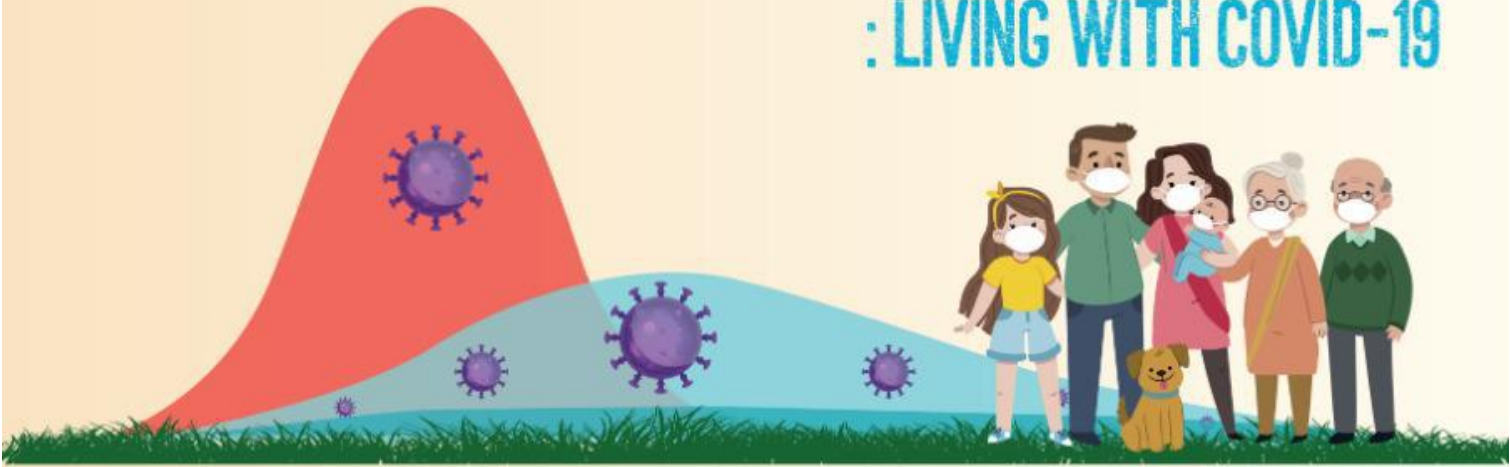


COVID-19 PANDEMIC: A GUIDE TO NEW NORMAL : LIVING WITH COVID-19



Dr. Ravindra Khaiwal
Dr. Suman Mor





COVID-19 PANDEMIC: RETURNING TO NORMAL LIFE

A GUIDE TO NEW NORMAL : LIVING WITH COVID -19

| | | |
|--|-----------------------------------|----|
| | YOUR SHIELD TO LIVE WITH COVID-19 | 3 |
| | HONOUR CORONA WARRIORS | 4 |
| | ROLE OF SOCIETY | 5 |
| | STAY HOME | 7 |
| | INDOOR AIR QUALITY | 8 |
| | MOBILE PHONE | 9 |
| | USING AC | 10 |
| | CINEMA HALLS | 11 |
| | DRIVING YOUR VEHICLE | 12 |
| | SOCIAL EVENTS | 13 |
| | USE OF SANITIZER | 14 |
| | TYPE OF FACE MASK | 15 |
| | TRANSPORT / TRAVEL | 16 |
| | PUBLIC PLACE / MARKET | 17 |
| | PRECAUTIONS AT RESTAURANT | 18 |
| | STREET VENDORS | 19 |
| | BANKS / ATM | 20 |
| | HEALTHY WORK FROM HOME | 21 |
| | GETTING WORKPLACE READY | 22 |
| | VISITING SALONS | 23 |
| | SCHOOL / COLLEGES | 24 |
| | WORSHIP PLACES | 25 |
| | HOUSEWORKER / MAID | 26 |
| | NEWSPAPER DISTRIBUTOR | 27 |
| | WASTE HANDLER | 28 |
| | PUBLIC QUERIES | 29 |
| | HOME QUARANTINE | 31 |

Disclaimer: The preventive measures i.e. new normals are based on current knowledge and we are open for suggestions and will continue to update as the understanding improve to make life easier with COVID-19 disease.



SIMPLE ACTION FOR CORONA PREVENTION : LIVING WITH COVID-19

SHIELD FOR CORONA PREVENTION : PUBLIC HEALTH APPROACHES



ZERO DISCRIMINATION & STIGMIZATION

RAISE YOUR VOICE



Use positive language & emphasize the importance of effective prevention measures, including hygiene



Talk about risks & effects of COVID-19, relying on verified information



Do not refer to sick people as 'victims' of COVID-19



Tell stories of people ,who have experienced the virus & fought well



Show solidarity with affected people



COVID-19 can affect any of us. Our healthcare heroes are working hard to restrict the spread & the affected. Respect healthcare workers.



Share the latest facts & avoid false news



Survivors often suffers from anxiety , stress & trauma due to social stigma. Treat them with love and care



ROLE OF SOCIETY IN NEW NORMAL

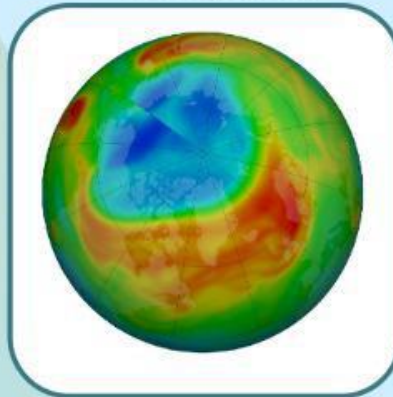
Lesson from Nature : Care for it

Animals such as deers , nilgai , elephants , leopard were seen in urban areas. Their emergence is mostly because of the calm & peace in the cities



Source: ThePrint , March 2020

Healing of Ozone layer?
Some claim that unusual polar vortex & lockdown helped to heal ozone hole in the northern hemisphere



Source: NASA ,March 2020

Feathers of flamingoes flock together at the wetland area in Mumbai , India

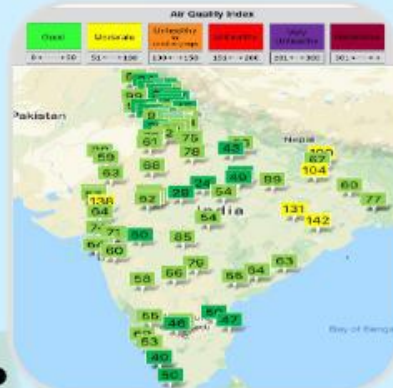


Source: hindustantimes, March 2020



Source: timesofindia , March 2020

The Himalayan view of Dhauladhar ranges from different states indicating the great improvement in air pollution



Source: Sameer , India

Air quality improved drastically & pollution level decreased



Source: hindustantimes , March 2020

River Ganga water found fit for drinking .Dolphins were seen frequently due to no mixing of industrial wastewater & sewage



ROLE OF SOCIETY IN NEW NORMAL: Ensuring Sustainability

Refuse, Reduce, Reuse & Recycle your waste. Segregate waste at source

Do regular exercise, yoga & meditation

Safely dispose your face cover, handkerchief etc, after washing with soap or treating with disinfectants



Grow Green, Eat Organic & Stay Healthy. Compost your wet waste at home



Build green & energy efficiency infrastructure. Retrofit buildings & public places by improving energy efficiency



Use & promote non-motorised mode of transport. Introduce safe access routes on foot, bike, scooter from homes to park & offices

Increase walkability, neighbourhood areas (such as parks) should be safe for walking, enjoyable, easily accessible / transport



STAY HOME 🏠 : STAY HEALTHY 🌈



Home Time Table



Fit India

Stay at home, except for essential items such as medications & groceries.



Family Time



Healthy Diet



Household Chores



Online Education



Care For Elderly



Smart Consumer

SAVE LIVES : STAY HOME ❤️
LOVE : CARE : RESPECT ALL





Improve Indoor Air Quality

LIVING WITH COVID-19

Indoor Air Quality: The quality of air within a structure or building, which could affect occupants health & comfort.

Tobacco smoke harms the Air Quality in your house . The act of smoking means that fingers probably contaminated the cigarette are in contact with lips which increases the possibility of transmission of virus from hand to mouth-

Cleaning is about removing contaminant. **Disinfecting** is about killing pathogens. Clean & disinfect high- touch surfaces atleast once daily with any common household disinfectant.

Exposure to emissions generated by the repellent could have adverse impact on human health in an indoor environment.

The temperature of AC should be between 24-30°C while humidity should be between 40-70%. Recirculation of cool air by room AC must be accompanied by outdoor air intake through open window .

Pay attention to cooking with stove, as the fumes particle level can be dangerous. Use an exhaust or open window.

Exhaust fan should be operated with windows kept partly open for better ventilation.

Practice laundering at home. clean bedsheet, towel & clothes regularly.

Be Aware, Take Care to Ensure Fresh and Healthy, Indoor Air



SAFE HANDLING OF MOBILE PHONE

Living with COVID-19

Hand-wash with soap & water



Use mobile phones on speaker mode



Use of headphones headsets (Wired/Wireless) is advised to avoid direct contact of the phone with the face/mouth



Avoid keeping the mobile phone on any surface



Before starting to clean, turn off the phone & remove the case, accessories & cables



Avoid entry of moisture through any openings & do not use liquid directly on the phone



Use a soft, lint-free, waterproof & dust-proof wipe, such as a camera lens wipe, to gently wipe the surface of the device



Do not use or bleach or any cleaning solutions directly on phone





AIR CONDITIONERS USES

LIVING WITH COVID-19

ISHRAE - The Indian Society of Heating, Refrigerating & Air Conditioning Engineers guidelines for safe use of HVAC Heating, Ventilation & Air Conditioning -

Bureau of Energy Efficiency (BEE),
Ministry of Power
Government of India, New Delhi.



Set Room Temperature between 24°C to 30°C.

Maintain Relative Humidity between 40% -70%.

In Dry Climate, Set Temperature at 30°C & in Humid Climate Set Temperature at 24°C.

In Dry Climate, Do Not Allow Humidity to Fall Below 40%.



- 24°C temperature setting has been made necessary as a default temperature.
- Default Temperature in an AC means that this is a temperature at which the AC will turn ON.
- This will help in maintaining the energy efficiency & save money. ₹

IMPORTANT NOTE

In split-type-AC, Open the windows for outdoor air circulation. In window AC, with the vent set on 'open' outdoor air is allowed into room circulated through the room. In the 'close' position the air for cooling is circulated from inside house.

Recirculation of cool air by room air conditioners must accompanied by outdoor air intake through slightly open windows & exhaust by natural exfiltration.

Windows must be kept open & fan should be operated for better circulation of cool air from outside.

Evaporated coolers must draw air from outside to ensure good ventilation. Cooler tank must be kept clean & Disinfected & the water drained & refilled frequently.

Exhaust fan should be operated with windows kept partly open & running exhaust air for better ventilation.

Exhaust fan must be kept running for better ventilation.





MANDATES AT CINEMA HALLS



Social distancing norms must be strictly followed while arranging seats in halls booking



Contact-less purchase should be followed at box office & food counters



Arogya setu app will be mandatory for all the employees



Body temperatures must be checked by infrared scanners



Washrooms have to be sanitized properly on regular basis



Number of people in the elevators shall be restricted, duly maintaining social distancing norms.



Use of escalators with one person on alternate steps may be encouraged.



Every employee must wear face mask & gloves





DRIVING YOUR OWN VEHICLE SAFETY SAVES

Wash your hands or use hand sanitizer frequently to restrict contamination inside the car



Only 2 passengers should be seated at an appropriate distance from each other



Keep disinfecting wipes in your car, as they're often used more effectively than sprays



Disinfect your car's high-touch areas frequently



Limit the number of passengers you drive around



Make sure anyone who shares the car with you takes the same precautions



Try to avoid ride-shares, but take extra precautions if they're necessary

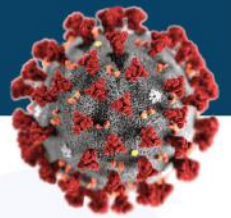


Be mindful of what you're transporting in your car



ORGANISING SOCIAL EVENTS

SIMPLICITY IS NEW ELEGANCE



WEDDINGS:

Weddings should have limited number of guests & should not exceed more than 50 in total.
Guests must ensure proper social distancing & use face cover.



BIRTHDAYS:

For Birthday's:
Enjoy online party having video calls. Bake cake with your family & enjoy the moment.



SOCIAL MEETINGS:

Social Meetings:
Provide information or a briefing (oral & written) on COVID-19.
Encourage hand-washing or use alcohol based hand sanitizers.
Participants must use face cover & follow cough etiquette.



FOR RITUALS & LAST RITES:

For Rituals & Last Rites
20 persons are allowed for attending the funeral.
Face cover & social distancing must be ensured all the time.
Wear gloves & maintain maximum hand hygiene.
The rituals involved touching of deceased body should be avoided.



USE OF HAND SANITIZER FOR HAND HYGIENE



Hand sanitizer, also called hand rub is an agent applied to the hands to remove common pathogens.

Hand sanitizer can be in foam, gel or liquid form.



Gel or foam are more desirable than liquid form of sanitizer due to their

- *Fast absorption*
- *Not sticky*
- *Clean feel*
- *Low smell*
- *Soft/moisturised hand feel*

They are easy to apply as well as handle.

Use alcohol based hand rub with 60% ethanol.

USING ALCOHOL-BASED HAND SANITIZER:



Put it on hands & rub together

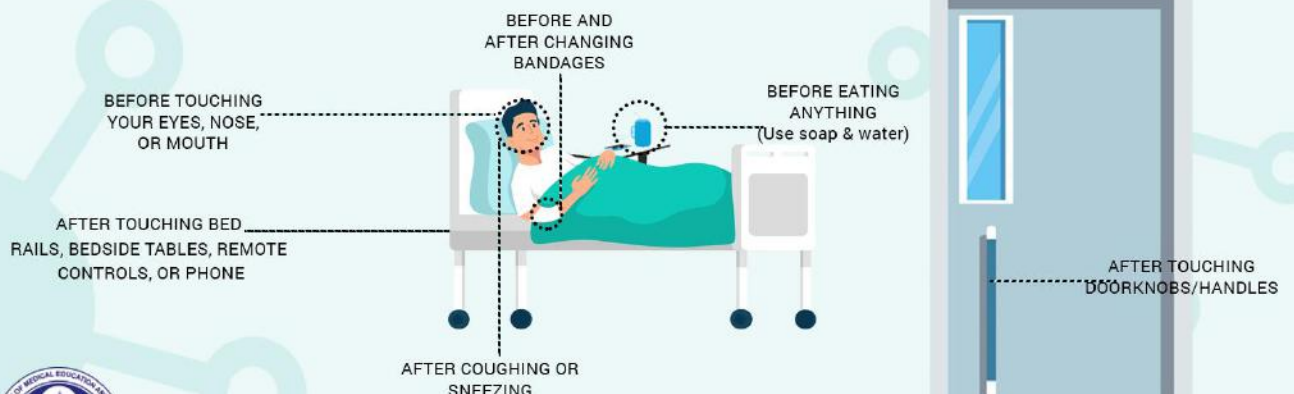


Until hands feel dry rub it & cover all surfaces



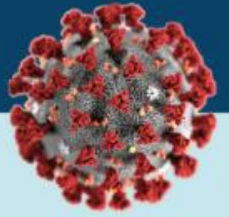
It will take around 20 seconds.

WHEN TO CLEAN YOUR HANDS





TYPE OF FACE MASK & RATIONAL USES



N95 mask



Triple layer mask



Face mask



Face Cover

N95 RESPIRATOR

Named so because it filters out at least 95% of small particles. N95s are highgrade protective gear that should only be worn by medical workers interacting with infected people on a daily basis
DIAMETER FILTRATION CAPACITY: **>0.3 microns**



SURGICAL/MEDICAL MASK

They are loose fitting and protect only from larger particles compared with the N95s. Should be reserved for healthcare workers only
DIAMETER FILTRATION CAPACITY: **>5 microns**



CLOTH MASKS

For everyone else, if you don't already own and use one of the masks above, a simple homemade cloth mask should provide enough protection if you are following social distancing measures
DIAMETER FILTRATION CAPACITY: **>10 microns**

HOW TO DISPOSE MASK

Wash hands with soap & water or alcohol-based hand rub before putting the mask.

Properly cover your nose and mouth with mask and avoid touching it, if you do wash your hands.



Don't reuse single-use mask and dispose it in close bin.

While removing the mask, don't touch it from the front; remove it from behind and wash hands immediately after removing the mask.





TRAVELLING PRECAUTIONS

PREPARE BEFORE STARTING YOUR JOURNEY



Flying




Reporting 2 hours before flight timing: passengers to wear gloves, masks



Dedicated staff with thermometers at all entry point and gates



Social distancing at check in counters with markings



Prior bag checking, print baggage tag & affix it on baggage.



Bus & Train




Don't touch your phone while you're taking public transportation

Don't touch your phone while you're taking public transportation

Limit contact with train and bus poles.




Sanitize your bag and keep it off of the floor and other surfaces.

Sanitize your bag and keep it off of the floor and other surfaces.

Don't touch your face.




Carry hand sanitizer and use it the moment you leave the bus, train or subway.

Carry hand sanitizer and use it the moment you leave the bus, train or subway.

Passengers shall compulsory go through Screening zone or Thermal Screening at a designated place.






Ensuring safety at Public Places/Market



Some measures to be taken while going to the grocery shops:



Maintain at least 1 meter distance from others.

Avoid touching your eyes, nose and mouth.



Before shopping sanitize the handle of trolley or baskets if possible.

Wash your hands immediately after coming inside and also after storing purchased items.



EATING OUT AT RESTAURANTS

Precautions for customers & Employees:



- **Disinfect & Clean**
Use of cleaning products & other supplies
- Frequently clean high touch surfaces
- Provide disinfectant



- **Hand hygiene**
- Wash hands often with soap & water for at least 20 seconds



- **Social Distancing**
- Help educate the customers as well as employees about social distancing through:
- Audio messages & Pamphlets
- Place floor markings & signs to encourage social distancing



- **Pick up & delivery**
- Avoid cross contamination, for example : wrap food during transport
- Encourage customers to use 'NO TOUCH' delivery
- Notify Customers via text messages or phone call



- **Kitchen operations**
- No entry for unsanitised material & stuff into the restaurant's kitchen



- **Physical Barriers**
- Install physical barriers such as partitions at cash counters, where maintaining physical distance of at least 6 feet is difficult



Disposable menus are advised to be used.



Seating arrangement to be made in such a way that adequate social distancing is maintained. In restaurants, not more than 50% of seating capacity to be permitted.



Installation & use of Aarogya Setu App shall be advised to all.



ENJOY STREET FOOD

Vendors Getting Ready



1. Keep the carts clean & follow social distancing norms.

2. Frequently clean surfaces that are commonly touched using disinfectants (such as sodium hypochlorite).



3. Provide customers water dispensers or make arrangements of sanitizers



4. Vendors should wear proper protective gear (mask, gloves). Don't touch mask or reuse gloves.





Precautions at **BANK/ATM**



Before stepping out of the house don't forget to carry your sanitizer & wearing mask.



While withdrawing or depositing cash maintain social distance of at least 1 meter or 6 feet with your adjacent customer.



Avoid touching the keys in ATMs either use a handkerchief or tissue to operate keys & dispose the tissue in the bin.



Don't rest your hand & avoid touching your face casually while waiting.



Don't enter the ATM kiosks when someone else will be using the machine. Wait outside.



Carry your own pen & avoid touching any surface in bank or ATM chamber.



WORKING FROM HOME

Healthy Practices



- **Adjust light setting & minimise glare:**

Close the blinds or move computer away from light coming through window to avoid strain on eyes



- **Keep distance & rearrange desktop at comfortable height:**

Keep monitor just below the eye level & about 20 to 28 inches away from eyes.



- **Set up an area as your workplace:**

Use comfortable & supportive chair. Keep your back straight while working.



- **Give a break to your eyes:**

Use the 20-20-20 rule i.e. after every 20 minutes look away from screen, at an object about 20 feet away, for 20 seconds.

- **Take a break & do some exercise:**

While working for long hours, take an exercise break or walk .



- **Check out computer settings:**

Play with the computer brightness setting as per the comfort.



Precautions to be taken at WORKPLACE :

Work from home especially for those who are in containment zone till the zone is denotified



Shops, cafeteria inside office premises should follow social distancing norms



Make sure surfaces & objects like desks, tables, telephone & keyboards are wiped with disinfectant regularly



Promote hand washing by employees, contractors like put hand rub dispensers around the workplace



Ensure thermal screening of every visitor & employee at entrance



Display posters promoting hand washing



Ensure face cover/tissues along with closed bins are available at workplace



If you are organizing any meeting or event ensure following steps:



Encourage meetings through video conferencing if feasible



Practice ways to say hello or namastey without touching



At meeting or event encourage hand washing or use of alcohol based sanitizer by every person present



Ensure that the seats of the participants are at least one meter apart



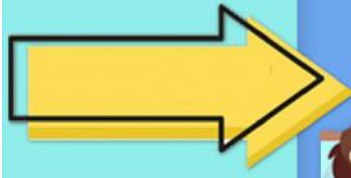
Keep the venue well ventilated



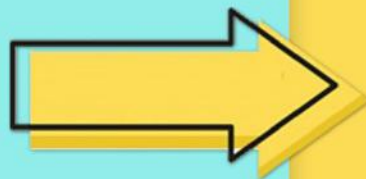
After the meeting retain the names & contact details of all participants so that anyone become ill after event the people exposed will be easily traced



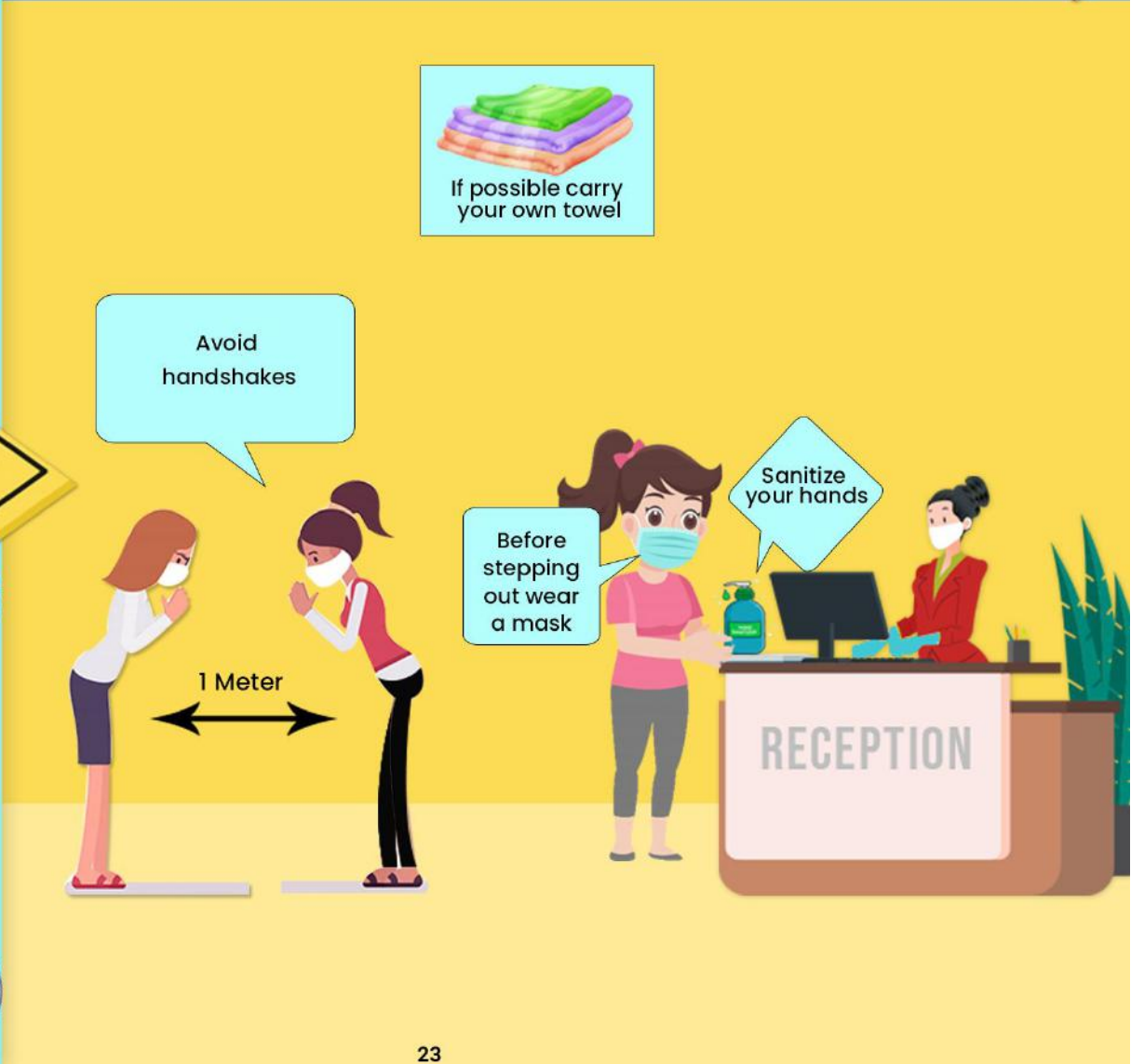
**EXTRA
PRECAUTIONS
TO BE TAKEN BY**



SALOON



CUSTOMERS





PRECAUTIONS TO BE TAKEN AT SCHOOL



Enforce hand washing with water & soap or alcohol rub/hand sanitizer.



Children's desks must be atleast one meter apart whenever possible.



Place alcohol based hand rub or sanitizers in each classroom, at entrances & exits, and near lunchrooms and toilets.



Disinfection and cleaning of school surfaces i.e. use sodium hypochlorite 0.5% for disinfecting surfaces & 70% ethyl alcohol for small items.



Cancel activities like assembly gathering, other activities that can create crowded conditions or take extra measures if planning such activities.



Ensure proper air flow and ventilation.



If any student becomes ill separate them from the those who are well without creating any stigma.



Encourage children to discuss their questions / concerns to support students and exhibit signs of distress.



PRECAUTIONS AT PLACE OF WORSHIP



Traditional greeting practices should be maintained keeping 1 metre distance



Avoid spitting in public places



Cooperate with police checkpoints at the entrance of visiting places for screening



Everyone to use face cover while visiting worship places



Devotee to carry their own mats



Set-up hand wash facilities



Not to touch any object/ metal railings. Disinfect them frequently



Display posters as well as standees, audios & videos for COVID-19 awareness



When queuing up for entry maintain minimum 6 feet of physical distance



Take off your footwear outside your own vehicle



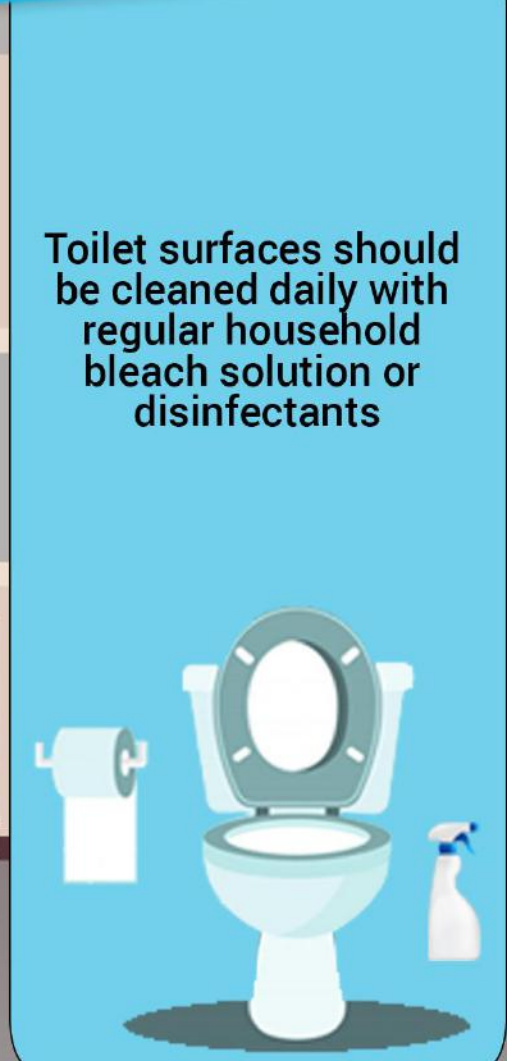
Ensure proper disposal of mask / face cover / gloves left by visitors as well as employees



Prasad distribution or sprinkling of holy water should not be done inside religious place



Precautions to be taken by **DOMESTIC WORKERS/HOUSEMAIDS**





Novel Coronavirus Disease (# COVID19)

Response to Queries of Newspaper Distributors / Handlers



Query : What general precaution should be taken by the newspapers Distributors or Handlers ?

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wipe down common surfaces of bicycle or motorbike using disinfectant.
- Use your shoulder/arm or use a tissue to cover while sneezing/coughing.
- Don't sneeze/cough towards newspaper.
- Use simple homemade or triple-layer medical mask or other Personal Protected Equipment (PPE) as provided by supplier.



Query : How do I wash my hands during work ?

- Wash hands with soap and water for at least 20 seconds.
- If water and soap are not available, use alcohol-based hand sanitizer having 60% alcohol.



COVID-19 or Coronavirus is generally transmitted through person to person via droplets when an infected person coughs or sneeze. Ensure hand-washing or other hygiene practices after delivering the newspapers

Query : Do I need extra precaution while delivering newspapers for the general public and for the quarantine houses of suspected COVID-19 patients ?

- You do not need to worry, just deliver the newspaper from outside and do not touch any surfaces or ring the doorbells.

Query : Do I need to take extra precaution to disinfect surfaces (e.g. clothing mask or gloves) from COVID-19 ?

- Coronavirus can easily be killed by household detergents and disinfectants (1% Hypochlorite solution) at the normal temperature used for washing clothes and home-made mask.
- You can dispose off a mask or gloves as routine household waste, If you don't have cough/cold or other symptoms. If yes, dispose off in separate bag and specify to the waste collectors.

Query : Do I need to do anything extra when I reach home?

- You should change your clothes and wash your hands first with soap and water for 20 seconds before meeting your family.



Query : Do I need to wash my clothes separately from other family members ?

- No, you don't need to wash your clothes separately. However, if you feel a need, you can wash separately and can use any common household disinfectants.



Novel Coronavirus Disease (# COVID19)

Response to Queries of Waste Collectors / Handlers

Query : What general precaution should be taken by the waste collector or waste Handlers? ???

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Use disinfectant to wipe down surfaces of the cart.
- Use your shoulder / arm or use a tissue to cover while sneezing / coughing.
- Use Personal Protected Equipment as provided by the municipal authorities (e.g. hand gloves).



Query : How can we disinfect surfaces and clothes from COVID-19? ???

- COVID 19 or Coronavirus can be easily killed by household detergents and disinfectants. Clothes can be washed with detergents at normal temperature.



Query : Do I need extra precaution for the household waste coming from Quarantine houses? ???

- It can be managed as a routine household waste unless specified by local authorities. COVID-19 or Coronavirus is generally transmitted through person to person via droplets when an infected person coughs or sneeze.
- Masks and disposable tissues are considered routine household waste, and that can be sent to local landfill sites. However it is recommended to disinfect them with 1% hypochlorite solution.
- Hand washing or other hygiene practices should be followed after emptying waste containers.

Query : How should I wash my hands during work? ???

- Wash hands with soap and water for at least 20 seconds.
- If water and soap are not available, use alcohol-based hand sanitizer having 60% alcohol.



Query : Do I need to do anything extra when I reach home? ???

- Wash your hands first with soap and water for 20 seconds and change your clothes and only after these steps, meet your family.

Query : Do I need to wash my clothes separately from other family members? ???

- No, you don't need to wash your clothes separately. However if you feel a need you can wash separately using any common detergent.



Novel Coronavirus Disease (#COVID-19)

Public Queries: General Precautions & Disposal of Masks / Gloves



Query: What general precaution should be taken to control the exposure of COVID-19?

- You should avoid touching your eyes, nose, mouth with unwashed hands.
- Use home-made mask, if going out to avoid infection from a non-symptomatic person.
- Use household disinfectant to wipe down commonly touched surfaces at home.



Query: Do I need extra precaution to dispose of used masks, gloves, or tissue?

- These can be disposed of as routine household waste.
- Masks and disposable tissues can be sent to municipal landfill site unless specified by local authorities.

Query: Do I need to wear any personal protective equipment, e.g., mask or gloves at home?

- If you are healthy, a mask is not needed at home.
- If you sneeze or cough, use your shoulder/arm to cover or use a tissue.



Query: What extra precaution should be taken when handling my household waste to waste collectors?

- Maintain a respectful distance of 1 meter.
- Keep masks/gloves in separate bags & hand over to waste collector & specify.
- Follow hygiene practices after emptying waste containers.

Query: How should I wash my hands at home?

- Wash your hands with soap & water for at least 20 seconds, as this is the best practice.
- If water and soap are not available, use alcohol-based hand sanitizer having 60% alcohol.



Query: What do I need to do first when I reach home from outside?

- Before meeting your family: Change your clothes.
- Put off shoes.
- Wash your hands first with soap & water for 20 seconds.



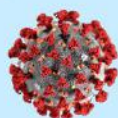
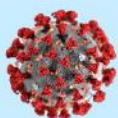
Query: How can we disinfect surfaces & clothes to avoid COVID-19 infection?

- Coronavirus can be easily killed by household detergents & disinfectants.
- Clothes can be washed with detergent at normal temperature.



Query: If I have a cough or cold, do my clothes need to be washed separately from other family members?

- Not needed, however, if you feel a need, you can wash separately and can use any common household disinfectant (1% Hypochlorite).





Novel Coronavirus Disease (# COVID19)

Public Queries: Food Safety

Q: How to keep fruits & vegetables virus-free? Is consuming raw onion & cucumber safe?

A: Fruits & Vegetable normally do not have Coronavirus. Wash them with baking powder & water. We can consume raw onion & cucumber after peeling from outside.



Q: If you buy the gas cylinder, is it also virus-free? If yes, how can we sanitise it ?

A: There is no possibility as such. After buying the cylinder, just wash the cylinder with detergent water.

Q: Vegetable vendor's are regularly visiting us. Is buying vegetables from them is safe?

A: Keep a proper distance from the vendor. After buying the vegetables, wash your hands properly with soap for 20 seconds. Bring your own cloth bag for buying vegetables & wash it.



Q: I drive my own vehicle to bring groceries . Does the virus stay on it?

A: Keep sanitising the steering & common touch surfaces in your car. Normally 2 persons should be seated inside the vehicle.



Q5: Does mosquito bite also lead to the spread of Coronavirus?

A5: Mosquito bite leads to malaria, dengue & chikungunya. In these days, mosquitoes bite, so we should be alert.



Q: How to sanitise medicine strips?

A: Simply wash your hands before & after bringing medicines from store. Keep the medicine for few days & then use.



Q: Many companies have launched vegetable sanitisers . Can we use them?

A: Avoid sanitizer. You may use baking powder & water to clean vegetables



Novel Coronavirus Disease (# COVID19)

Response to Queries of Public:

Home Quarantine



Query : What is Home Quarantine?

Quarantine is the separation and restriction of movement or activities of persons who are not ill but exposed to infection and need to quarantine to prevent the transmission of diseases. Persons are usually quarantined in their homes, but they may also be quarantined in community-based facilities.



Query : Who is being quarantined, how many days, and why?

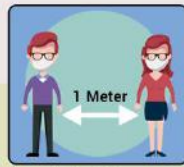
A person (or contact) who is at a higher risk of coronavirus disease due to living in the same household or had direct physical contact with a COVID19 case or if he/she is exposed to a contaminated environment is quarantined for 14 days. Quarantine helps to prevent the transmission of diseases.



Query : If a person is being home quarantine, what instruction he/she should follow?



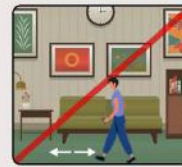
Stay in a well-ventilated single-room, preferably with an attached/separate toilet.



It's advisable to maintain a distance of at least 1 meter if any other member wants to stay in the same room.



Stay away from elderly people, pregnant women, children, and other family members having co-morbidities.



Restrict movement within the house.



Don't attend any social gathering or religious event.

Query : What extra precaution a quarantined person should follow?



Wash your hands with soap and water or use alcohol-based hand sanitizer.



Avoid sharing household items.



Wear surgical triple-layer mask all the time and don't reuse it.



Dispose off used mask after 6-8 hours in a separate container.



Immediately inform health department if symptoms (cough / fever/ difficulty in breathing) develops.

Query : Are there instructions for the family members of the person being home quarantine?



Only one family member should take care of quarantined person.



Avoid direct contact with skin.



Use disposable gloves while cleaning surfaces and avoid shaking soiled linen.



Wash your hands after removing gloves.



Visitors should not be allowed.

Query : What happens to other family members, if the quarantined person becomes symptomatic?

In this case, all his close contacts will also be home quarantined for 14 days and followed up for an additional 14 days, till the lab testing report of such case turns out negative.



Query : Please guide for home sanitation practices?



Frequently touched surfaces should be cleaned and disinfected daily with Sodium Hypochlorite Solution (1%).



Toilet surfaces should be cleaned daily with regular household bleach solution or disinfectants.



Wash the clothes and other linen used by the quarantined person separately using common household detergent and dry.



COVID-19 PANDEMIC: A GUIDE TO NEW NORMAL : LIVING WITH COVID-19



Dr. Suman Mor

Associate Professor & Chairperson
Department of Environment Studies
Panjab University, Chandigarh, 160014, India
sumanmor@yahoo.com, sumanmor@pu.ac.in



Dr. Ravindra Khaiwal

Additional Professor of Environment Health
Department of Community Medicine & School of Public Health
PGIMER, Chandigarh, 160012, India
khaiwal@yahoo.com, khaiwal.ravindra@pgimer.edu.in

Title : A GUIDE TO NEW NORMAL : Living with COVID-19

Authors : Dr. Ravindra Khaiwal & Dr. Suman Mor

Publisher : Dr. Ravindra Khaiwal & Dr. Suman Mor

ISBN : Applied

©Authors : No reproduction or use allowed without written approval

