

By Email

**W-11030/15/2020-IEC**  
**Government of India**  
**Ministry of AYUSH**  
**IEC Section**


Block-C Corporate Office,  
NBCC Building, East Kidwai Nagar,  
New Delhi  
Dated:- 18<sup>th</sup> Nov.2020

To,  
All the Directors/Director Generals  
Of National Institutes/Research Institute  
Under Ministry of AYUSH

**Subject- Do's & Don'ts and FAQs on COVID-19 -reg.**

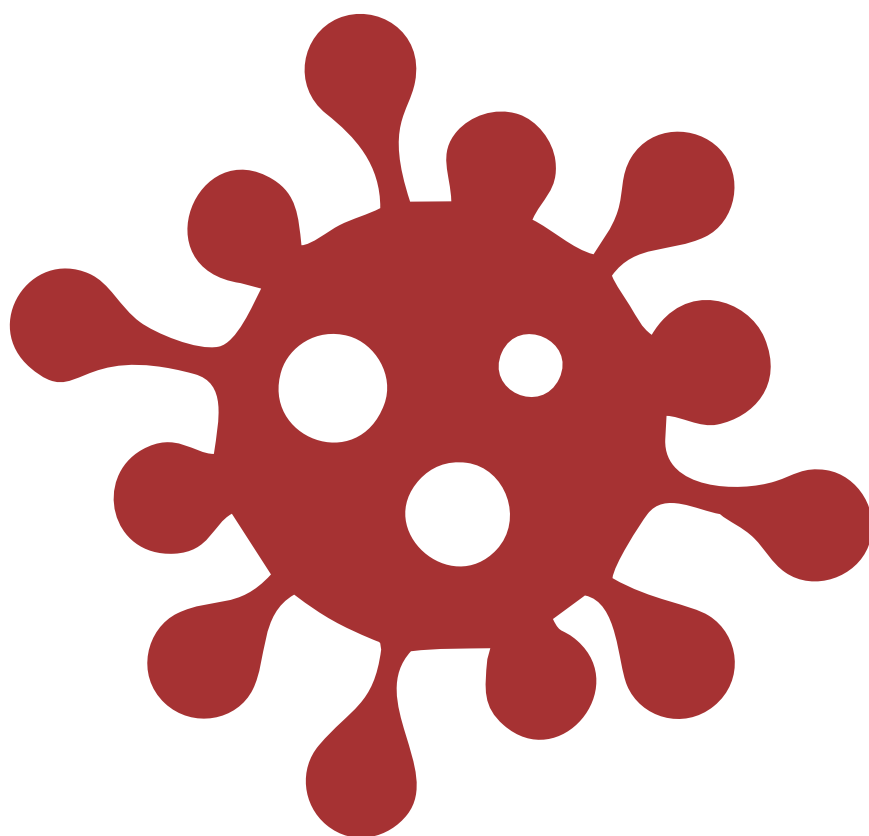
The undersigned is directed to state that National Disaster Management Authority have been issuing guidelines for Covid19 appropriate behaviour from time to time including do's and don'ts both for individuals and offices etc.

2. In order to reduce the spread of the disease, it is requested that the guidelines are followed in all the offices and by the individuals.
3. This issues with the approval of JS(PNRK).



**Kundan B Sinha**  
**Under Secretary to the Govt of India**

Copy Encl:- As stated.



# Do's & Don'ts and FAQs on **COVID-19**



**National Disaster Management Authority**

# CONTENTS

<b>GENERAL DO'S AND DON'TS</b>	<b>03</b>
<b>ENSURE HAND HYGIENE</b>	<b>04</b>
<b>DO'S AND DON'TS FOR SPECIFIC GROUPS</b>	<b>07</b>
<b>FAQs</b>	<b>18</b>



# GENERAL DO'S AND DON'TS



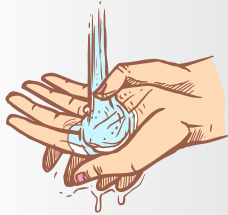
- Wash hands with soap and water frequently.
- Use an alcohol-based hand sanitizer.
- When coughing and sneezing, cover mouth and nose with handkerchief or tissue. Dispose of the used tissue in a closed bin.
- Avoid close contact with anyone with cold, cough or flu like symptoms.
- Maintain safe distance of at least 1 meter from others.
- Avoid touching your eyes, nose, ears, and mouth.
- Use a face mask:
  - a) If you have symptoms (cough, fever or difficulty in breathing).
  - b) You are caring for a COVID-19 suspect/confirmed patient.
  - c) You are a health worker.
  - d) You have a job that entails public interaction such as cashier/helper at a grocery store, security guards at a housing society, etc.
- If you have cough, fever or difficulty in breathing, contact a doctor immediately.

# ENSURE HAND HYGIENE

## WASH YOUR HANDS WITH SOAP AND WATER

How to:

1



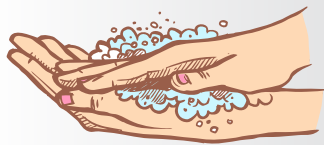
Wet hands with water

2



Apply enough soap to cover all hand surfaces

3



Rub palm to palm

4



Rotational rubbing of left thumb clasped in right palm & vice versa

5



Palm to palm with fingers interlaced

6



Back of hands

7



Focus on wrists

8



Rinse with water and your hands are safe

# WASH YOUR HANDS WITH SOAP AND WATER

When to:



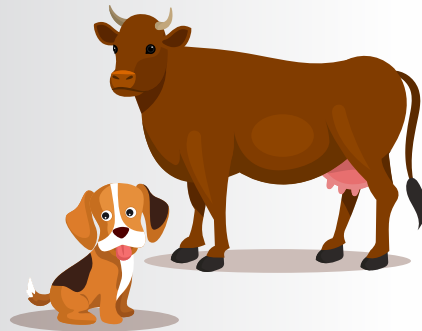
After coughing or sneezing



Before and after caring for a sick person or treating a cut wound



After using or cleaning the bathroom



After touching an animal, its food or waste



Before and after eating or preparing food



After touching garbage or anytime your hands appear visibly dirty/greasy

## USE HAND SANITIZERS WHEN



If soap and water is not available, use sanitizer with at least 60% alcohol



Any other public place or situation where soap and water isn't available



Before and after visiting a hospital, nursing home or any health facility

# DO'S AND DON'TS FOR SPECIFIC GROUPS



## Domestic Help (Staying with Families)

- Any outsider housemaid / domestic help not allowed during the lockdown period and it is advised that their wage should not be deducted for this period.
- S/he should wash their hand / sanitise every time s/he goes out for essential items.
- During the day s/he should be told to wash her/his hand thoroughly and frequently with soap and running water.
- Maintain a safe distance with domestic help. Don't stay close to him/her all the time for giving instructions.
- If s/he is having any symptom of Corona, they should not be asked to isolate/home quarantine.
- If s/he is having any symptom of Corona, s/he should be taken for testing and medical check-up immediately. Provide him/her with necessary support for getting medical help immediately.







## **Banks / Insurance Offices / ATMs – staff and visitors**

- Minimum staff to be called for essential operations of the Bank / Insurance / ATMs.
- Keep sufficient cash in ATMs.
- Office premises and ATMs should be sanitised frequently.
- All staff and visitor entering Banks / Insurance offices should sanitise their hands while entering and going out and also wash their hands frequently during the day.
- Person dealing with cash should sanitise very frequently, after every transaction.
- Banks/Insurance offices should make arrangements for customers to stand at one metre distance from counters.
- Provision should be made that only one customer comes to counter at a time and others to wait inside or outside but maintaining a distance of 1 – 1.5 m.
- ATM guards should be provided with sanitizers and they should ask every customer to sanitize every customer while coming and going out.
- Only one person to be allowed to enter per ATM at a time. Person waiting outside the ATM should stand 1 – 1.5 m away from the ATM door.
- Banks / Insurance offices should place their check drop box outside the bank so that those coming only for dropping of check need not enter the bank.
- Person attending to enquiries should sit near entry point so that customer need not go unnecessarily from one counter to other.

## Shop owners – Fruits & Vegetables / Meat, Egg & Fish / Grocery, including ration shops / Medicines / Petrol Pumps / Milk shops

- Essential commodity and services to remain available to all. So keep your shop open as per directions of the appropriate authority.
- There should be no hoarding of items to create artificial scarcity.
- Commodities / Services should not be charged extra than their specified rates.
- Sanitise your hand frequently, preferably each time, after delivery of items or receiving payments (cash or card).
- Don't allow many customers to crowd.
- Shop owner should make arrangements for others to wait outside at a distance of 1 – 1.5 metre and should enter one by one when a person comes out. Some marks may be created for safe distancing.
- As far as possible, any helper should take out the items needed by customer and not allow all customers to pick their own items, to avoid multiple contacts.
- The helper should also frequently sanitise his/her hand.
- Make arrangements or ask customers to keep a safe distance (1 – 1.5 metre) from the counter.
- Person at the counter or helper in the shop should wear mask.



## For care of kids

- Keep social distance with children.
- Advise them not to touch nose, mouth, etc.
- Advise them not to handshake or hug with others.
- Keep them busy in toys, reading books, play games in laptop.
- Keep them busy with online education programs.
- Encourage and help in online education programs of the school.
- Discourage strictly - any gathering, group playing and other social gatherings.
- Avoid using playground, parks, etc.
- Educate child not to touch doorknobs, remote controls, etc.
- Ensure regular hand wash for 20 seconds.
- Keep separate towels for children and change regularly.





## Police / Traffic Police personnel

- Protect yourself from exposure. Try to maintain a distance of at least 1 metre from other persons, particularly those exhibiting the above symptoms. Practice proper hand hygiene and do NOT touch your face with unwashed hands.
- Do not touch the documents you are checking.
- Stop the people at a distance from you.
- Always wear face masks and dispose them off safely, periodically / or use hand sanitizers.
- Wear protective gear when posted near hospitals/quarantine facilities.
- Recognize the signs and symptoms of COVID-19. The symptoms may include fever, cough, and shortness of breath. Symptoms after exposure can appear in as few as 2 days or as long as 14 days.
- Follow standard procedures for containing and laundering uniforms.
- After duty when you go home, wash your used cloths thoroughly.



## Personnel who are out for Essential Services

- Avoid crowded transport modes as far as possible. Use of cab-aggregation may be limited unless absolutely unavoidable. If using permitted public transport, keep social distance. Sanitise your hands once you de-board.
- Walking in deserted or less dense areas without physical contact is considered okay. One meter mandatory physical distance is mandatory.
- When you return home from office, shopping, etc. discard your clothes and wash your hands and feet thoroughly. As a good practice, keep a jacket or a sweat-shirt for going out, which you can remove once you reach office or home.
- Keep drinking water or other fluids regularly.
- Most importantly do not touch hands anywhere on face.





## Old Age Homes / Shelters

- Maintain personal distance of at least 1 metre from each other.
- Follow general guidelines on regularly washing hands, avoiding crowds, and practicing social distancing.
- Maintain personal hygiene by washing hands for 20 seconds with soap or hand sanitizers containing 60% alcohol.
- Do not meet friends and family members on visit. Encourage meetings over telephone calls, video conferencing, sharing of photographs through social media, etc.
- Caregivers should practice extra precaution themselves and the family should have a backup plan to care for their loved one in case the caregiver gets sick.
- If any routine health check-up is scheduled, the same can be arranged over a phone and a personal visit be made only after the lockdown is lifted off.
- Unless there is an infection within the old-age home, there is no need of abandoning the home.
- It is really important to not just sit or lie down all day. They need to move and gets the blood flowing and it is good for overall health. Small exercises and household work can be given to the elderly to keep them involved.
- During meal times, adequate distance be maintained as advised (1 metre).



## **Employees / Officers / Support Staff in offices providing essential services**

- Educate your workforce and communicate regularly with employees.
- Monitor govt. developments on a daily basis.
- Appoint a corona virus emergency management team to handle the emergency situation.
- Reinforce good hygiene practices and take related safety precautions.
- Frequently washing their hands thoroughly with soap and water for at least 20 seconds or an alcohol-based hand sanitizer that contains at least 60 per cent alcohol.
- Avoiding touching their eyes, nose and mouth.
- Covering sneezes or coughs with tissues, if possible, or else with a sleeve or shoulder.
- Avoiding close contact with people who are sick.

- Staying home when sick.
- Cleaning and disinfecting frequently touched surfaces and objects.
- Maintain good hygiene and cleanliness of the workplace.
- Implement physical social distancing – keeping everyone at the workplace physically apart.
- Actively consider the context of your business, that is, the workplace, the work carried out there, your workers and others who come into the workplace.
- Take precautions to eliminate or minimise the risk of the people at your workplace contracting COVID-19.
- Limit contact with others, including through shaking hands, meeting in person, group lunches, etc. Encourage online meetings.
- Employers must try to reduce the psychological risks to workers and others at the workplace, periodical psychological counselling for vulnerable employees.
- Be update with information from official sources.
- Provide workers with a point of contact to discuss their concerns and to find workplace information in a central place.





## **Bus Drivers / Cab Drivers (permitted public transport)**

- Should get their vehicle sanitised/disinfected after each trip.
- Should not allow anyone to sit close to them.
- Authorised cab drivers should not allow any passenger to sit on the front seat.
- Sanitise the hands of passengers before and after entering the vehicle.
- If driver/helper opens the door for passenger or handles their luggage, they should immediately sanitise their hands.
- Follow the instructions of police personnel on the route.
- Don't stop the vehicle at any other place or in market other than at the specified destination(s).
- Driver/helper should wash their hands/take bath and wash their clothes at the end of the day.



## **Hospitality Services:**

### **Hotels/ homestays/ lodges & motels – accommodating tourists and persons stranded due to lockdown, medical and emergency staff, air and sea crew**

- Make sure that the premises are clean and hygienic, and are sanitised frequently.
- Wipe the surfaces with disinfectant regularly.
- Serve breakfast and food in the rooms. The waiter serving food/breakfast should maintain social distancing.
- Keep hand rub dispensers and make sure these are regularly refilled.
- Make sure that everyone employees, employers and guests wash their hands regularly.
- Display signage for hand wash and other warnings.
- Ensure that tissue papers are available for those with running nose or coughing at work, along with closed bins for hygienic disposal of used tissues.
- Make provision for 1-1.5 metre distance for guests coming to the reception counter.
- Any doubtful/suspected person(s) with visible symptoms or those affected by coronavirus should be immediately isolated and the same may be informed to the health department.
- Keep a logbook of visitors with name, address, telephone numbers, e-mail ID, and collect photo ID and other details.
- Make sure some rooms/area is kept vacant for any emergency situation/ isolation purposes.
- Must ensure the implementation of government advisories.
- All employees; management and guests should follow social distancing and maintain a distance of at least one metre from each other.
- No visitors should allow other than those specified in guidelines issued by government authority.
- No handshaking. Guests and others should be greeted without touching each other.



## What should you do if your neighbour gets infected with COVID-19?

- Do not visit each other's houses; encourage everyone to maintain Social Distancing.
- Keep a check on each other's well-being by talking over phone or messenger applications.
- In case someone reports symptoms :
  - Be compassionate; do not panic.
  - Have compassionate dialogue with the family; Assure them of help and attend to necessary assistance without physical contact and while maintaining Social Distancing.
  - Do not stigmatise the family - as it can happen to anybody and in any case, 98% of the people do get cured.
  - Encourage the person / family to call the local Covid-19 Helpline or the National Helpline - 11-23978046.
  - Call the helpline in case the neighbour is unable to or refuses to call themselves.
  - Inform the local housing society or Resident Welfare Association, if any.
  - Advise the patient to be in isolation from other members of the family.
  - Encourage the Patient or family to follow the Home Quarantine Guidelines of Ministry of Health, Government of India.
  - Inform and encourage the families living next door to also Home Quarantine themselves and keep a check on any symptoms of Covid-19.





## COVID-19 Coronavirus

### Guidelines for Employer and Employees

- Request the Administration or Owner to prepare a Resilience Plan.
- The Resilience plan should have the following :
  - Formulate a team of individuals as Task Force for handling Covid-19 case.
  - Guidelines to prevent Corona Infection.
  - Reference or links to authentic sources such as Ministry of Health or WHO.
  - List of Local Helpline numbers and National Helpline No. 011-23978046.
  - List of local nearby hospitals or testing centres.
  - Deep cleaning and Sanitation schedule.
  - Make seating arrangements such that workstations are atleast 2 metres apart.
- The Task Force should sensitize managers and employees of Covid-19 of the importance of reporting Covid-19.
- The Task Force should strictly implement Social Distancing within the premise.
- Encourage each other to follow necessary precautions and maintain social distance.
- Encourage co-workers to report their travel history to the Admin / Task Force.
- If an employee or co-worker has a travel history of a foreign travel or has visited a location with confirmed Covid-19 case or has met someone with a suspected or confirmed Covid-19 case.



**If the employee is feeling unwell or showing symptoms:**

- Be compassionate; do not panic.
- Do not stigmatise the person; as it can happen to anybody and in any case, 98% of the people do get cured.
- Report to the local helpline or National Helpline 011-23978046.
- Inform the Task Force.
- Persons in close contact with the Employee to be put under Home Quarantine for 14 days and encouraged to observe of any symptoms.
- Deep cleaning and Sanitization of the work stations of the Employee and of persons with close contact to be taken up immediately.
- Task force to internally communicate about the case so that everyone is aware.

**If the employee is feeling well and not showing any symptoms:**

- Employee should be put in Home Quarantine for 14 days and observe for any symptoms.
- Encourage the employee to call helpline immediately in case any symptoms show up.
- Persons in close contact with the Employee to be put under Home Quarantine for 14 days and encouraged to observe of any symptoms.
- Deep cleaning and Sanitization of the work stations of the Employee and of persons with close contact to be taken up immediately.
- Task force to internally communicate about the case so that everyone is aware.
- Remain in touch with the employee and get regular report of his or her well-being.



# Gated Housing Communities

## Do's

- Go out of home only when there is an emergency or if there is a need to buy food or essential. Following the instructions of the government and local authorities. Procure them from the neighbourhood shops. Regulate the movement by allotting specific timings for blocks of houses if possible.
- Restrict the use of the lift. If that is not possible, ensure that you are washing your hands or a sanitizer immediately after.
- You may use a toothpick to punch lift buttons and ATM keys. The toothpick should be discarded safely in a bin after one use.
- Ensure the well-being of your maintenance staff. If at all they are not able to travel during the lockdown, ensure stay and food for them.
- Ensure that the housekeeping staff has the proper gear to clean all common areas. They should regularly disinfect high contact surfaces such as railings and lift buttons.
- Provision of masks and hand sanitising arrangements for security guards and other staff who have high exposure should be made.
- Maintenance services inside the house related to electricity or water supply may be limited unless an emergency.
- The watchmen may be instructed not to touch ID cards, letters, licenses, etc. while allowing people to enter the housing compounds. Common phones, desktop, pens, register, etc. kept at the gate/ reception must be cleaned regularly or one designated person may be assigned to attend to such duties.
- As far as possible, buy groceries/essentials from the shops located within your housing complex. For housing societies which do not have a shopping area within the complex, Resident Welfare Associations should either organize supplies inside or allow people to go out in an organised way, permitting only one member from a family.
- If getting your groceries delivered from the nearest shop, leave a tray for collecting the delivery. If non-perishable and not of immediate requirement leave it in a place untouched. Perishable food like milk packets, fruits, and vegetables need to be washed and used further.
- Waste is generally collected, pooled and disposed at one point. In case infected, use multiple layers of packaging to dispose of masks, gloves, etc. so that the workers handling the waste do not get the infection.





- Lockdown is temporary. Procure minimum needs like groceries from the shop within the housing complex.
- If you suspect that someone in your housing society may be a COVID-19 positive case, you can report it to the health officials.
- Be connected over WhatsApp and phone.
- Identify a family member or friend who can care for pets if someone in the household becomes too ill to care for pets.
- Have crates, food and extra supplies on hand for movement and relocation of pets if necessary.
- Walk your pet within the gated premises. If possible, wipe their legs before entering the house.

### **Dont's**

- If use of lift is unavoidable, do not overcrowd the lift and maintain social distancing.
- Avoid taking the support of handrails and wall if using steps.

- Avoid going to common areas like clubhouse, gym, reception lounge, benches in the park, etc.
- Avoid the use of common taps/ bathrooms.
- Do not assemble in large groups, even for resident association meetings. Maintain social distance.
- Avoid visiting neighbours/relative's/ friend's houses.
- In case, a family/ elderly in the housing society needs your help to do so. Do not enter the premises and maintain social distancing. Leave grocery, medicine, etc in front of the door.
- Do not over-buy grocery or medicines. There are others who may also need it.
- Walking or strolling within a housing compound may be avoided. Though if you have to go out for a walk maintain social distancing.
- Do not ostracise an affected family. It is harassment and causes trauma to everyone in the family. Avoid stigmatising the affected person or family. Have compassion for the affected.





# FAQs

## **What are the symptoms of COVID - 19?**

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

## **How is Corona virus transmitted from person to person?**

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

## **Is it also transmitted through blood transfusion? Is it safe to donate or receive blood during Corona infection?**

Individuals are not at risk of contracting COVID-19 through the blood donation process or via a blood transfusion, since respiratory viruses are generally not known to be transmitted by donation or transfusion.

## **Are elderly, children, women, pregnant women at higher risk of infection?**

While we are still learning about how COVID-2019 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

### **Is there any vaccine or medicine for COVID - 19?**

No. While some western, traditional or home remedies may provide comfort and alleviate symptoms of COVID-19, there is no evidence that current medicine can prevent or cure the disease.

### **What one should do to be safe from this disease? What needs to be done in the family?**

- Maintain appropriate distance (6 feet ) from both the infected/suspected person;
- Hand-hygiene for himself and guide the same for family members;
- Avoid touching your face with your hands, especially your mouth, nose, or eyes;
- Avoid crowds.

### **Can eating garlic help prevent COVID-19?**

NO. 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.

### **Can drinking/rubbing alcohol on your body kill coronavirus?**

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.

### **Can the new coronavirus be transmitted through mosquito bites?**

NO. 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.

### **Does taking a hot bath prevent Covid-19?**

NO. But daily bath is mandatory to maintain good hygiene which may indirectly reduce the risk of many infections.

### **Can I use hand dryers and ultraviolet disinfection lamps to kill Covid-19?**

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. UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.

### **How effective are thermal scanners for detecting infected people?**

Thermal scanners don't detect infected people. They just detect body temperature which is one of the prominent symptoms of COVID 19. People with raised temperature should be assessed for other symptoms which are seen with COVID-19 and also travel contact history and if he/she fulfil the criteria than further testing to confirm the disease.

### **If I have cough, cold or fever, should I immediately go for Corona testing? If not, then what to do in such cases?**

Not every case is COVID-19. However, if you have come in contact with any COVID 19 patient within last 14 day, you should consult the doctor.

### **Where to approach, if I want to get tested?**

As per Ministry of Health and Family Welfare, if you have any of the above symptoms and have travelled to any of the COVID-19 affected countries or you are a contact of a laboratory confirmed positive case immediately call the State Helpline Number or Ministry of Health & Family Welfare, Government of India's 24x7 helpline Toll free: 1075 ,011-2397 8046 The helpline service will note down your contact details and contact you with the testing protocols of COVID-19

### **What is meant by Isolation and Quarantine and how the two are different?**

Quarantine refers to separation of individuals who are not yet ill but have been exposed to COVID-19 and therefore have a potential to become ill. There will be voluntary home quarantine of contacts of suspect /confirmed cases.

Isolation refers to separation of individuals who are ill and suspected or confirmed of COVID-19. All suspect cases detected in the containment/buffer zones (till a diagnosis is made), will be hospitalized and kept in isolation in a designated facility till such time they are tested negative. Persons testing positive for COVID-19 will remain to be hospitalized till such time 2 of their samples are tested negative as per MoHFW's discharge policy.

Ref: <https://ncdc.gov.in/WriteReadData/l892s/42417646181584529159.pdf>

## **What are Dos and Don'ts for Quarantine?**

The home quarantined person should: Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it's advisable to maintain a distance of at least 1 meter between the two.

- Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.
- Restrict his/her movement within the house.
- Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.

For further information refer to

<https://www.mohfw.gov.in/DraftGuidelinesforhomequarantine.pdf>

### **Dos:**

- Wash hands frequently with soap and water or use a sanitizer gels.
- Stay in a well-ventilated single room.
- Stay away from elderly, pregnant women, children's and persons with co-morbidities.
- Eat healthy to boost your immune system.
- Limit alcohol and sugary drinks.

### **Don't:**

- Don't smoke. It can exacerbate COVID-19 symptoms and increase your risk of getting sick.
- Don't attend any social or religious gathering.

## **What is meant by Home Quarantine?**

Home Quarantine is used to separate and restrict the movement of a person who may have been exposed to confirmed Covid 19 patient in last 14 days .The person is required to stay at home with minimum social/public interactions. In case of symptoms develop, they need to stay home till the test comes negative or access medical care if the symptoms become severe.

## **Is Corona virus transmitted from humans to animals and vice versa?**

Coronaviruses are a large family of viruses that are common in animals. Occasionally, people get infected with these viruses which may then spread to other people. For example, SARS-CoV was associated with civet cats and MERS-CoV is transmitted by dromedary camels. Possible animal sources of COVID-19 have not yet been confirmed.

There is no research to support human to animals spread at this time.

### **How does COVID-19 impact on other illnesses and vice versa?**

People with pre-existing disease like DM< HTN, CVD have more changes of COVID infection. COVID 19 infection can worsen pre-existing diseases like decompensation of chronic liver disease, worsening of pre-existing renal disease and worsening cardiac functions with heart disease.

### **Is it advisable to go for a walk or exercise during quarantine?**

Any exercise is advisable only inside the house. No-one should be walking on roads/parks.

### **Should I travel from one place to other? If yes, with what precautions?**

Nowadays, the disease may spread, so we should not travel unless there is an emergency.

### **For how long a Corona virus active in human body?**

It is active from one week to two weeks.

### **How often should I wash my hands?**

There is no definite frequency defined regarding hand washing. It is better to wash as often as possible.

But remember to wash your hands -

- After returning from public outing, bath room
- Before and after preparing food
- After touching the suspected or infected person

### **Is it necessary to use sanitizer? What are other alternatives? How often should I use sanitizer? Any specifications for sanitizers to be used?**

Yes, it is necessary to use sanitizer, if you cannot find means to wash your hand .Hand washing with soaps which is equally good as sanitizers. Soap is cheaper but water may not be available in all places. Sanitizers are useful for those who frequently are in touch with surfaces like paper, packaging, grocery stores, etc. and need to disinfect.

### **Is it must to wear a mask? Under what conditions, one should wear a mask? Any specific quality of mask is required to prevent Corona infection?**

No. Masks are only recommended for those who are already sick and those caring for sick individuals. Normal surgical mask is to be worn by patient and staff involved in care. If the health care workers is doing aerosol generating procedure than N-95 mask is needed.

### **What is social distancing? How to practice it? How long one has to follow social distancing?**

Social distancing includes ways to stop or slow the spread of infectious diseases. It means less contact between you and other people.

If you are sick, stay away from others – that is the most important thing you can do. If unwell, avoid contact with others (stay more than 1.5 metres from people). These simple, common sense actions help reduce risk to you and to others. They will help to slow the spread of disease in the community – and you can use them every day – in your home.

One should follow social distancing till the time the spread of disease is completely over.

### **Can we eat together in the family? Can it also spread Corona virus?**

Yes, one can eat together in the family but if any family is suspected/ infected with virus then need to stop eating together as this can spread infection.

### **What precautions need to be taken while buying anything from market and bringing it home?**

If possible wear disposable gloves while put buying anything from market and put in a paper bag and discard them before entering home.

### **Should I eat at / order food, from restaurants these days?**

Yes, we can eat at and order food from restaurants but need to take care of personal hand hygiene.

### **Is there any relation of this disease with atmospheric temperature? Will this disease disappear with the rise in temperature?**

COVID-19 virus 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.

### **How much time it takes to get cured from COVID – 19?**

At least two weeks' time.

### **What may happen, if I get infected and I don't get to know and don't visit a doctor?**

Then you can infect other individuals and spread the disease in community. This is why Social Distancing and Lockdown are in effect.

*\* These FAQs have been prepared in consultation with Dr. Naresh Trehan, Chairman & Managing Director and Chief Cardiac Surgeon, Medanta TM-The MediCity*



## **NDMA Bhawan**

A-1, Safdarjung Enclave, New Delhi - 110029

Telephones : +91-11-26701700

Control Room : +91-11-26701728

Helpline Number:011-1078

Fax : +91-11-26701729