



# All India Institute of Medical Sciences Rishikesh



## ***General Instruction*** ***for*** ***All Health Care workers***



## **WHAT ARE THE SAFE PRACTICES TO BE PROMOTED**

**1**

1. Frequent handwashing
  - a. Regularly and thoroughly clean your hands with an 70% alcohol-based hand rub or wash them with soap and water for 40 secs

**2**

2. Maintain social distancing
  - a. Maintain at least 1 metre distance between yourself and others.
  - b. Avoid going to crowded places
  - c. Avoid organising and attending events, prayers, parties

**3**

3. Avoid touching eyes, nose and mouth
  - a. Because contaminated hands can transfer the virus to your eyes, nose or mouth

**4**

4. Practice good respiratory hygiene
  - a. Cover your mouth and nose with handkerchief or tissue when you cough or sneeze.
  - b. Dispose of the used tissue immediately in a closed dustbin.
  - c. Wash your hands with soap and water for 40 secs or rub hands with 70% alcohol based hand sanitiser



## **WHAT ARE THE PRECAUTIONS & SAFETY MEASURES ME ON REACHING HOME**

**1**

Carefully remove your face mask and gloves using the correct method, avoid touching front of your mask at all time, untie lace from behind and do not let the mask hang low around your neck.

**2**

Dispose off used mask and gloves by throwing them in a covered dustbin. (See: MASK MANAGEMENT).

**3**

If you have carried your bag/register, wipe them down with the disinfectant solution

**4**

Wash your hands with soap and water for 40 secs or 70% alcohol based hand-sanitizer before you touch anything else.

If you feel unwell  
(Cough, fever or difficulty in breathing)

***Please contact to***

**Dr. Yogesh 9655007473**

**Dr.P. Panda 9868999488**

***Or***

**Visit to**

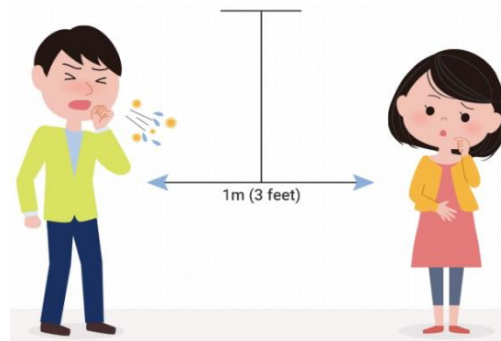
**COVID-19 Screening OPD**



Together we can fight Coronavirus



— Protect yourself and others! —



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*COVID-19: Be Prepared, Don't Panic*  
*Are You Prepare?*

