



सत्यमेव जयते



ATAL BIHARI VAJPAYEE INSTITUTE OF MEDICAL SCIENCES

&

DR RAM MANOHAR LOHIA HOSPITAL, NEW DELHI-110001

DEPARTMENT OF MICROBIOLOGY

COVID 19

Guidelines for Health Care Workers

DO's and DON'T's to prevent COVID 19 and other Respiratory Infections

DO practice “**social distancing**”: Try and maintain at least 1 meter distance away from anyone who's coughing or sneezing.

DO wash your hands for 20- 40 seconds, several times a day. Use soap and water or a hand sanitizer with at least 60% alcohol:

- Before cooking or eating
- After using the bathroom
- After blowing your nose, coughing, or sneezing
- Since we are in health care setting – practice **5 moments of hand hygiene** (See fig. on pg 5) which are:
 - Before touching a patient
 - Before clean/aseptic procedure
 - After body fluid exposure risk
 - After touching a patient
 - After touching patients' surroundings
- **DO diligently follow steps of Hand Hygiene** (See fig. on pg no-5)

DO not panic if hand sanitizer is not available; wash your hands with soap and water.

DON'T use hand sanitizer if your hands are visibly soiled, you need to wash your hands with soap and water.

DON'T touch your eyes, nose, and mouth. If you *have* somehow come into contact with the virus, touching your face can help it enter your body.

DON'T wear a mask all the time if you are healthy

DO wear a mask if you're sick or taking care of a patient with respiratory symptoms/ suspect case/ confirmed case of COVID 19. Masks help protect others from catching the virus, but wearing one when you're healthy won't do much.

Indication for wearing masks (Reference: mask advisory from MOHFW)

(a) Triple layer mask (medical/ surgical)

- When entering a room where patients suspected or confirmed COVID-19 are admitted.
- Any situation when care is provided to a suspected or confirmed case.
- HCWs having symptoms/signs of respiratory illnesses (cough, cold etc.)
- While transporting of suspected/confirmed COVID-19 patients from the isolation ward/ICU to the laboratories.
- Cleaners of the isolation patient care area, Flu corner, OPD, Emergency screening area.

(b) N95 Mask

- **Aerosol-generating procedures** (e.g., tracheal intubation, non-invasive ventilation, tracheostomy, cardiopulmonary resuscitation, manual ventilation before intubation, bronchoscopy).
- While collecting suspected COVID-19 patient's samples. (Screening centre, ward-5 & ICU).

DO learn "Mask Management": Mask management is important to prevent transmission of infection.

DO follow the following steps of wearing a mask:

While wearing a medical mask, the steps given below needs to be followed. If you do not follow them, you may get infected from the mask itself. These steps are:

- Unfold the pleats; make sure that they are facing down.
- Place over nose, mouth and chin.
- Fit flexible nose piece (a metallic strip that can easily be located) over nose bridge.
- Secure with tie strings (upper string to be tied on top of head above the ears – lower string at the back of the neck.)
- Ensure there are no gaps on either side of the mask, adjust to fit.

- While in use, avoid touching the mask.
- Do not let the mask hanging from the neck.
- Change the mask after six hours or as soon as they become wet.
- Disposable masks are never to be reused and should be disposed off.
- While removing the mask great care must be taken not to touch the potentially contaminated outer surface of the mask
- To remove mask first untie the string below and then the string above and handle the mask using the upper strings.
- After removal or whenever you inadvertently touch a used mask, **clean hands by using an alcohol-based hand rub or soap and water if visibly soiled.**
- **Do not re-use single-use masks.**

DO dispose used masks carefully:

- Used mask should be considered as potentially infected.
- It should be discarded in to **yellow bag.**

DO understand the use of Mask:

- Use of Mask- limits spread of certain respiratory diseases
- **Mask alone is insufficient** to provide the adequate level of protection and other equally relevant measures should be adopted – i.e Hand hygiene
- Wearing medical masks when not indicated may cause
 - unnecessary cost
 - procurement burden
 - Create a false sense of security that can lead to neglecting other essential measures such as hand hygiene practices.

Using a mask incorrectly may hamper its effectiveness to reduce the risk of transmission.

DO Practice and Teach Respiratory Hygiene:

- Reduces the spread of microorganisms (germs) that cause respiratory infections (colds, flu).
- Turn head away from others when coughing/sneezing.
- Cover the nose and mouth with a tissue/personal handkerchief.
- If tissues are used, discard immediately into the trash.
- Cough/sneeze into your sleeve if no tissue is available.
- Clean your hands with soap and water or alcohol based products.
- **DO NOT** spit here and there.

Indication for wearing PPE-

