

GOVERNMENT INSTITUTE OF MEDICAL SCIENCES, GRETAER NOIDA

Advisory for Health care personnel to prevent spread of corona virus.:

1. Wash your hands with soap and water frequently.
2. If soap and water is not available/ possible, use alcohol-based sanitizer.
3. Stop bringing handbags, laptops to the workplace.
4. Do not wear watches and jewelry items to the workplace.
5. Do not bring wallet, purse to the workplace. If possible, avoid carrying money, use debit or credit card instead.
6. Clean your spectacles with alcohol-based solution immediately after reaching home and when you reach the workplace.
7. Clean your keys (car, bike, other), mobile phones/ tablets that you carry to workplace with alcohol-based solution immediately after reaching home and when you reach the workplace.
8. Change into hospital uniform immediately after reaching the workplace.
9. Change into home clothes just before leaving the workplace.
10. Always use an appropriate face mask and other personal protective equipment when in the hospital.
11. Learn to use and discard the face mask and other personal protective equipment correctly and meticulously follow the correct method while using or discarding them.
12. Follow SOP of your institution.
13. On reaching home, it is better to leave cover of your mobile phone in your car or two-wheeler. Avoid taking mobile cover/ case home in any case.
14. On reaching home
 - a) Avoid opening the door for yourself
 - b) Take a shower immediately
 - c) Wash your clothes immediately or put them for wash later on separately.
15. If you have elderly people or small children at home, avoid visiting their rooms for few days to protect them from potential exposure to infection.
16. If you develop symptoms like cough, fever and breathlessness, immediately inform your superiors and follow the Government/ institutional protocol regarding testing, quarantine/ isolation.
17. Follow the advisory/ orders/ instructions by the authorities.