

# DON'T FEAR COVID-19

## PRACTICE INFECTION CONTROL ON THE JOB

440,000+ Indians die due to tuberculosis every year.

In this tough time of the COVID-19 pandemic, TB patients need your support more than ever.

### Do not panic



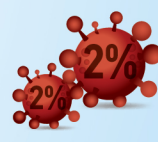
Remain calm and alert.



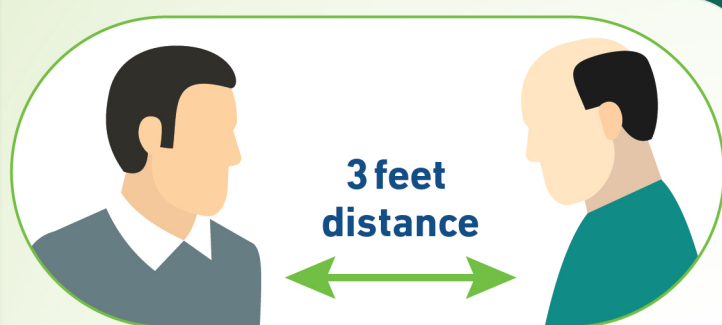
Strong immunity is the best defence against coronavirus.



The death rate for the new coronavirus is ~2% and it is expected to fall. The virus is not fatal for everyone.



### While talking to a suspected patient



Maintain at least 3 feet distance with the patient. But remember to be polite and compassionate always.



Avoid touching any object at his/her home.



Encourage the patient to wear a mask to prevent spread of infection to others.



Do not touch your eyes, nose and mouth during the visit.



After the visit, immediately wash your hands with soap and water for 20 seconds. In its absence, use a hand sanitizer with more than 60% alcohol content.



### While visiting a healthcare facility

#### Practice social distancing



Do not share hands. Opt for namaskar, aadaab or a wave of hand.



Maintain at least 3 feet distance between yourself and a person coughing or sneezing.

#### Clean your hands often



Wash hands thoroughly with soap and water for at least 20 seconds.



Use hand sanitizer with more than 60% alcohol content in absence of soap or water.

#### Do not touch 'high-touch' surfaces



High-touch surfaces include phones, remote controls, doorknobs, tabletops, kitchen counters, taps, toilets and bedside tables.



Use a pen or your knuckles to press lift buttons.

#### Avoid touching your face



Wearing a mask is recommended while in a healthcare facility.



The germs can stick to the outside of your mask. Do not touch your mask from the front. Take it off from the side.



Use disposable masks (one time use) or disinfect your mask after every use.



Wash your hands with soap and water immediately after taking off your mask.

### Precautions while transporting sample



Ensure proper labelling of the sample.



Ensure the container is leak-proof.

Use protective gear like disposable gloves while handling the sample.

Do not touch your face and remember to clean your hands thoroughly with soap and water or alcohol-based hand sanitizer.



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