



SAIFEE HOSPITAL

Under the auspices of Saifee Hospital Trust Reg. No. E-5448 (Bom)

LIFE AFTER LOCKDOWN



Lockdown has gone not COVID 19

The meaning of **Health is Wealth** was never more relevant than today.

It is to be borne in mind that all the leading epidemiologists and scientists have opined that the coronavirus which causes **Covid 19 is going to stay with us**, may be in a very prominent manner till **2022**.

India has a large **young population** which goes out to work, moves from place to place and has to come back home where **elders** are there in the family. Also there is a very high number of **diabetic patients** in our country which is one of the cardinal co-morbid condition which require a high degree of protection and care along with **heart and cancer patients** in respect to covid-19.

Taking all this into account there will be a major **lifestyle change** on various aspects which we need to start and practice diligently.

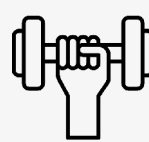


Lockdown has gone not COVID 19

For this, we need to create **our own strategies** based on our surroundings with cardinal rules of safety in mind.

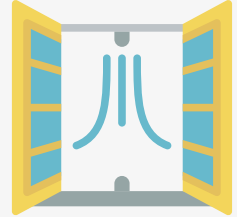
Many functions as depicted below will become a part of prominent practices in our lives.

- washing hands at all times.
- cleaning our surroundings.
- being extremely aware of changes to our body for any illness.
- maintaining an exercise regimen and keeping fit and eating properly.
- and a few other things now needs to be followed on a daily basis diligently.

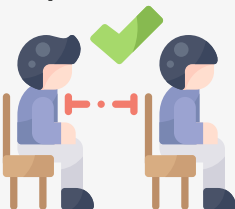


Personal and Environmental Hygiene

- Open up every area of the building /house by keeping the windows open and always allow fresh air and sunlight on regular basis, wherever possible. Ensure proper disinfection. It can be done by sodium hypochlorite spray or antivirus sprays.



- Every nook and corner, knobs of all doors, electrical points, washrooms, table tops of our home need to be thoroughly cleaned and disinfected at regular intervals either by sodium hypochlorite spray or wipes, or antivirus sprays.
- It is better to have liquid soaps in the washrooms.
- Hand sanitizers should be placed at appropriate locations for easy access in lifts, cars, reception areas of buildings.
- Clean air conditioning systems of homes and work places including lift fans regularly and frequently.



- Reorganize furniture, especially for common areas in homes so that when someone comes to meet, physical distancing can be maintained.



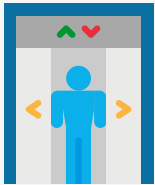
Personal and Environmental Hygiene

- Dustbins should be kept closed or covered in washroom and kitchen.
- Absolute cleanliness to be followed in kitchen, pantries, etc.



- Check the required stock of disinfectants, tissues, liquid soap, masks, gloves, etc. at home and workplace.

• Place doormats at the entrance that could be properly disinfected with sodium hypochlorite at frequent intervals on daily basis, ensuring the area is not slippery.



- In lifts, a minimum distance of 3 feet could be maintained and we could always wait for a little while more for the next sortie of the lift rather than crowding.



Lift Cleaning Protocol

- All the lifts to carry hand rubs and insist on hand hygiene.
- Routine cleaning (Top to Bottom) : Before starting of each shift.
- As a precautionary measures disinfection of lifts to be done twice a day.
- Lift buttons/railings to be disinfected frequently.
- At the end of the day; thorough cleaning of lift floors with sodium hypochlorite OR other acceptable virucidal agent.



Routine Environmental Cleaning

It is good practice to routinely clean surfaces to the extent of disinfection.

DISINFECTION

It is a process to destroy micro-organisms that could possibly cause diseases. This is generally done by extensive and regular cleaning using the appropriate and most suited disinfectants like Sodium Hypochlorite and/or other virucidal agents / sprays.

The cleaning staff/ housekeeping domestic help staff is a very important category of people that could keep hygiene levels up to the expected standards. The staff should be identified and continuously trained and monitored for performing the required functions in a set manner.

Maintaining high level of disinfection and hygiene practices should be a family affair with ALL members of the family wholeheartedly contributing and should not be left to some specific individuals.

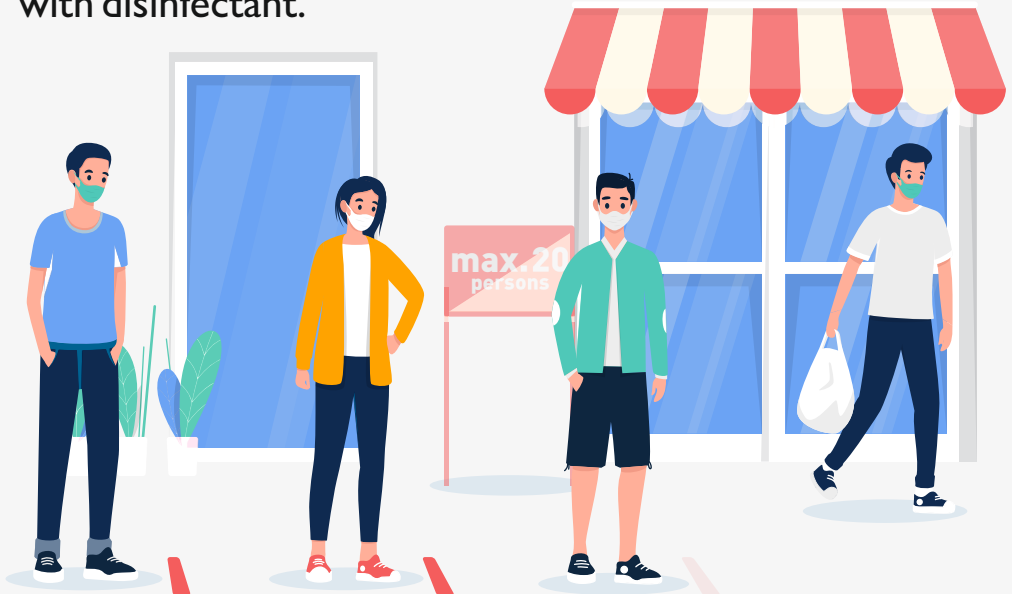


Shopping is an integral and important part of day to day activity.

It is important to maintain physical distancing and appropriate measures when one goes for shopping. It is always better to spray some disinfectant on the outer surface of the packet when we get at home.

As far as vegetables and fruits are concerned, it is prudent to soak in a bucket filled with water and adding a heaped spoonful of baking soda and leave for 20 minutes.

The table top of the kitchen where the grocery and other things are being kept should be thoroughly wiped /sprayed with disinfectant.



Every Family Member's Responsibility

Keeping the house clean is the responsibility of ALL the members of the family and not only restricted to one person. By doing so, it becomes easier to ensure sterility and disinfection.

It is everybody's responsibility to clean their desks when they come to work in their assigned shift timings. Wipe the desk clean before usage.

Table tops, chairs, toilet seats and wash basins should be wiped/sprayed with disinfectant before and after use.

Coming back from work

When we go out and return home, it is a good practice to empty out the pockets, remove the wrist watch, waist belt, mobile phone, keys and keep in a tray and spray a disinfectant. Also, it would be nice to spray the disinfectant on the sole of the footwear.



Handwashing

Handwashing, though basic but is the most important means to prevent spread of infection.

Handwashing: The simplest safest and most economical way to remain healthy and infection free is frequently washing of hands with soap water for minimum 20 seconds.

Cleaning staff should be informed to avoid touching their face, especially their mouth, nose, and eyes when cleaning.

Comply with when to perform hand hygiene & follow strict hand hygiene.

When to Wash Hands:

- Before and after eating our meals
- Before and after coming to work
- After coughing or sneezing
- After toilet use
- When hands are visibly dirty



How to Hand Wash

Step by Step



Wet hands



Apply soap



Rub hands
palm to palm



Lather the back
of both hands



Scrub between
your fingers



Rub the back of
fingers on the
opposing palm



Clean thumbs



Wash fingernails
and fingertips



Rinse hands



Dry with a
single use towel



Use the towel
to turn off the faucet



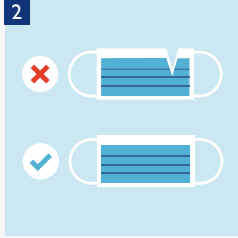
Your hands are clean



How to wear a Face Mask



1 Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



2 Check the new mask to make sure it's not damaged.



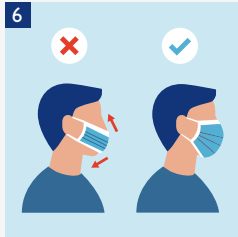
3 Ensure colour side of the mask faces outwards.



4 Locate the metallic strip. Place it over and mold it to the nose bridge.



5 Place an ear loop around each ear or tie the top and bottom straps.



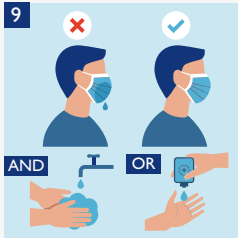
6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7 Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.

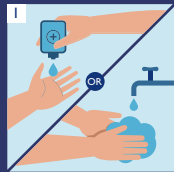


8 Do not touch the mask while using it, if you do, perform hand hygiene.



9 Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

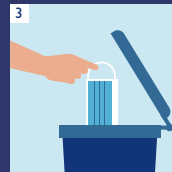
Removing the Mask



1 Perform hand hygiene.



2 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.



3 Discard the mask in a waste container.

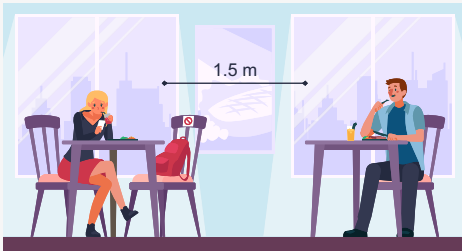


4 Perform hand hygiene.



Social Distancing

It is important that we give ourselves and others physical space especially:



Cafeterias / waiting to take food.



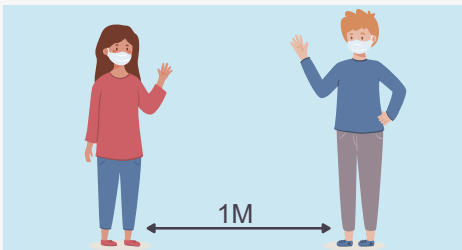
While travelling in buses, cars or public transport.



In areas where we have to pay money / bills.



Getting in the lifts, entering the facility / room.



Greetings without physical touch is to be promoted and practiced.



Avoid family gatherings and any house parties.



Boost Immunity Levels

Immunity is the key factor in defense against any infectious disease.

The immune system is the first line of defense of our body against an alien microorganism entering the body. Stronger our immune system, lesser would be the chance of we falling ill. But then again, having a strong immune system doesn't make us invincible.

With a little change in our diet and routine, we can ensure that our immune system is strong enough to protect us against the virus infection. Diet is an important component to build up the immunity which in turn protects us from infections.

It is very important that we make others aware about the good living practices in respect to infection free living.



Ways to Boost our Immunity



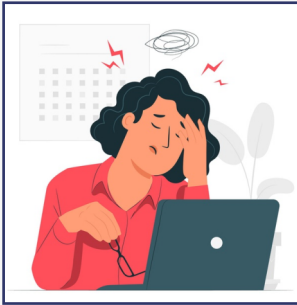
Adequate sleep



Get vaccinations advised by doctors



Eat healthy & balanced diet



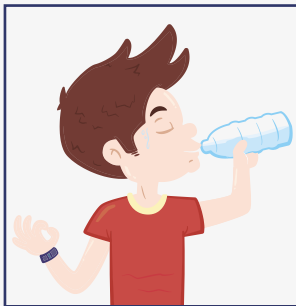
Stay away from stress



Stay physically active, practice yoga & meditation



Strictly avoid alcohol, tobacco & drugs



Drink adequate water



Keep control over diabetes & blood pressure

