



HOW TO TAKE CARE OF YOURSELF AS A FRONTLINE WORKER?

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1. Frequent handwashing

- a. Clean your hands regularly and thoroughly with 70% alcohol-based hand rub or wash them with soap and water for 40 secs

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2. Practice good respiratory etiquette

- a. Cover nose and mouth during coughing or sneezing with tissue or flexed elbow

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3. Maintain social distancing

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

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4. Transporting patients

- a. If you are visiting or accompanying a suspected case, always wear appropriate PPE
- b. Follow strict and supervised donning and doffing of PPE
- c. Dispose used PPEs in the appropriate bins

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5. Self monitor

- a. Self monitor for signs of illness and report to the Medical Officer, immediately if any symptoms develop.