



ADVISORY IN VIEW OF COVID-19
Resident Welfare Association/ Society

Corona Virus Disease 2019 (COVID 19)

World Health Organization has declared the recent COVID-19 as Public Health Emergency of International Concern (PHEIC) which has affected 134 countries/ territories including India till date. W.H.O has characterized COVID-19 as a Pandemic on 11th March 2020.

In this regard BBMP has issued the following advisories to all Resident welfare associations (RWA) which need to be communicated to each member by R.W.A

Instructions to RWA president and office bearers

1. All mass gatherings in the premises should be stopped.
2. Common area floor , railings, surfaces etc. likely to be touched by residents to be cleaned using Sodium Hypochlorite, bleaching powder or any effective disinfectant for maintaining the highest level of sanitation and hygiene .
3. Care and attention needs to be given to housekeeping staff and ensure to provide them with necessary soap /sanitizer/liquid soap dispenser for periodic hand washing.
4. Common areas like walkways and parks used for walking or jogging can be used subject to the strict maintenance of social distancing (1 meter).These places should not get converted into socializing points defeating the purpose of preventive measures put in place.
5. Gymnasiums, Sports Facilities, Swimming Pools, Recreational and club facilities are to be closed.
6. No summer camp activity / outdoor activities are allowed with in premises
7. Lifts are closed spaces and potential source of infection to others
 - a. RWA should sanitize the lift surfaces periodically.
 - b. Sanitize the Lift Operating buttons by regular cleaning.
 - c. People using the lift to wash hand using soap water or hand sanitizer after every usage necessarily
 - d. Not to touch eyes or nose or face after touching these surfaces without washing hands.

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8. The associations or societies should not yield to any rumors creating panic and problems in the community and instead inform health authorities for any kind of necessary action required.
9. In case we detect positive case in your locality a "Containment Plan" will be put in place for which your co-operation would be required by the health authorities.
10. Informative, Educative & Communicative materials approved by Government shall be made available in soft copies, which can be printed and displayed in the premise to create awareness (don't print flex banners).
11. It shall be the duty of the Resident Welfare Association (RWA)/Society to ensure that all those people who have been advised home quarantine stay indoors in their homes and do not move around in the society, community spaces or in the city casually. Health department shall be shortly sharing contacts of people advised for Home Quarantine staying in their locality with the respective RWA/Society. Any breach of quarantine of the suspect can cause uncontrolled spread of the infection in the entire community.

Instructions to all Residents:

1. If any resident or his/her family members have undertaken overseas travel in the last 14 days (1st march 2020 onwards), they need to be aware of the following
 - To immediately provide your details to Helpline Number 104. **These details will be kept confidential.**
 - You should subject yourself to Home Quarantine for 14 days, Guidelines for Home Quarantine are attached as **Annexure 1**
 - If you develops symptoms of Acute respiratory illness like Fever, Cough, Running Nose, Difficulty in breathing, please call immediately 104 helpline, further assistance for testing and arrangement for further care will be provided by Health Department at identified hospitals, patient will be transported using Ambulance services. Please use mask as per Guidelines for usage of Mask by public, enclosed in **Annexure 2.**
 - Details of all persons who had close contact with the suspected case shall be shared with health department and who have to be subjected to Home Quarantine for observation.
2. Taking care of Children
 - Discourage kids from playing outside in group.
 - Parents are requested to engage children with indoor creative activities.
 - Educate kids on Social Distancing, Cough Etiquette, and Hand Hygiene to prevent spread of illness to others in the community as well as to inculcate healthy practices in children.

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- Nutrition plays an important role in the development of Immunity and ability to fight diseases in view of which it is advised to provide homemade food to children.
- Instead of sending children to summer camps or summer coaching which in any case have been closed it is advised to engage children through online educative/recreational modules of learning.
- Parents are advised to counsel their children on the situation of COVID 19 and importance of preventive measures so that children understand the reason behind the limits imposed on their activities.
- Travelling to distant places must be avoided and undertaken only if necessary and you are the best judge on this.

3. Mass gathering

- Mass Gathering are the ideal places for the spread of infection and visiting such places poses serious risk in spread and transmission of infectious diseases and it becomes very difficult to identify the source of infection in such large gathering . You are advised to avoid gatherings.
- Do not organize/ attend birthday parties, kitty parties, social meetings etc. and put risk on the health of your friends and family members.

4. Elderly people in the house (above 60 years) , patients suffering from cancer, severe diabetes , people with weak immune system should be encouraged to stay indoors and take adequate precautions like hand wash, avoiding crowded places, taking their medicines regularly and consuming nutritious food

COVID-19 presents as mild diseases in majority of cases (81% cases) and it is only the spread of disease that is a matter of concern for public health. Support and co-operation from your side is highly necessary for the next 30 days and this would reduce the transmission of the infection in the community.


Commissioner 16/3/2020

Bruhat Bengaluru Mahanagara Palike

Help us to Help you. Let us fight COVID-19 together

Stay Home, Be Safe

All the Guidelines and Advisories are available at State Health and Family welfare department

Website: <https://karunadu.karnataka.gov.in/hfw/kannada/Pages/nCov-iec.aspx> &

www.mohfw.gov.in

Government of India
Ministry of Health & Family Welfare
Directorate General of Health Services
(EMR Division)

Guidelines for home quarantine

Scope

Detection of a travel related/unrelated suspect case of novel Coronavirus Disease (COVID-19) will be followed by rapid isolation of such cases in designated health facilities and line listing of all contacts of such cases. Home quarantine is applicable to all such contacts of a suspect or confirmed case of COVID-19.

This intervention will be limited to the initial phase of India reporting only (i) travel related cases and (ii) focal clusters arising from a travel related/unrelated case where cluster containment strategy is adopted (iii) Persons coming from COVID-19 affected areas where local and community transmission is evident.

Definition of contact

A contact is defined as a healthy person that has been in such association with an infected person or a contaminated environment as to have exposed and is therefore at a higher risk of developing disease.

A contact in the context of COVID-19 is:

- A person living in the same household as a COVID-19 case;
- A person having had direct physical contact with a COVID-19 case or his/her infectious secretions without recommended personal protective equipment (PPE) or with a possible breach of PPE
- A person who was in a closed environment or had face to face contact with a COVID-19 case at a distance of within 1 metre including air travel;

The epidemiological link may have occurred within a 14-day period before the onset of illness in the case under consideration.

Instructions for contacts being home quarantined

The home quarantined person should:

Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it's advisable to maintain a distance of at least 1 meter between the two.

- Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.

- Restrict his/her movement within the house.
- Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.

He should also follow the under mentioned public health measures at all times:

- Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer
- Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.
- Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused.
- Masks used by patients / care givers/ close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.
- Used mask should be considered as potentially infected.
- If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre or call 011-23978046.

Instructions for the family members of persons being home quarantined

- Only an assigned family member should be tasked with taking care of the such person
- Avoid shaking the soiled linen or direct contact with skin
- Use disposable gloves when cleaning the surfaces or handling soiled linen
- Wash hands after removing gloves
- Visitors should not be allowed
- In case the person being quarantined becomes symptomatic, all his close contacts will be home quarantined (for 14 days) and followed up for an additional 14days or till the report of such case turns out negative on lab testing

Environmental sanitation

- a) Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution.
- b) Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants
- c) Clean the clothes and other linen used by the person separately using common household detergent and dry.

Duration of home quarantine

- a) The home quarantine period is for 14 days from contact with a confirmed case or earlier if a suspect case (of whom the index person is a contact) turns out negative on laboratory testing

**Ministry of Health and Family Welfare
Directorate General of Health Services
[Emergency Medical Relief]**

Novel Coronavirus Disease (COVID-19)

Guidelines on use of masks by public

1. Introduction

A new disease named novel coronavirus (COVID-19) emerged in early December 2019 in China and has now spread to over 90 countries. As on 9th March 2020, India has reported 42 cases mostly among those who had travelled from affected countries. It causes a minor illness in majority of patients with symptoms of fever and or cough. A small proportion of such persons may progress to severe disease with difficulty in breathing.

It is spread by an infected person with COVID coughing and the droplets from his cough infecting others in close vicinity (less than 1 metre).

Any such new disease invariably related to cough leads to suggestions from various quarters, especially in social media, to use mask by general public to prevent the disease.

2. Purpose of this document

The purpose of this document is to give correct evidence based information to general public on use of mask.

3. Medical masks

Medical masks of different size and shapes are available in the market. The common ones are flat pleated masks of woven fabric which covers the nose and mouth and affixed behind the head with straps/ elastic fasteners. There are also conical or duck bill shaped masks with valves (or without valves) that fit in the contour of face over the nose and mouth, but are costlier.

4. Use of masks by general public

4.1. Persons having no symptoms are not to use mask

Medical masks should not be used by healthy persons who are not having any symptoms because it create a false sense of security that can lead to neglecting other essential measures such as washing of hands.

Further, there is no scientific evidence to show health benefit of using masks for non-sick persons in the community. In fact erroneous use of masks or continuous use of a disposable mask for longer than 6 hours or repeated use of same mask may actually increase risk of getting an infection. It also incurs unnecessary cost.

In such situation, more effective steps are:

- i. Wash hands frequently with soap and water for 40 seconds. An alcohol based hand sanitizer with 70% alcohol must be used for 20 seconds. If hands are dirty or soiled, do not use alcohol based hand sanitizer, but wash hands preferably with soap and water.
- ii. While coughing or sneezing cover nose and mouth with handkerchief, paper tissue. If handkerchief or tissue paper is not available cough into the flexed elbow. Dispose of tissue immediately after use and wash hands.
- iii. Refrain from touching **face, mouth, nose and eyes.**
- iv. Stay at least a metre away from those coughing or sneezing.
- v. Monitor your body temperature.

4.2. When and who should use medical masks (apart from health care worker).

4.2.1. When a person develops cough or fever.

Use of medical three layer masks when ill, will prevent your infection from spreading to others. However you also need to wash your hands frequently to avoid spreading infection to others.

4.2.2. While visiting a healthcare facility.

4.2.3. When you are caring for an ill person.

4.2.4. Close family contacts of such suspect/confirmed cases undergoing home care should also use Triple layer medical mask.

4.3. Duration for which a medical mask will remain effective

A medical mask, if properly worn, will be effective for 8 hours. If it gets wet in between, it needs to be changed immediately.

4.4. Correct procedure of wearing triple layer 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.

4.5. Disposal of used masks

Used mask should be considered as potentially infected. Masks used by patients / care givers/ close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.