

PREPARE YOUR HOUSING SOCIETY FOR TACKLING COVID-19

Guidelines for housing society and resident welfare associations

Stay equipped to handle COVID-19 cases among your residents

As COVID-19 cases keep rising, it is of paramount importance that housing societies and resident welfare associations need to be equipped to handle such cases till medical aid is available and the patient is hospitalized. Your society needs a contingency plan to bridge the gap for patients until they are hospitalized.

HOW TO MAINTAIN A DESIGNATED IN-HOUSE FACILITY

- | The society's clubhouse/office/gymnasium should be converted to an emergency medical area. Ensure an attached bathroom.
- | Sanitize the area and clean it every two days if it isn't occupied.
- | A committee of 4 to 5 people should ideally be formed for the management of the holding area.
- | In an emergency, the in-charge should be informed immediately.
- | Residents should be alerted to avoid panic.
- | The committee members should first enter the holding area wearing N95 masks and gloves. The suspected/confirmed resident then needs to be called to the designated area. The patient can wear a simple clothmask.
- | Keep a distance of at least 2 meters from the patient at all times.
- | Do not touch your face, mouth, eyes, and nose.
- | Measure the patient's temperature with a no-touch infrared thermometer.
- | If the patient can help themselves, instruct them to measure oxygen saturation.

- | If the saturation is below 95%, committee members should instruct and guide the patient/family member to start the oxygen concentrator and apply an oxygen cannula or mask on the patient. Keep the flow at 4 to 5 liters per minute.
- | Keep measuring oxygen saturation and record it every 15 mins.
- | Two committee members should ensure that no other resident or person visits the holding area to avoid exposure.
- | The other two committee members and ideally, someone from the family should seek medical assistance and arrange a hospital visit for the patient.
- | Once the patient is hospitalised, the area should be sanitized.

WHAT YOU WILL NEED

- | A simple mattress and pillow where the patient can lie down.
- | Pulse Oximeter to measure blood oxygen saturation of the patient.
- | Oxygen Concentrator machine can be rented, to give up to 5 liters of oxygen to the patient. Don't opt for oxygen cylinders as they should be strictly reserved for hospitals.
 - | Hand sanitizer.
 - | A box of gloves.
 - | N95 masks.
 - | Normal masks.
- | Infrared thermometer.

PLEASE NOTE:

This is only an arrangement to get basic care and oxygen until a hospital bed is arranged. It is not a solution to stay there for more than a few hours.

It is important to not disapprove or mistreat people who have symptoms and have tested positive. COVID-19 is a treatable infection. Support them to get better.