

Do's and Don'ts For Field Workers during this Covid19 Pandemic

Background:

What we know about Covid19 virus are:

- * This Corona virus can be made 'Inactive' (i.e killed) by ordinary disinfectants like Lysol, phenol etc, which we use in our houses for floor cleaning and toilet cleaning.
- * This virus can be made 'Inactive' (i.e killed) by washing with soap for a duration of minimum 20 seconds.
- * This virus also gets made 'Inactive' (i.e killed) by alcohol based Sanitiser.
- * This virus remains active on steel and plastic surfaces for almost 3 days; on copper for almost 4 or 5 hours.

The following do's and don'ts are suggested based on the above understanding:

Do's and Don'ts

1. As soon as a person gets up in the morning, it is desirable that he washes his hands with soap first. Afterwards he can wash his face, brush teeth etc.
2. It is better to avoid wearing a watch during this period. This is because virus can stay on the metal surface 'active' for almost 3 days.
3. Wearing gold chains, bangles, rings are ok. As these contain copper, the virus may not be 'active' on them for more than 4 or 5 hours. In any case, while washing hands with soap, pl wash bangles and rings also. While bathing, pl apply soap on gold chains also.
4. Please carry an alcohol based sanitizer bottle in hand for frequent hand washing, as soap and water may not be available everywhere.
5. Whenever somebody enters the house or leaves the house, door handles, surfaces touched by the person need to be sanitized by wiping with a cloth dipped in disinfectant (eg Lysol + water mix).
6. Pl wear mask and also face protection with a towel all the time. (Being summer, the towel will protect from sun, heat). Pl note that Mask is protection for the person and also for others. When you sneeze or cough, it does not allow the droplets to spread. Similarly when others sneeze or cough the droplets cannot be inhaled by you.

7. Workspace: PI sanitise the work table, chairs, PCs / keyboards, laptops , calculators etc with a cloth dipped in disinfectant. Delicate things like PC/ laptop display , cell phones may be sanitised by wiping with paper napkins sprayed with alcohol based Sanitiser.
8. No hand shaking or touching another person . Greetings are by way of Indian Namaste only.
9. Shoes, chappals are to be disinfected before entering the house.
10. Social distancing is to be maintained at workplace and while traveling.
11. Social distancing is to be practiced while at home also. After returning from field work, it is better for the person to be in isolation within house also. Please stay away from family members and children.
12. It is desirable to clean the scooter, motorcycle handles, seats etc as soon as one reaches home. This will prevent spread of virus to our children, if they accidentally touch or play with the scooter handles, seats.
13. It is better to wash the clothes one is wearing and the gloves, just after reaching home (including the inner garments) in soap so that virus present, if any, is 'killed'. After washing clothes the person should take bath with liberal application of soap.
14. The gloves & temporary cloth masks like kerchief also need soap washing. In the afternoon, while taking rest these can be washed and dried before reuse. After reaching home, along with the clothes one is wearing, these also need to be washed with soap and water.
15. Plastic trays, metal plates, floor space where vegetables will be stored in the house will have to be disinfected with Lysol water mix. Each Vegetable needs to be washed with soap and water, at least for half a minute and then washed in water before they are kept on the plastic crates, metal plates for future use.
16. Items which we may not use in next 3 days can be kept isolated for 3 or more days by which time virus present if any would become inactive. Thereafter these items can be used.
17. Similarly packets, bags need to be sanitised by wiping with a cloth dipped in disinfectant.
18. PI clean the fridge once a week. PI remove all the items from fridge and wipe the fridge both inside and outside with a cloth dipped in disinfectant. Let the fridge air dry. PI sanitise all the packets by wiping

with cloth dipped in disinfectant and after air-drying the packets, please keep the packets inside the fridge. Please wash all the vegetables with soap and water. Thereafter, wash with water. After vegetables are dry, please keep inside the fridge.