

# HEALTHLINE

Paramount's Monthly Magazine

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You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own.

-Michelle Obama

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Going back to work

Traveling by air

What experts say

Dr. Hoshiyaar and Dr. Fit

# COVID 19 : Return to work guideline



Wondering how to stay safe while you resume work? Not to worry! I'm here to guide you step by step.

Now, let's start with HOW TO TRAVEL to work:



Prefer to use your personal vehicle, if you have any.

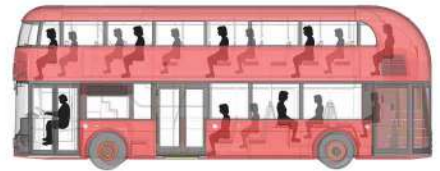
If not

## Cabs



Ensure the cab is sanitised and both you and the driver are wearing a mask.

## Bus



Try maintaining social distance and do not remove your mask. Use sanitiser frequently if you touch surfaces

Now that you have safely reached work, here are some things to keep in mind as you enter your designated space.

Have you reached your desk yet? Perfect! Here are some notes for how to follow the day safely:



Get your temperature checked at the entry point



Once in, try taking the stairs instead of the lift. Safer and an added benefit of burning your calories!



If you do use the lift, ensure you sanitise your hands when you press the buttons. Very important!!!



Make sure your seating arrangement follow the social distancing norms - minimum of 6 feet.



Ensure that social distancing is maintained in the bathroom as well.



You must be excited to see your colleagues!! But...stick to verbal greetings!



If you sit in a cabin, keep those doors open!



Wear masks at all times and sanitise regularly.



Is it lunch time already? Now, let's not all rush to the cafeteria!

- It's best to enjoy your home-cooked meal right at your desk. Sharing is caring, sure but let's avoid these social courtesies for now!



- If you don't have your tiffin: Order from your cafeteria and eat at your desk.

The first few days back at work might be a little strange but let's not forget that health and safety is top priority in these times

Some general rules to follow apart from these:

- Make sure there's a designated isolation room for anyone who shows any symptoms.
- People who fall in high risk category (diabetes, hypertension, cardiac and respiratory conditions) should avoid coming to work, if possible.
- Use sanitiser at all points.
- Wash hands regularly.
- Wear your mask at all points!

## COVID 19 : Traveling by air

Now, I'd highly suggest avoiding inter-city travel but I know some of us may not be able to do away with it. So, the best you can do is to follow the safety guidelines to the Tee!



### 1 Starting with:

- Mandatory web check-in: This is to minimise contact at the airport.
- Carry your print copy of the boarding pass and the baggage tag.
- Ensure you have the Aarogya Setu app installed and updated with your health status.
- Reach the airport 2 hours early.
- Make sure you eat something beforehand as meals will not be given in the flight.

### 2 Once at the airport:

- Show your health status through Aarogya Setu to security personnels when you enter.
- Continue to wear your mask at all times.
- Practice social distancing.

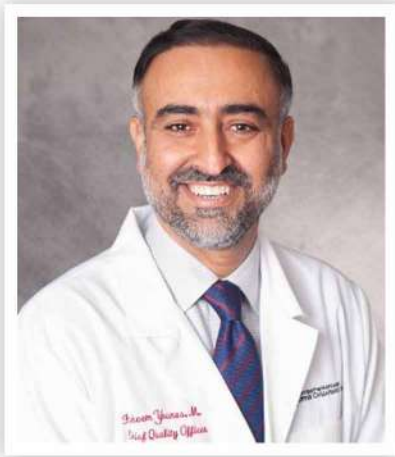


### 3

- Since you have already web checked-in, all you need to do is drop your baggage and proceed towards the assigned gate. You will also be given a personal protective kit, so don't be too anxious!
- Once on board, ensure that you don't crowd the aisle and wait for your turn to disembark. Have a safe flight!



**Note: At baggage collection point, only one person from the family can collect the bags.**



### **Dr. Faheem Younus**

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Head of the Infectious Disease Clinic,  
University of Maryland,  
USA

- 01 We may have to live with C19 for months or years. Let's not deny it or panic. Let's not make our lives useless. Let's learn to live with this fact.
- 02 You can't destroy C19 viruses that have penetrated cell walls, drinking gallons of hot water - you'll just go to the bathroom more often.
- 03 Washing hands and maintaining a two-metre physical distance is the best method for your protection.
- 04 If you don't have a C19 patient at home, there's no need to disinfect the surfaces at your house.
- 05 Packaged cargo, gas pumps, shopping carts and ATMs do not cause infection. Wash your hands, live your life as usual.
- 06 C19 is not a food infection. It is associated with drops of infection like the 'flu'. There is no demonstrated risk that C19 is transmitted by ordering food.
- 07 You can lose your sense of smell with a lot of allergies and viral infections. This is only a non-specific symptom of C19.
- 08 Once at home, you don't need to change your clothes urgently and go shower! Purity is a virtue, paranoia is not!
- 09 The C19 virus doesn't hang in the air. This is a respiratory droplet infection that requires close contact.
- 10 It is sufficient to use normal soap against C19, not antibacterial soap. This is a virus, not a bacteria.



**Dr. Hoshiyaar  
and Dr. Fit  
will continue to  
share informative  
content periodically  
to help you stay  
updated with the  
fight against  
COVID-19.  
Stay calm and  
stay safe!**




*We understand the times are hard and panic-stricken but having a grip on the right information is what will keep us safe and sane. Make sure you get double check the information you receive on social media before forwarding it to groups or individuals. A legitimate news source is likely to provide facts without any biased narrative - trust those!*

*We know it's been long but continue your efforts to be safe and maintain the necessary precautions if you have to step out!*

For any queries/feedback/suggestions for the magazine, kindly write to us at [corp.com@paramount.healthcare](mailto:corp.com@paramount.healthcare)

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