

Dr Basab` s Diabetes Care

(A complete diabetes care unit)

Mobile: 76280 98001 (Clinic), 94365 02183 (Doctor)

Email: drbasabghosh@gmail.com

A public awareness campaign

Guidance to be followed at office by individuals to fight against COVID-19

1. Avoid non essential travel to avoid unnecessary public contacts.
2. During essential visits in public places like offices, shops, markets, public transports, etc practice Social-distance by maintaining one meter distance from one to another.
3. Use soap and water for hand washing for at least 20 seconds. Wash your hand when entered in your office. Wash as frequently as virus contamination is possible may be every 10 minute. Please wash again while leaving the office. If you don't have soap and water, you can also use hand sanitizer with 60 percent alcohol based preparation as alternative.
4. Practice good respiratory hygiene by covering mouth and nose with handkerchief, tissue paper or at least a piece of cloth while coughing. Proper disposal of those used articles are lifesaving for others. One can try best alternate coughing practise by using any of the elbows.
5. Avoid touching the eyes, nose, or mouth with unwashed hands.
6. Use general surgical or medical face musk when Social-distance of one meter is not maintained.
7. Do not smoke as it will weaken your windpipe and the virus will settle easily in your windpipe to cause COVOD-19.
8. Alcohol consumption weakens your immunity; you are vulnerable for coronavirus infection, if consuming alcohol.
9. Cleaning surfaces with soap water like table, chair, floor, etc is essential.
10. Stay at home if you are sick



Thank you