* **GENERAL INSTRUCTION FOR ISOLATION WARD**

***STAY SAFE AND HEALTHY***

**For isolated individuals**

1. **Hand Hygiene**

* Hands should be washed thoroughly with soap and water using hand-washing technique at least for 20seconds before entering to isolation ward or after touching any surface or performing any activity.

1. **Follow Cough Etiquettes**

* Take appropriate action as flexed elbow or cover your mouth, nose with disposable tissues or cloth while coughing or sneezing. Disposable tissues should be disposed off immediately.
* Avoid touching yours eyes, nose and mouth with unwashed hands.

1. **Social Distance**

* Maintain adequate Social distance of 1- 2 mete between the beds avoid contact of any type such as hand shake, hugging or sitting close to each other
* **Miscellaneous**
* Surgical mask should be given to everyone in the ward which should be changed every 6 hours
* If mask get wet or moist then it should be changed immediately, need not to wait for the next day.
* All the surfaces should be cleaned properly with disinfectant solution such as sodium hypochlorite.
* Mopping should be done thrice a day.
* Damp dusting should be done.
* Everyone in the ward should use their personal utensils for taking meals and should clean them with appropriate detergent. Later, soak the utensils in chemical disinfection such as KmNO4(patsssium permanganate) for at least 10-20 min.
* Bed linen should be changed regularly and mattress should be kept in the sunlight for their disinfection once a day.
* Strong psychological support should be given to the individual and they should be explained about reason for their isolation in optimistic way.

**For staff members:**

1. Hand washing practice should be followed before and after performing any procedure on isolated individuals, after touching any surface in the ward.
2. Use digital thermometer for taking temperatures specially in axilla of isolated individuals and disinfect immediately to prevent cross infection.
3. Visitors should be strictly prohibited in the ward.
4. Strictly observe the individuals for any sign and symptoms such as dry cough, fever, runny nose etc. and if present immediately report to physician.

(***Initiative taken by Akal College of Nursing and Akal Charitable Hospital Baru Sahib)***

* **GENERAL INSTRUCTION FOR PEDIATRIC WARD**

***STAY SAFE AND HEALTHY***

**Guidelines for pediatric ward:**

1. **Hand Hygiene**

* Hands should be washed thoroughly with soap and water using hand-washing technique at least for 20seconds before entering to pediatric ward ,dealing with each child, before and after meal,or after touching any surface or performing any activity and after using toilet.

1. **Follow Cough Etiquettes**

Inculcate cough etiquettes among children. Ask them to use their upper arm while coughing or sneezing, or use tissue paper while coughing and sneezing and discard it appropriately.

* Avoid touching yours eyes, nose and mouth with unwashed hands.

1. **Social Distance**

* Maintain adequate Social distance of 1- 2 mete between the beds and avoid contact of any type such as hand shake, hugging or sitting close to each other

1. **Miscellaneous**

* Maintain personal hygiene daily and wear new set of clothes.
* Provide separate utensils for taking meals to each child.
* Properly wash the fruits before giving to children during their break time.
* Clean utensil properly and use appropriate chemical for their disinfection such as KmNO4(patsssium permanganate).
* Change bed linen daily and keep the mattress in sunlight at least twice a week for their disinfection.
* Clean the surfaces (such as floor, bed rails, trolleys, side tables) with sodium hypochlorite disinfectant on daily basis.
* While cleaning surfaces damp dusting should be done.
* Gathering of children on one bed should be prohibited such as during studying or for playing.
* If any child is showing any symptom of flu then he should be provided with mask and consult the physician.
* All stall must cover their head while dealing with children.

(***Initiative taken by Akal College of Nursing and Akal Charitable Hospital Baru Sahib)***

* **GENERAL INSTRUCTION FOR GENERAL WARD**

***STAY SAFE AND HEALTHY***

**Guidelines for general ward:**

1. **Hand Hygiene**

* Hands should be washed thoroughly with soap and water using hand-washing technique at least for 20seconds before entering to ward ,dealing with patients before and after meal,or after touching any surface or performing any activity and after using toilet.

1. **Follow Cough Etiquettes**

Inculcate cough etiquettes among children. Ask them to use their upper arm while coughing or sneezing, or use tissue paper while coughing and sneezing and discard it appropriately.

* Avoid touching yours eyes, nose and mouth with unwashed hands.

1. **Social Distance**

* Maintain adequate Social distance of 1- 2 mete between the beds and avoid contact of any type such as hand shake, hugging or sitting close to each other

1. **Miscellaneous**

* Personal hygiene should be maintained.
* Carbolization of beds should be done.
* Mattress should be kept in sunlight for proper disinfection.
* Soiled linen should be sent to laundry on daily basis.
* Clean the surfaces (such as floor, bed rails, trolleys, side tables, nursing station) with appropriate disinfectant on daily basis.
* If any patient is showing any symptom of flu then he/she should be isolated. He/she should be given mask.
* Patients should be asked to clean their utensils before taking food with appropriate detergent.
* Proper Bio medical waste management should be followed in the ward.
* The BMW (Bio medical waste)bins should be covered with lids and should be emptied twice a day.
* Visitors should be prohibited in the ward or any kind of gathering should be restricted.

(***Initiative taken by Akal College of Nursing and Akal Charitable Hospital Baru Sahib)***