**Akal College of Nursing**

In collaboration with

**Akal Charitable Hospital**

Baru Sahib, District Sirmour, H.P.

**COMBAT nCOVID-19**

**Checklist to Assess Care Takers Responsibilities in Hostel**

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| 1 | Wash your hands with soap and water at least for 20 seconds   * Keeping themselves clean and tidy * Wash your hair every other day * Avoid touching your face eyes, face mouth nose * Wear slippers while using washroom * Get treatment for skin infection if infection is present |
| 2 | Maintain 1 meter distance from other person |
| 3 | Do not shake hands |
| 4 | Change bed sheets and pillow cover |
| 5 | Maintenance & minor repairs of furniture’s that may not hurt child |
| 6 | Awareness of health , safety of the children |
| 7 | Maintain good relationship with children |
| 8 | Monitor children health and if child is sick do inform and get treatment |
| 9 | Teach good hygiene practice for children |
| 10 | Encourage children to ask and express their feelings with you |
| 11 | Don’t allow them to share their cups, eating utensils, food or drinks with other children |
| 12 | Focus on good health behavior such as covering cough and sneeze with the elbow and washing hands |
| 13 | Ensure that waste is safely collected and disposed |
| 14 | Ensure that safe drinking water |
| 15 | Make them to understand concept of social distancing |
| 16 | Make sure that child is not skipping meals |
| 17 | Make sure that child is drinking sufficient water |
| 18 | Follow three H for children and yourself   * Hand hygiene * Healthy diet * hydration |
| 19 | Everyday clean bed rails, tables chair with disinfectants |
| 20 | A respect for school culture |

* Here some ideas to stay healthy:

🏃‍Be active

🥕 Eat healthy

🧘‍ Meditate

📚Read books

**THANKYOU**