



COVID-19: PROTECTING RELIGIOUS COMMUNITIES

12 Guidelines for Religious Communities associated with Hospitals

It is proven that health care workers have a higher risk of acquiring COVID-19 infection due to higher exposure. Therefore, in a religious community which is attached to a hospital, when the care-givers return to the community, it is good to take some precautions regarding community prayers, meals, recreation and meetings. The following guidelines may safeguard our community members from this contagion.

- 1** Religious above 60 years of age should be discouraged from working in the clinical departments.

- 2** Maintain a 6 feet distance in places like the chapel, dining room and recreation hall.

- 3** Do not share prayer books, hymnals and cutleries with one another.

- 4** Avoid dormitories and twin sharing rooms; instead, stay in a single room.

- 5** Those who work in the clinical areas should avoid mingling with those above 60 years. Preferably, those above 60 years of age must be shifted to a non-hospital community.

- 6** Keep a sanitizer at the entrance of the community so that one can sanitize the hands before opening the door, on returning from duty.

- 7** Ensure intake of nutritious diet and supplements such as Vit C and B complex tablets which will boost your immunity.

- 8** Rest well with 7-8 hours of sleep and exercise minimum for 20 minutes.

- 9** Avoid gathering in groups as much as possible and encourage frequent hand washing.

- 10** Those who go out for work or shopping need to wear a mask and gloves to protect oneself. Have a warm water bath immediately after returning.

- 11** Divide the hospital team into two groups and work on alternate weeks. Encourage virtual meetings to update the two groups.

- 12** Keep a checklist for the helpers/housekeeping staff of the community and check for symptoms of COVID-19 when reporting for duty.

Remember it's not just social distancing but selective isolation that helps break the Corona chain. Stay safe!