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By Email Only

Central Organisation, ECHS
Adjutant General's Branch
Integrated Headquarters
Ministry of Defence (Army)
Thimayya Marg, Near Gopinath
Circle, Delhi Cantt-110010

B/49770/AG/ECHS/Treatment/Policy

17 Mar 2020

(All Regional Centres ECHS)

EMERGENCY PREPAREDNESS AND RESPONSE : COVID-19
(ADVISORY ON COMMUNITY RESPONSE TO COVID-19

1. Further to this HQ letter No B/49770/AG/ECHS/Treatment/Policy dated 05 Mar 2020 and even No dated 11 Mar 2020.
2. An advisory by O/o DGMS vide their letter No 76910/UN Occur/ Coronaviurs/DGMS-5B dt 16 Mar 2020 is fwd herewith.
3. You are requested to circulate the same to all ECHS Polyclinics under your AoR for info of all ECHS beneficiaries.



(Anupam N Adhulia)
Col
Dir (Med)
for MD ECHS

Encl : As above.

Internal

Ops & Coord, Claim Sec
P & FC Sec, C&L Sec

} - for info.

Stats & Automation Sec

- for uploading the letter on ECHS website.

COVID-19 ADVISORY NO 9

Tele: 35004

Integrated HQ of MoD (Army)
Adjutant General's Branch
Dte Gen of Medical Services (Army)
'L' Block, New Delhi -110001

76910/UN Occur/Coronavirus/DGMS-5B

16 Mar 2020

HQ Southern Comd (A)	HQ Southern Comd (Med)
HQ Eastern Comd (A)	HQ Eastern Comd (Med)
HQ Western Comd (A)	HQ Western Comd (Med)
HQ Central Comd (A)	HQ Central Comd (Med)
HQ Northern Comd (A)	HQ Northern Comd (Med)
HQ South Western Comd (A)	HQ South Western Comd (Med)
HQ ARTRAC	

EMERGENCY PREPAREDNESS AND RESPONSE : COVID-19
(ADVISORY ON COMMUNITY RESPONSE TO COVID-19)

1. Following advisories have been issued on various aspects of prevention and control of COVID-19 incl travel advisories:

- (a) Advisory 1: Letter No 76910/UN Occur/Coronavirus/DGMS-5B dt 24 Jan 2020 (Titled : Novel Corona Virus Disease : Prevention and Control).
- (b) Advisory 2: Letter No 76910/UN Occur/Coronavirus/DGMS-5B dt 28 Jan 2020 (Titled: Novel Corona Virus Disease : Prevention and Control).
- (c) Advisory 3: Letter No 76910/UN Occur/Coronavirus/DGMS-5B dt 31 Jan 2020 (Titled: Novel Corona Virus Disease : Prevention and Control).
- (d) Advisory 4: Letter No 76910/UN Occur/Corona Virus/DGMS-5B dt 04 Feb 2020 (Titled: SOP on Quarantine of Incoming Civilian Evacuees from China, at Armed Forces Quarantine Facility).
- (e) Advisory 5: Letter No 76910/UN Occur/Coronavirus/DGMS-5B dt 02 Mar 2020 (Titled: Corona Virus Disease-2019 (COVID-19) Outbreak).
- (f) Advisory 6: Letter No 76910/UN Occur/Corona Virus/DGMS-5B dt 05 Mar 2020 (Titled: Action Imperatives: Emergency Preparedness And Response : COVID - 19).
- (g) Advisory 7: Letter No 76910/UN Occur/Corona Virus/DGMS-5B dt 09 Mar 2020 (Titled: Policy on Isolation, Quarantine and Medical Preparedness for Prevention and Control of COVID-19 (SORS-Cov-2)).
- (h) Advisory 8: Letter No 76910/UN Occur/Coronavirus/DGMS-5B dt 13 Mar 2020 (Titled: Medical Preparedness and Response: COVID-19 (Rational Use of Personal Protective Equipment for COVID-19)).

2. In view of the evolving pandemic of COVID-19, it is essential that all out effort is made to contain the impact of this pandemic by instituting immediate control measures at community level and also keeping our health care facilities at highest level of preparedness. Institution of effective control measures will reduce the number of infections, as a result our health care system will be able to handle cases better, driving the fatality rate down.

3. In view of the above, following actions will be taken by all concerned with immediate effect:

(a) Individual Level (Protect Yourself)

(i) **Wash hands frequently:** Wash hands regularly and frequently with soap and water. Alternatively, alcohol based hand rubs may be used.

(ii) **Maintain social distancing:** Maintain at least one meter (three feet) distance between yourself and anyone who is coughing and sneezing.

(iii) **Avoid touching eyes, nose and mouth with your hands.**

(iv) **If you have fever, cough and difficulty in breathing, seek medical care.**

(v) **If coughing or sneezing cover nose and mouth with flexed elbow or paper tissue, dispose of tissue immediately after use and perform hand hygiene.**

(vi) **Stay informed on COVID-19** (www.mohfw.gov.in and <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>). Follow advice of your doctor.

(vii) **Advice on use of mask for general population:** A medical mask is not required, as no evidence is available on its usefulness to protect non-sick persons. If masks are still used, the under mentioned best practices should be followed:

(aa) Place mask carefully to cover mouth and nose and tie securely to minimise any gaps between the face and the mask

(ab) While in use, avoid touching the mask

(ac) Remove the mask by using appropriate technique (i.e. do not touch the front but remove the lace from behind)

(ad) After removal or whenever you inadvertently touch a used mask, clean hands by using an alcohol-based hand rub or soap and water if visibly soiled

(ae) Replace masks with a new clean, dry mask as soon as they become damp/humid and not longer than eight hours

(af) Do not re-use single-use masks

(ag) Discard single-use masks after each use and dispose of them immediately upon removal (disinfect using 5% bleach solution or 1% hypochlorite solution and dispose by burning or deep burial)

(ah) Cloth (e.g. cotton or gauze) masks are not recommended under any circumstance

(viii) When and who should use medical masks (other than health care workers):

(aa) When a person develops cough or fever

(ab) While visiting a health care facility

(ac) Close family contacts of suspect / confirmed cases undergoing home care

(ad) While caring for a sick person

(b) At Unit Level (Prevent Spread of Infection)

(i) Regular health education of troops and families be organized by units under arrangement of SEMO/SMO to follow advisories and instructions issued earlier and including under mentioned instructions.

(ii) COs be advised to hold sainik sammelans and encourage self-reporting. 'No bravado in hiding minor illnesses' will be brought out during these sainik sammelans.

(iii) All units will identify separate barracks for segregation / quarantine on med advice (RMO / AMA/ SEMO/ SMO).

(iv) All indls returning from leave be advised to fill self-declaration form (Appx A) and will be examined by RMO/AMA/NA in the unit.

(v) Quarantine/ Segregation:

(as) Any pers with history of contact with suspect case of COVID-19 will be quarantined for 14 days. They will be tested if symptomatic.

(ab) All indl returning from international travel with special focus on indl returning from China, Iran, Italy, Republic of Korea, France, Spain and Germany will be quarantined under unit arrangements in a separate quarantine barrack and will be followed up on daily basis by RMO / AMA. They will be tested if symptomatic.

(ac) Any indl returning from leave will be monitored for 14 days in the unit. Single pers returning from leave and found to be symptomatic will also be segregated and tested; family members will be home quarantined and tested.

(vi) During morning PT/ parade/ Roll call, all tps will be screened by RMOs/ AMA/ NAs and those reporting with complaints/ symptoms of fever/ cough / breathing difficulty will be referred to the nearest MI Room/ Mil Hosp for further mgt taking due care to prevent cross infection.

(vii) If a confirmed case is reported in a unit, disinfection of barracks where the case was living and ambulance used for transporting, will be done using following chemicals:

(aa) Surfaces including door handles will be mopped using 0.1% sodium hypochlorite soln.

(ab) Linen will be soaked in 0.5% hypochlorite solution before washing and then sun-dried.

(ac) Spraying of toilets after adequate washing with water using knapsack sprayers with 5% Cresol Black.

(viii) Units will ensure hygiene and sanitation and adequate cross ventilation in unit including central facilities like cookhouses, recreation rooms. Overcrowding will be avoided and social distancing will be maintained.

(ix) **Curtailing of leave:** Leave involves travelling. Hence leave granting auth and all ranks be advised that leave be granted only when essential and on compassionate grounds, till the situation improves.

(c) At Station Level

(i) All non-essential mass gatherings like festivals, welfare activities and public gatherings should be postponed till situation improves.

(ii) Reduce footfall to place where infection is likely e.g movie halls, theatres, shopping malls, hosp etc.

(iii) Restrict visitors to hospitals to only essential and stop all voluntary activities in the hospitals by voluntary organisations.

(iv) Awareness campaigns will be carried out in all stations by using public announcement systems, posters/ banners, distribution of pamphlets etc.

(v) Closure of schools in the station may be done as per directions of state health auth.

(vi) Various AWWA projects should enhance the production of soap, sanitizers, disinfectants etc.

4. Preparedness of Medical Units: Instructions issued vide this Dte Gen letter mentioned in para 1 (f) (Titled: Action Imperatives: Emergency Preparedness And Response : COVID-19) are reproduced:

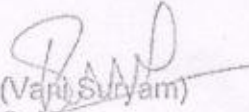
(a) All mil hosp will ensure imdt est of isolation wards, with adequate facilities (inpatient and critical care) for mgt of COVID-19 cases (suspect, probable and confirmed).

(b) All mil hosp will establish separate OPDs for screening of suspect (symptomatic) / probable COVID-19 cases to prevent avoidable transmission.

(c) All medical units will have capability of collection and transportation of clinical samples for COVID-19 testing and confirm the same.

- (d) All med units will also ensure the following:
- (i) Adequate availability and serviceability of life saving equipments, essential medical stores, PPE, masks, Viral Transport Media (VTMs) and disinfectants.
 - (ii) Utilisation of non expendable eqpt/ stores of WMR and non-deployed med eqpt of Fd hosp for all contingencies under the aegis of MGs (Med) in their respective AoR.
 - (iii) Deployment of crisis expansion beds wherever required.
 - (iv) Emergency procurement powers may be utilized by all CFAs under para 2.5 MSP DFPDS-2016 to ensure adequate and optimal availability of life saving, critical care, vital and essential med eqpt, stores and expendables.
 - (v) Liaison and coordination with designated ICMR labs for collection, packaging, transport, reception and receipt of reports.
 - (vi) Synergy with civ med authorities to ensure optimum med preparedness and utilization of their facilities for hosp based management, investigation and critical care.
 - (vii) Adequate planning and preparedness for all contingencies and emergencies.
- (e) SEMOs will identify nodal offrs for community intervention in case of emergence of suspect/ confirmed case. These interventions include contact tracing, quarantine of close contacts, follow up as well as surveillance and health intelligence.
- (f) Regular Health Information Education and Counseling activities will be carried out in all stns with important Do's and Don'ts and to ensure requisite safeguards to avoid panic like situation resulting from inadequate knowledge and rumours.
- (g) Trg and capability building of all identified pers who will be tasked to undertake above responsibilities will be carried out.

5 Implementation of these instructions will be ensured at all levels.


(Varti Suryam)
Col
Col Med (Health)
for DGMS (Army)

Encl: As above.

Copy to:

MA to COAS
MA to VCOAS
SO to AG
DGAFMS/DG-3A
DGMO/MO-6

} for info please.

**SELF DECLARATION (COVID-19) FORM TO BE FILLED BY ALL RANKS
RETURNING FROM LEAVE/ TEMP DUTY
(RECORD TO BE MAINTAINED AT UNIT LEVEL)**

PERSONAL INFORMATION

1. Army No: _____
2. Rank: _____
3. Name: _____
4. Unit/ Fmn: _____
5. Age/ Sex: _____
6. Current Address: _____
7. Permanent Address: _____

DETAILS OF TRAVEL

1. Travel on leave or Temp Duty: _____
2. Details of cities/ countries visited in last 28 days(with dates): _____

3. Details of family members accompanying during travel: _____

SYMPTOMS

1. Are you suffering from:
 - (a) Fever: Yes / No
 - (b) Cough: Yes / No
 - (c) Difficulty in breathing: Yes / No

2. Is any of your family member suffering from:
 - (a) Fever: Yes / No
 - (b) Cough: Yes / No
 - (c) Difficulty in breathing: Yes / No

Date :

(Signature of individual)

Station :

Note: In case you develop symptoms such as fever, cough, difficulty in breathing within 28 days of returning from leave/ TD, restrict your outdoor movement and immediately report to nearest MI Room/ Mil Hosp.