COVID-19 ADVISORY: GUIDELINES FOR AIR VETERANS

Introduction

1. Corona virus which started from China has now spread worldwide. WHO has declared this outbreak as a ‘Global PANDEMIC’ and a National Disaster by Govt of India.

Epidemiology

2. The details of the respiratory illness and its prevention are as follows:

(a) Agent Factors. Corona viruses are from group of viruses that are known to cause illness ranging from common cold to more severe disease such as the Severe Acute Respiratory Syndrome (SARS) & Middle East Respiratory Syndrome (MERS). The present strain of Corona virus causing the outbreak has not been previously identified in humans. This new disease due to corona virus is named "COVID-19."

(b) Host Factors. The virus infects all age gps and both sexes, however, elderly people (above 65), children less than 10 yrs, pregnant ladies and people with co morbidities like hypertension, diabetes, cancers etc are most vulnerable to have serious infection and its complications.

(c) Clinical Signs & Symptoms. These include cough, fever, breathing difficulties and chest radiographs showing bilateral lung infiltrates.

(d) Modes of Transmission. The mode of transmission is still being studied. Human to human transmission can occur via respiratory route and fomites.
   (i) Air - coughing and sneezing
   (ii) Close Personal Contact – touching or shaking hand
   (iii) Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands
COVID-19 Case Definition

3. WHO periodically updated the Global surveillance for human infection with coronavirus diseases (COVID-19) document, according to which various case definitions are:

**Suspect Case.**

(a) A patient with acute respiratory illness (fever and at least one sign/symptom of respiratory diseases (e.g., cough, shortness of breath), AND with no other etiology that fully explains the clinical presentation AND a history of travel to or residence in a country/area or territory reporting local transmission of COVID-19 diseases during the 14 days prior to symptom onset.

**OR**

(b) A patient with any acute respiratory illness and having been in contact with a confirmed or probable COVID-19 case in the last 14 days prior to onset of symptoms.

**OR**

(c) A patient with severe acute respiratory infection (fever and at least one sign/symptom of respiratory diseases (e.g., cough, shortness of breath) and requiring hospitalization and with no other etiology that fully explains the clinical presentation.

**Probable Case.**

(d) A suspect case for whom testing for COVID-19 is inconclusive (Inconclusive is due to inconclusive result of the test reported by the laboratory).

**Confirmed Cases.**

(e) A person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms.

Preventive and Control Measures for COVID-19

4. WHO’s standard recommendations for the general public to reduce exposure and transmission of COVID-2019 are as follows:

(a) Observe good personal hygiene. Wash hands often with soap and water or use an alcohol based sanitizer/Hand rub.
(b) When coughing and sneezing cover mouth and nose with flexed elbow or tissue (dispose used tissue in closed bins) and immediately wash hands.
(c) Avoid close contact with anyone who has fever and cough; Spitting in open should be strongly discouraged. Avoid touching your eyes and mouth with uncovered hand.
(d) Avoid consumption of raw/undercooked meat or meat products.
(e) If you have fever, cough and difficulty breathing, seek early medical help and share complete travel and contact history with your health care provider;
(f) All social, official, welfare gathering should be cancelled or postponed to avoid any cross transmission of infection.
(g) Avoid visit to crowded places like markets, Cinema Halls etc. Do not believe in rumors and whatsapp. Update your information about COVID-19 from WHO (www.who.int)/MOHFW (www.mohfw.gov.in) website only.
Mental Health

5. The current COVID-19 Pandemic and the consequent national lock down have instilled a tremendous amount of psychological stress amongst the average citizen. The most common emotion faced by all is “Fear of uncertainty”, which makes person feel anxious, helpless and grieved which result into panic and mental stress.

Factors contributing to Mental Stress

6. Following factors may contribute towards the excessive psychological stress among the Air Veterans and families:-

   (a) Availability of information overload due to excessive screen time available in current scenario.
   (b) Real time transmission of information about the mortality and morbidity on different platforms.
   (c) Spreading of fake news and rumors on social media.
   (d) Lack of access to stress relieving activities like organized sports, entertainment facilities like movies, community hobbies, visiting places of worship, markets, social events etc,
   (e) Lack of availability of items other than essential commodities.
   (f) Concern and anxiety amongst aged persons staying alone.

How to Recognise Mental Stress ?

7. The mental stress can be recognised by:-

   (a) Changes in sleep patterns and biorhythm
   (b) Difficulty in concentration
   (c) Worsening of health problems
   (d) Increased use of alcohol, tobacco or drugs
   (e) Easy irritability
   (f) Reduced energy levels

How to reduce Mental Stress ?

8. All air veterans and families are advised following measures to avoid mental stress are :-

   (a) Although COVID-19 is a highly contagious disease, we can protect ourselves through simple measures like social distancing, washing of hands with soap and water, cough etiquettes and wearing of face covers.
   (b) If anybody catches infection, it is not his/ her fault and in this situation of distress the patient and his family should be supported by all.
   (c) IAF mental health helpline (Mansik Sahayta) no 1800-110-080 should be given wide publicity and utilised.
   (d) People should be encouraged to reduce on screen time.
   (e) Air veterans should have a positive approach towards the crisis situation.
   (f) Maintain a daily routine and regular sleep schedule as it will help in maintaining a healthy mind and body
   (g) Discourage usage of common facilities like station gymnasium, swimming pool etc. Practice daily deep breathing exercises, YOGA, meditation, stretching etc to ensure personal fitness.
   (h) Talk regularly with friends and family members and motivate them to good hygienic practices like hand washing, cough etiquette and social distancing.
(j) Avoid sensational news or social media posts which may impact your mental state. Do not spread or share any unverified fake news or information further.
(k) Maintain a good nutritious diet and remain hydrated.
(l) Avoid indulgence in alcohol consumption/ cigarette smoking.
(m) Acknowledge the feeling of anxiety and let it go by focusing on things that are in your control.
(n) If you happen to be a contact or suspected COVID case then do remember that more than 85% people get better. Do not panic. Report to nearest AMA and practice self-isolation and take medications that are advised.

Precautions at Work Place/ Home

9. Large numbers of veterans are also going to various offices where adequate precautions are required to be taken to prevent transmission of infection. Some measures are suggested as below:

(a) Wearing of mask/ face cover is mandatory, frequent hand washing and use of hand sanitisers should be encouraged by all. Maintain social distancing of at least 1 meter (roughly the length of an outstretched arm) from nearby person in offices/ classes/ training etc.
(b) Avoid hand shaking and hugging. Greet people from a distance more than 1 meter. As far as possible public transport like buses/ metro/ train etc should be avoided and car pool or individual vehicles to be encouraged.
(c) All personnel should be advised to wash their hands with soap and water before starting the work and going to the desks. Non dominant hand should be used for opening latches/ doors/ taps etc.
(d) Indis to make sure that their tables/ chairs/ telephones/ computer keyboard etc are cleaned/ wiped with water and detergent.
(e) If possible, keep hand sanitisers at prominent places like entry/ exit gates, canteen, toilets, waiting rooms etc.
(f) All individuals suffering from fever and respiratory symptoms (cough, cold etc) should be screened in offices and referred to AMA. They should be asked to work from home till they become asymptomatic.
(g) Regular cleaning of frequently touched places like lift/ door handles/ railings/ entry/ exit gates/ latches etc to be done by water and detergent every day.
(h) All civilians delivering goods/ courier etc at home should not come too close and should leave items at gate, which can be brought inside later and disinfected.
(j) All servants working in homes should be screened for symptoms every day and only asymptomatic persons with proper precautions should be allowed to work.
(k) Visitors from outside should be discouraged and telephonic conversation should be resorted to. If meeting with visitors can not be avoided then one separate room/ area near entrance should be designated as meeting place.

Disinfection

10. Environmental cleaning should be done twice daily and consist of damp dusting and floor mopping with Lysol or other phenolic disinfectants and cleaning of surfaces with sodium hypochlorite solution. 2.5% Cresol black/ 0.5% Na Hypochlorite may be used to disinfect the floors by mopping, whereas for spraying around toilets, higher concentration may be used. Let the floors dry on its own and give contact period of min 10 min. Windows and doors to be kept open whenever feasible to enable adequate ventilation and sunlight inside the home.
Precautions for Travel Post Lockdown

11. The nationwide lockdown is likely to be over by 31 May 20 or any time after that. All Air Veterans and families travelling post lockdown should adhere to the following:

(a) Adequate social distancing, hand hygiene, cough etiquette and mandatory use of face mask/cover is to be ensured at all times while travelling. Avoid visiting crowded places.
(b) Public transport is to be avoided as far as possible. Short distances should be travelled in pvt or hired car.
(c) Strict hand hygiene to be maintained. All personnel should carry hand sanitisers while travelling and use it frequently.
(d) All personnel are advised to immediately change their clothes after reaching home and wash them separately in hot water & detergent. Preferably a warm water bath may be taken after coming back home.

COVID-19 Helpline

12. All air veterans/ families having any queries related to pensions, medical and administrative issues during COVID-19 situation may contact crisis management cells of Air HQs and Command HQs via e mail/ telephone vide details given as per Annexure 1.

COVID-19 Testing and Management

13. Central Organisation ECHS (Med) is issuing guidelines and advisories on issues of COVID-19 testing and management. These advisories are uploaded and accessed from website https://echs.gov.in. The list of offrs of Central Org ECHS (who can be contacted on any queries related medical aspects) along with their contact details are also summarized in Annexure 1. A latest advisory issued by Central Org ECHS which gives details about COVID-19 testing and treatment centres is also att as Annexure 2.

14. The aim of this advisory is to spread awareness among Air Veterans and their families about the present situation as well as preventive & control measures against COVID-19 infection. It is requested to disseminate contents of this letter to maximum air veterans by postal/ social media channels.

(Sunit Agrawal)
Gp Capt
Gp Capt MS (H) & Sr Adv (CM)

Annexure: As stated

Copy to:
- SO to AOA - For Info
- Air Cmde AV, DAV – request to upload letter on website www.iatpensioners.gov.in
- Secretary, Air Force Association, Race Course – request for wide dissemination to all air veterans
HELPLINE/ E-MAIL ID FOR QUERIES DURING COVID -19 FOR ALL VETERANS / FAMILY MEMBERS

1. **PENSION RELATED**

<table>
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<th>Sl.No</th>
<th>Category</th>
<th>E-Mail ID</th>
<th>Phone No</th>
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<td>1</td>
<td>Officers</td>
<td><a href="mailto:dav.officers@gov.in">dav.officers@gov.in</a></td>
<td>011-25683170,25683627</td>
</tr>
<tr>
<td>2</td>
<td>Airmen/ NCs(E)</td>
<td><a href="mailto:dav.airmen@gov.in">dav.airmen@gov.in</a>, <a href="mailto:dirav.nce@gov.in">dirav.nce@gov.in</a></td>
<td>011-25683351,25694815</td>
</tr>
<tr>
<td>3</td>
<td>IAF Placement Cell</td>
<td><a href="mailto:placement.iaf@nic.in">placement.iaf@nic.in</a></td>
<td>011-25690233,25696013</td>
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**Note:** Veterans and their families may contact following Mobile Nos. for urgent (R) urgent queries only.

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<td>Officers &amp; Families</td>
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<td>2</td>
<td>Airmen/ NCs(E) &amp; Families</td>
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2. **CRISIS MANAGEMENT CELLS (CMC) AT AIR HQ/ COMMAND HQS**

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<tbody>
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<td>1</td>
<td>Delhi</td>
<td>011-23010231</td>
</tr>
<tr>
<td>2</td>
<td>Delhi, Subroto Park</td>
<td>011-25687194/95/96</td>
</tr>
<tr>
<td>3</td>
<td>Gandhi Nagar</td>
<td>0792-3242700</td>
</tr>
<tr>
<td>4</td>
<td>Triuvenathapuram</td>
<td>0471-2551361</td>
</tr>
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<td>5</td>
<td>Allahabad</td>
<td>0532-2580564/65</td>
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<td>6</td>
<td>Shilong</td>
<td>0364-2561461</td>
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<td>7</td>
<td>Bengaluru</td>
<td>080-23411081</td>
</tr>
<tr>
<td>8</td>
<td>Nagpur</td>
<td>0712-2512771</td>
</tr>
<tr>
<td>9</td>
<td>Andaman Nicobar</td>
<td>03192-244122</td>
</tr>
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3. **IAF CORONA HELPLINE** (Queries only Corona virus and its prevention control)

   (a) AFNET number **2311-7921** (0730 to 1500 h) – on all working days
   (b) Mobile **9731931437** (manned 24 X 7)
   (c) Civil Email ssrao137@gmail.com

4. **Central Org ECHS (All queries related to COVID-19 testing/ treatment etc)**

   (a) Col Anupam Adhaulia, Dir Med ECHS - 9401838041
   (b) Maj Priya Awasthi - 9596600332
   (c) Wg Cdr Anupam Timothy - 9879557988
Regional Centre -1
ECHS, C/o ECHS Bhawan
Thimmayya Marg,
Near Gopinath Circle
Delhi Cantt – 110010

501/ECHS/NM/Gen

16 May 2020

All Polyclinics under RC-1

ADVISORY : SUSPECTED COVID-19 VETERANS


2. In the recent past it has been seen that veterans with symptoms of COVID-19 (both suspected & confirmed cases) have been reporting at Polyclinics. Though, these cases are being dealt by the Fever Clinics est by all polyclinics as per protocol, it is observed that dissemination of info as to what to do next is not being done. A case has come to notice wherein an Air Veteran had to face difficulty due to lack of info on COVID related issues. It is observed that veterans are not aware of the existing emp HCOs which are treating COVID-19 patients nor are they aware of diagnostic centres which are providing testing facilities to ECHS beneficiaries.

3. It is requested that the detls of such emp medical facilities (both treating/testing centres) be prominently displayed at the polyclinics. The same be also told to the veterans reporting to the fever clinics by ECHS polyclinic staff.

4. The details of such facilities is encl as Appx to this letter. It is advised that OIC polyclinics keep themselves updated of such info hosted on the ICMR website at url: https://www.icmr.gov.in or on the MoHFW website hosted at url: https://www.mohfw.gov.in/.

5. For info & necessary action pl.

Encls : As above.

Central Organisation ECHS (Med)
AG's Branch, IHQ of MoD (Army)
Thimmayya Marg, Near Gopinath Circle
C/o ECHS Bhawan, Delhi Cantt – 110010

For info pl.
(Ref to Para 4 of letter No 501/ECHS/NM/Gen dt 16 May 2020)

DETLS OF EMP COVID-19 TREATMENT & TESTING CENTRES IN DELHI NCR

<table>
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<th>Name of Emp HCOs</th>
<th>Remarks</th>
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<td>1</td>
<td>Sarvodaya Hospital, Faridabad</td>
<td>Treatment</td>
</tr>
<tr>
<td>2</td>
<td>Park Hospital, Faridabad</td>
<td>Treatment</td>
</tr>
<tr>
<td>3</td>
<td>Park Hospital, Gurgaon</td>
<td>Treatment</td>
</tr>
<tr>
<td>4</td>
<td>Max Super Specialty, Saket</td>
<td>Treatment</td>
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<tr>
<td>5</td>
<td>Medeor Hospital Manesar</td>
<td>Treatment</td>
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<tr>
<td>6</td>
<td>Dr Lal Path Labs, Rohini</td>
<td>Testing Only</td>
</tr>
<tr>
<td>7</td>
<td>SRL Diagnostics, Gurgaon</td>
<td>Testing Only</td>
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<tr>
<td>8</td>
<td>Core Diagnostics, Gurgaon</td>
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</tr>
<tr>
<td>9</td>
<td>Modern Diagnostics, Gurgaon</td>
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**Note:** The notification of these HCOs is dynamic and keeps changing from time to time and hence needs to be tracked regularly.