



Towards National Resilience

CORE COVID-19 Advisory

First point is Do Not Panic!



The following pointers are all based on WHO recommendations, and that's what our submission is 'to only follow WHO (global/ national/ local authorities included) for managing this incident'. The following pointers include awareness as well as actions (Dos and Don'ts).

- Currently there is no medicine in any branch of medical profession. Efforts, under WHO guidance are on globally to find a cure for covid-19. As this disease is close to respiratory disorders, vaccination against a respiratory illness is recommended. But always do this under a medical practitioner's supervision.
- Coronaviruses (including covid-19) do not survive long on objects, so it is safe to receive a letter or package from China (or any other impacted territory).

- Sesame oil block does not prevent covid-19 from entering your body. Using chemical disinfectants on body can do more harm than help.
- Garlic is a healthy food, but there is no evidence that it can be helpful with covid-19.
- There is no evidence that mouthwashes will provide you protection against covid-19 infection.
- There is no evidence that regularly rinsing the nose with saline will provide you protection against covid-19 infection.
- Currently, there is no evidence of covid-19 infection in animals. But it is always good to wash hands thoroughly after touching the animals with naked hands.
- Covid-19 can infect people of all ages. Older people and people with pre-existing medical conditions are more vulnerable.
- Antibiotics work on bacteria while covid-19 is a virus, hence antibiotics are not effective in treating this disease.
- Use different chopping boards and knives for raw meat and cooked food.
- Wash your hands between handling raw meat and cooked food.
- Meat products can be safely consumed if handled properly during preparation and cooked thoroughly.



- **Wash your hands thoroughly with soap and water, frequently. 20 seconds rub cycle is recommended.**
- Alcohol based rub is recommended if the hands are not visibly dirty.
- Wash your hands -

*After coughing or sneezing When caring for the sick
Before, during and after you prepare food
Before and after eating
After using toilet
When hands are visibly dirty
After handling animals or animal waste.*



Use **TISSUE** instead
of handkerchief to
cough / sneeze

- Learn and practice cough and sneeze manners
 - Use tissue*
 - Use flexed elbow*
 - Discard tissue in a covered bin immediately after use*
 - Wash hands with soap and water or use hand rub*
- Avoid close contact if you are experiencing cough and fever.
- Do not spit in public.
- Symptoms are just like the common flu
 - Cough*
 - Cold*
 - Fever*
 - Breathing trouble etc.*
- If you show symptoms, seek medical care early.
- Share your travel history with the care provider.
- Wash hands after touching animals or animal products.
- **Avoid touching eyes, nose and mouth.**
- Avoid contact with sick animals and spoiled meat.
- Avoid contact with stray animals, waste and fluids.
- Wear PPE (personal protective equipment) only when required
 - Gloves*
 - Gowns*
 - Masks*
- A healthy person generally does not need mask.
- Remove protective clothing after work, wash daily and leave at work site (if possible).
- Avoid exposing family members to soiled work clothing and shoes.

- Disinfect equipment and work area at least once a day.
- Avoid travel if you have cough and fever.
- Avoid close contact with people who are suffering from fever and cough.
- Avoid touching mask, if you are using one.
- If you become sick while travelling, inform crew and seek medical care early.

Some additional points:

- Exercise moral responsibility
 - Do not be shy to tell if you are sick*
 - Do not discriminate against country, caste, religion etc.*
 - Do not be shy of being quarantined*
 - Do not make fun of those who have been quarantined*
- Follow the instructions from authorities, company etc.
- Do not panic
- Do not believe and do not spread rumours
- Exercise self-control on whatsapp and facebook on forwarded messages
- Rethink your Plans – employee contacts specially.
- Run a Simulation for mass absenteeism of employees.
- Estimate your worst-case scenario, and let all know.
- Check your vendors BCM preparedness.

Our efforts so far:

- We were the first ones to deliver a webinar raising awareness of the issue. The webinar was held on 20th February 2020. [Click Here for Recording.](#)
- We dedicated a special session on covid-19 during our Online India Business & IT Resilience Summit on 4th March 2020. [Click Here for Recording.](#)
- We have been contributing in various BCM and Resilience forums.
- We are issuing this advisory in public interest.
- We are monitoring the global situation closely and will bring more updates as necessary.
- A Mini Pandemic Survey is being run currently. We request your participation [click here](#). This is a short duration Survey and the results will be announced soon.
- Delivering Online Courses - [Click Here](#)

How we can help:

- We are available to you as and when you need.
- We can help you – for improvements in your existing/ certified BCMS or starting your BCMS journey afresh.

- We can help you in conducting a Resilience OPD – a quick check of your BCM/ Resilience Maturity – this may turn up various opportunities for improvement.
- We can help you develop/ refine your Pandemic plan.
- We can run Simulation Exercises for you with Pandemic Scenario.

- **In general**

We provide training, consulting, assessment, auditing, testing services in BCM and related domains (Risk Management, Crisis Management, IT Disaster Recovery, Information Security, Cyber Security etc.).

We provide advisory services in Automation Tools for BCM, ITDR, Mass Communication. We provide advisory services for workplace recovery solutions.

We provide off the shelf and tailor-made e-Learning solutions.

Our consultants (Dhiraj Lal, Daman Dev Sood) have authored “Step by Step guide to the NCEMA 7000: Implement BCM the UAE way” - [Available online at the Kindle store](#)

info@continuityandresilience.com
www.coreconsulting.ae www.corect.in

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