

What next ? Is “it” over ?

Stay Calm and Do Not get Stressed

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Disclaimer: The content of this Advisory Note is not intended to be a substitute for **professional medical advice, diagnosis, or treatment**. Always seek the **advice** of your allopathic medical doctor or other qualified health provider for any questions you may have regarding any **medical** condition.

The content below is only for informational purposes.

Background

We have witnessed three ‘waves’ of the coronavirus pandemic in India to date. And hopefully we are seeing this third wave bottoming out now. We are also inundated with information of the potential of newer variants with variable infectiousness. Worldwide, we are witnessing the much awaited rollback of restrictions on movement, and people are struggling to get back their ‘old’ life.

So, is the pandemic over? Or are we just choosing to ignore ‘the virus’, and getting on with our lives? Is there any benefit in ‘restrictions’ or in complying with COVID Appropriate Behaviour? Do we ‘mask’ or not? Do we live in fear, or not?

Be assured, no one has the ‘right’ answers.

There is no correct answer to these questions.

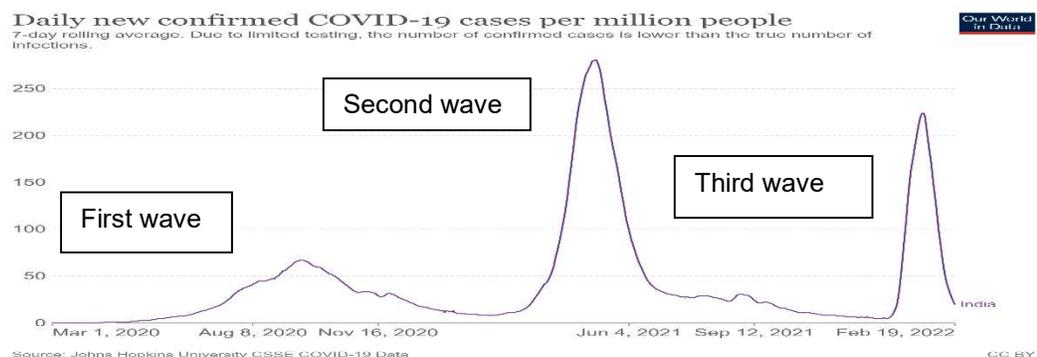
We will have to figure out the appropriate path through trial and error, and we can choose to err on the side of caution, without being paranoid about it.

Historically too, there was no official declaration of the “end” of the pandemic in the past century. Most likely there will be no such event this time too.

Possibly we will just have to learn to ‘co-exist’ with this virus, like we have adapted to so many other micro organisms.

We must also understand that each country (and each region) has its own waves, depending on transmission and other population dynamics. These waves need not necessarily parallel other areas in timeframe.

Pandemic Waves : India



What to do, to stay healthy and avoid respiratory tract infections?

1. Avoid the C's

- (a) **Avoid Crowded Places and Crowds** - Practice *physical distancing* as feasible.
- (b) **Avoid Close Contact Settings** – Meet with people, *outdoors*.
- (c) **Avoid Confined and Closed Spaces** – Keep *open those windows*, allow for natural air circulation. In summer, with the AC on, ensure *frequent air changes* within indoor spaces.

2. Hand Hygiene

You need not be obsessive about hand 'sanitization'. *Just wash your hands before touching your nose, eyes or mouth.*

3. Wearing face masks when in public areas (especially indoors or in close contact with others):

While complying with Govt guidelines , which may be amended from time to time, you should prefer to wear a mask in any situation where you will be 'close' to other people (i.e in physical proximity). *"I protect you, You protect me". Dangling a mask on your chin, or below your nose is not doing anything for you, or for anyone else.*

About Testing as on 20 Feb 2022

Asymptomatic individuals or low risk contacts of 'cases', without co-morbidities *need not be tested*. *There is no need for testing at the end of isolation.*

Do not get tested indiscriminately.

What actions must Societies take at present ?

1. Management Committees must suitably adapt their response as the pandemic evolves or fades away. **Don't wait for any 'end'!** Review your housekeeping practices:-

- (i) Wet mopping of *common areas at least once a day*,
- (ii) Wipe down disinfection of *common high contact surface areas* such as lift panels and common door handles once a day.

2. It is emphasized that there is ***no requirement for any surface chemical spraying or 'disinfection' of households or human beings.***

3. ***Promote healthy practices*** amongst all residents and staff, such as covering mouth appropriately while coughing, and not spitting indiscriminately.

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