BACK TO ACTION
CUT TO:
STAYING SAFE

CREW HANDBOOK
CORONAVIRUS

Virus spreads from person to person with / without physical contact

It can spread through contact with any contaminated surfaces

Symptoms may develop within 14 days of exposure to the illness

Only designated lab tests can diagnose the virus

SYMPTOMS

- Sore Throat
- Chills
- Fever
- Head Ache
- Dry Cough

ENHANCING THE VALUE OF CINEMATIC ARTS

BACK TO ACTION - CUT TO: STAYING SAFE
STOP THE SPREAD

WASH HANDS OFTEN
While at it, sing HAPPY BIRTHDAY twice

ALWAYS SANITIZE
Disinfect your hands in just 10 seconds

VIRUS CALLING!
Use disinfecting wipe to clean your phone regularly

WEAR YOUR CAPE RIGHT
Stop germ invasion - Wear mask, gloves & face shield at all times
ENHANCING THE VALUE OF CINEMATIC ARTS

FADE OUT:

WHY DO THIS

1. Loose mask not covering your nose
2. Shaking hands or hugging
3. Coughing with mouth open

FADE IN:

WHEN YOU CAN DO THIS

1. Mask should cover your nose, mouth & chin properly
2. Greet others with a namaste or a salute.
3. Cover your mouth with a mask or use your elbow to sneeze in
HOW TO WEAR YOUR FACE MASK SAFELY

Wash your hands before touching the mask.

Ensure the colored-side faces outwards.

Place the stiff edge over your nose.

Cover your mouth, nose and chin.

Avoid touching the front of the mask.

Remove the mask from behind the ears or head.

Discard the mask immediately after use in a bin.
Download the Aarogya Setu App.

Take the self assessment test to check for your symptoms.

Stay at home if you feel sick, don’t come to work.

Always wear a mask before leaving home.

Carry a portable hand sanitizer.

Make sure to maintain safe distance when in public.

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TEMPERATURE CHECK

Mandatory to get your temperature checked before entering the office/set.

Anyone with body temperature 99°F / 38°C or higher will not be allowed to enter.

MAINTAIN DISTANCE

All crew must maintain a distance of at least 2 meters at all times.

BACK TO ACTION - CUT TO: STAYING SAFE
Must Follow
SET ETIQUETTES

- Avoid sharing cigarettes
- Do not spit
- Avoid touching your face
- Maintain social distance
- Do not overcrowd
- Do not litter
- No guests allowed on set
- Throw used mask & gloves in the bin
IF YOU FEEL SICK...

STAY AT HOME

CHECK FOR SYMPTOMS

FEVER
HEADACHE
MUSCLE PAIN
COUGH
CHILLS

IF YOU FEEL SICK...

Contact doctors via call, chat, or video conferencing & self quarantine.

Here are some essential healthcare services you can avail for your convenience:

**swasth**
Consultations in major Indian languages.
9am to 9pm.
https://www.swasth.app/

**TATA**
Audio, Video & Chat Consultation in English & Hindi
9 am to 7 pm
https://tatabridgital.com/citizen/

**Tech Mahindra ConnectSense**
Audio & Video consultation Consultations in English, Telugu & Hindi
9 am to 6 pm
https://connectsense.techmahindra.com/

CONSULT A DOCTOR
A Little For
THE MIND & BODY

Eat nutritious food

Connect with family & friends

Stay positive exercise / meditate

Never too late to take up a hobby

Stay hydrated
P.S. Alcohol doesn’t count

Stay away from fake alarmist “News”
MYTH BUSTER

MYTH Covid-19 virus cannot survive in hot temperature.
FACT Evidence shows that Covid-19 can spread to all areas, including hot and humid regions.

MYTH Drinking alcohol protects you against Covid-19
FACT Drinking alcohol will not help prevent the virus and can be dangerous for your health.

MYTH Drinking hot water & avoiding ice cream will help prevent the onset of the disease
FACT There is no proof that avoiding ice cream or drinking hot water will help prevent the onset of the disease.

MYTH Pet or stray animals like cats & dogs can spread the virus.
FACT There is no evidence that animals at home can be infected with it or can spread the virus.

MYTH Medicines like antibiotics help kill the Covid-19 virus
FACT There is no prescribed medication for the treatment of Covid-19. Antibiotics do not work against the virus.

MYTH Eating garlic helps prevent the risk of infection from Covid-19
FACT Garlic is healthy and may have some antimicrobial properties, but there's no evidence that it protects you from Covid-19.
Protocols To Follow If You DEVELOP SYMPTOMS

- You should immediately isolate yourself in the designated isolation area on set

- Seek medical advice from the doctor to monitor your symptoms and inform the necessary authorities.

- Follow care instructions given by the doctor.

- Provide details of work location(s) used or travelled to and people you were in close contact with for the past two weeks.

- Do not remove your mask & gloves.

- Avoid touching people, surfaces and objects

- If you experience any of the symptoms: Don’t come to work, stay at home

- Self isolate and seek medical help.
ICMR Approved
COVID-19 TESTING LABS

PRIVATE LAB

Department of Laboratory Medicine, Dr Balabhai Nanavati Hospital
Metropolis Healthcare Ltd.
SRL Diagnostics- Dr Avinash Phadke (SRL Diagnostics Pvt Ltd)
iGenetic Diagnostics Pvt. Ltd., Andheri East
Department of Laboratory Medicine - P. D. Hinduja National Hospital & Medical Research Centre
Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute
Suburban Diagnostics(India) Pvt. Ltd.
SRL Clinical Reference Lab, Goregaon Lab
Sunflower Laboratory And Diagnostic Center
Qualilife Diagnostics
Sir H.N. Reliance Foundation Hospital and Research Center
Dr Jariwala Laboratory & Diagnostics LLP

GOVERNMENT LAB

Tata Memorial Centre Diagnostic Services- Tata Memorial Hospital
ICMR- National Institute For Research In Reproductive Health
Haffkine Institute
Seth G S Medical College and KEM Hospital
NIV Field Unit
Kasturba Hospital for Infectious Diseases
Grant Medical College and Sir JJ Hospital
INHS Asvini
Tata Memorial Centre Advanced Centre for Treatment, Research and Education in Cancer

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ENHANCING THE VALUE OF CINEMATIC ARTS

For More Information
DOWNLOAD AAROGYA SETU

Scan to Download
Aarogya Setu App for iOS and Android

Government Helpline
Call at Ministry of Health, Govt. of India’s 24X7 control room number
+91-11-2397 8046
Email at ncov2019@gmail.com

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