

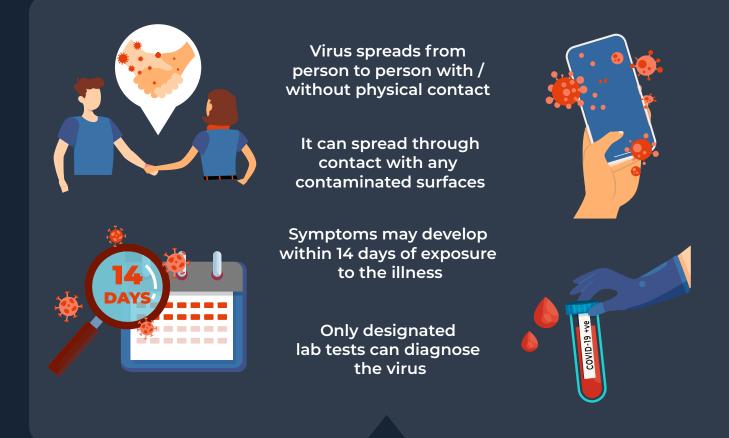
RISK PROTECTION AGAINST CONTAGION OF COVID-19 DURING FILMING

BACK TO ACTION CUT TO: STAYING SAFE

CREW HANDBOOK



CORONAVIRUS



SYMPTOMS



Sore Throat



Fever



Head Ache



Dry Cough



STOP THE SPREAD



WASH HANDS OFTEN

While at it, sing HAPPY BIRTHDAY twice



VIRUS CALLING!

Use disinfecting wipe to clean your phone regularly



ALWAYS SANITIZE

Disinfect your hands in just 10 seconds



WEAR YOUR CAPE RIGHT

Stop germ invasion -Wear mask, gloves & face shield at all times



FADE OUT :

WHY DO THIS



Loose mask not covering your nose

Shaking hands or

hugging

Coughing with

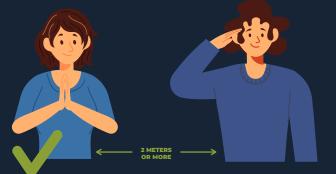
mouth open

FADE IN:

WHEN YOU CAN DO THIS



your nose, mouth & chin properly



Greet others with a namaste or a salute.



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.



BEFORE LEAVING FOR WORK



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



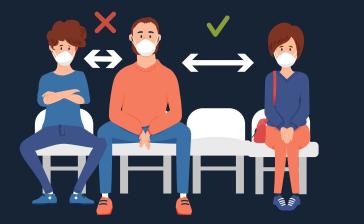
TEMPERATURE CHECK

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



Must Follow SET ETIQUETTES



Avoid sharing cigarettes



Do not spit



Avoid touching your face



Maintain social distance



No guests allowed on set



Do not overcrowd



Do not litter



Throw used mask & gloves in the bin



IF YOU FEEL SICK...



STAY AT HOME



CHECK FOR SYMPTOMS

CONSULT A DOCTOR

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

Here are some essential healthcare services you can avail afor your convience :





Consultations in major Indian languages. 9am to 9pm.

https://www.swasth.app/



Audio, Video & Chat Consultation in English & Hindi 9 am to 7 pm

https://tatabridgital.com/ citizen/



Audio & Video consultation Consultations in English, Telugu & Hindi 9 am to 6 pm

https://connectsense.techma hindra.com/



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



мүтн

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

FACT

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



МҮТН

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

medication for the treatment of

Covid-19. Antibiotics do not work

There is no prescribed

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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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