



ऑयल एंड नैचुरल गैस कॉर्पोरेशन लिमिटेड  
निगमित चिकित्सा सेवाएँ

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Oil and Natural Gas Corporation Limited  
Corporate Medical Services

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From: CGM-Chief Medical Services, Corporate Medical Services, ONGC, Delhi.

To: All Concerned

**Subject: How to stay clean to avoid Coronavirus (COVID-19) infection**

**A. Sanitation:**

• **Hand Sanitizer:**

Due to acute shortage of commercial Hand sanitizers in the market, following simple and approved methods recommended by WHO may help to meet the requirement.

○ **Formulation of effective Hand Sanitizer (possibility for in-house production):**

The following hand sanitizer formulation is compounded as per the recommendations of World Health Organization (WHO)-

- Alcohol (ethanol) (80%, volume/volume (v/v)) in an aqueous solution; or Isopropyl Alcohol (75%, v/v) in an aqueous solution
- Glycerol (1.45% v/v)
- Hydrogen peroxide (0.125% v/v)
- Sterile distilled water or boiled cold water

• **Use of Bleach solution for sanitation (Bleaching powder is easily available):**

- ✓ Bleaching powder diluted with water to make an effective disinfectant against bacteria, fungi, and many viruses including coronaviruses.
- ✓ Use one-quarter cup of bleach approximately 4.0 Liters of cold water or as per directions on the label of bleach container.
- ✓ Make dilute bleach solution as needed and use it within 24 hours, as its disinfecting ability fades with time (freshly prepared solution is most effective).
- ✓ **Non-porous items like plastic items can be immersed in bleach for 30 seconds. Household surfaces that won't be damaged by bleach should get 10 or more minutes of exposure.**
- ✓ Bleach solutions are very hard on the skin and should not be used as a substitute for handwashing and/or hand sanitizer.
- ✓ To clean the floors in your kitchen and bathroom, it is recommended to use 1 cup of bleach mixed approximately with 20 liters of water to mop the floors.

• **Using Hydrogen Peroxide to Clean the Hard Surfaces:**

- Hydrogen peroxide is a powerful disinfectant that kills bacteria and viruses like the H1N1 virus, SARS and Coronavirus.
- The 3-6% hydrogen peroxide solution is used to clean multiple surfaces.

- The procedure for using peroxide is as follows-
  1. Pour the hydrogen peroxide into the spray bottle.
  2. Spray down the hard surfaces in your bathroom, kitchen, living room and bedrooms you are trying to disinfect (tubs/showers, dustbins, doorknobs, toilets, sinks, etc.)
  3. Allow the solution to bubble on the surface for 5 minutes and wipe off.

- **Sanitation of vehicles:**

- Car door handles and controls, keys or start button, steering wheel, gear shift, seats, all buttons and knobs on your dash, sun visor, the console and cup holders should be wiped down gently with a soft cloth using **70% isopropyl alcohol-based disinfectant**.
- For cloth seats, a spray like **Lysol** is also considered effective when given time to dry.

**B. When and how to wear masks:**

- If you are healthy, you only need to wear a mask if you are taking care of a person with suspected infection.
- Wear a mask if you are coughing or sneezing.
- All healthcare workers must wear mask.
- Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- If you wear a mask, then you must know how to use it and dispose of it properly.
  - Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
  - **Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.**
  - Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
  - Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
  - To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

**C. Advice for quarantine and isolation:**

- **Quarantine:** It refers to the separation and restriction of movement of people who have potentially been exposed to COVID-19/travelled from endemic areas, **but who are currently healthy and do not show symptoms**. In general, quarantine is mandatory and is mainly at home, duration is minimum 14 days, but in specific situations can be done in a hospital or in dedicated facilities. If you are required or recommended by authorities to quarantine at home, please take into consideration the following:
  - Stay at home (i.e. don't go to work, school or public places) and do not allow visitors. Continue to practice general hygiene. Clean and disinfect your home, particularly frequently touched surfaces and toilettes.
  - Self-monitor for appearance of COVID-19 symptoms of cough, fever and difficulty breathing, including fever of any grade, cough or difficulty breathing. If symptoms develop, call your local health care services for advice.
- **Isolation** is used to separate patients who have a communicable disease from those who are healthy individuals. Isolation restricts the movement of **ill and infected patients** to limit the spread of communicable diseases.

(Dr. P.K. Mathur)  
CGM-CMS

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