



JUSTICE ARAVIND KUMAR

BASIC PROTECTIVE MEASURES AGAINST THE CORONAVIRUS DURING SPOT VISIT

There are several measures you can adopt to protect yourself and others from getting the Coronavirus during the spot visit. They are;

- Frequently clean your hands by using an alcohol based hand rub product like gel or wash your hands with soap and water.
- When coughing and sneezing cover your mouth and nose with flexed elbow or use a tissue.
- Avoid close contact with anyone and maintain at least 1 metre (3 feet) distance between yourself and any other persons during interaction (Social Distancing).
- Avoid touching eyes, nose and mouth.
- Practice good respiratory and personal hygiene.
- Don't shake hands.
- Don't participate in gatherings including sitting in groups at any place.

Further you are required to adopt certain protective measures while going back home. **They are;**

- Ring up home when you start from office.
- Someone at home should keep the front door open (so that you don't have to touch the calling bell or door handle) and a bucket of water with washing soap powder or bleaching powder added to it in the front door.
- Keep things (car keys, pen, sanitizer bottle, phone) in box outside the door.
- Wash your hands in the bucket and stand in the water for a few minutes. Meanwhile use tissues and sanitizer and wipe the items you have placed in the box.
- Wash your hands with soap water again.
- Now enter the house without touching anything.
- The bathroom door is kept open by someone and bucket of detergent soap water is ready. You take off all your clothes including innerwear and soak inside the bucket.
- Then take a head bath with a shampoo and body bath with soap.
- Wash your clothes/put in washing machine with high temperature settings and dry clothes in direct sunlight.

Justice Aravind Kumar,
Judge, High Court of Karnataka &
Executive Chairman, KSLSA