COVID-19: PROTECTING RELIGIOUS COMMUNITIES
12 Guidelines for Religious Communities associated with Hospitals

It is proven that health care workers have a higher risk of acquiring COVID-19 infection due to higher exposure. Therefore, in a religious community which is attached to a hospital, when the care-givers return to the community, it is good to take some precautions regarding community prayers, meals, recreation and meetings. The following guidelines may safeguard our community members from this contagion.

1. Religious above 60 years of age should be discouraged from working in the clinical departments.
2. Maintain a 6 feet distance in places like the chapel, dining room and recreation hall.
3. Do not share prayer books, hymnals and cutleries with one another.
4. Avoid dormitories and twin sharing rooms; instead, stay in a single room.
5. Those who work in the clinical areas should avoid mingling with those above 60 years. Preferably, those above 60 years of age must be shifted to a non-hospital community.
6. Keep a sanitizer at the entrance of the community so that one can sanitize the hands before opening the door, on returning from duty.
7. Ensure intake of nutritious diet and supplements such as Vit C and B complex tablets which will boost your immunity.
8. Rest well with 7-8 hours of sleep and exercise minimum for 20 minutes.
9. Avoid gathering in groups as much as possible and encourage frequent hand washing.
10. Those who go out for work or shopping need to wear a mask and gloves to protect oneself. Have a warm water bath immediately after returning.
11. Divide the hospital team into two groups and work on alternate weeks. Encourage virtual meetings to update the two groups.
12. Keep a checklist for the helpers/housekeeping staff of the community and check for symptoms of COVID-19 when reporting for duty.

Remember it’s not just social distancing but selective isolation that helps break the Corona chain. Stay safe!

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