



ASSOCIATION OF MEDICAL CONSULTANTS, MUMBAI

Public Trust Act 1950 Regn. No. F-7373 Bom
Societies Regn. Act Xlof 1860 Regn. No. Bom-454/81 GBBSD

4, Ganpati Niwas, Old Police Lane, Opp. Andheri Station (East), Mumbai-400069.
Tel: 26836019 / 26844639 Fax: 26821109
Email: amcmumbai@gmail.com Website: www.amcmumbai.com

Date: 16th March, 2020

Association of Medical Consultants Advisory towards Corona virus (An awareness drive)

Established in 1972, The Association of Medical consultants AMC as it is popularly known is one of the fastest growing Association of Specialist Doctors in Mumbai and has a strength of almost 12000 Medical consultants catering to 90% hospitalized healthcare in Mumbai & its suburbs.

We represent Consultants practicing at both corporate and non-corporate Tertiary care referral Hospitals (both Government and Private) and individual Consultants practicing through their own.

Issues related to public health such as Environmental issues , PIL for railway accident victims, Organ and Blood donations, First Aid Workshops, Medical Camps, and Public Awareness Lectures, issues related to violence against doctor, electronic medical record keeping are taken up by our association from time to time for the benefit of the doctors and public at large.

As you are well aware, the world is in the grip of the novel Corona COVID pandemic.

India with its huge population compounded by multiplicity of challenges is likely to be the seat of the disastrous crisis.

Though we are in phase I, we should take care to prevent entering Phase II.

Various studies published by reputed scientific journals have proved that SOCIAL DISTANCING seems to be the most important measure to mitigate the spread of the virus.

Government should make it clear that this a national emergency. The second phase will be certainly worse and this is the opportunistic time to stop the same.



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In view of the facts, we request you to consider the following measures with immediate effect by issuing the following advisory.

For General public:

- Avoid Areas of mass gathering.
- Avoid unnecessary Travels.
- Greet with a Namaste.
- Avoid touching railings and surfaces in public.
- Avoid touching your face constantly.
- WASH YOUR HANDS REGULARLY AND BEFORE MEALS.
- COVER YOUR FACE / NOSE WHEN YOU SNEEZE / COUGH.
- Wear mask if you have cough and cold.
- Avoid visiting public areas if you have cough / cold / fever.
- Keep a distance of 6 feet from person with cough , cold , fever or sneezing
- May wear a mask if in area of mass gathering.
- Avoid going to restaurants. Ask for home delivery if needed
- When you go for check up/ testing , use mask and avoid contact with other patients in hospitals.

Those with travel history or history of contact with a person with travel history to areas like : China, Italy, Iran, Korea, Spain, France, Germany and others (as and when announced)

Should follow the following :

- If no symptoms of cough / cold / fever/ shortness of breath : self isolate yourself at home for 14 days.
- If with symptoms of Fever / cough /cold / shortness of breath : get yourself tested at one of the testing sites mentioned below. (Do not wait in queues for testing. Inform on Toll free number before reaching the testing site)



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Protocol for home isolation:

- Do not move out of your home till 14 days of contact / travel history.
- Restrict yourself to one of the rooms (if available)
- Avoid close contact, maintain distance of 3 feet without mask.
- Wear a mask at all times.
- Initiate testing if symptoms of fever / cough / cold / shortness of breath in self or family members / close contact.
- Maintain good ventilation/ sunlight for the room in which isolated.

For General Public :

- Stop Panic
- Be aware
- Stop discrimination. Be Human.

Request to Government :

- Initiate protocols to prevent mass gathering such as closure of Malls, Schools, Colleges, Theaters , Religious places, Markets, Exhibitions, sports events, and Public gatherings.
- Initiate enhanced testing protocols in local area Hospitals/ selected laboratories.
- Initiate increased beds for quarantined patients / citizens.
- Involve private hospitals / laboratory in the process.

To our members / other doctor:

- Screen your patients for travel history or contacts. If positive , send them for testing at designated sites.
- If possible keep separate waiting areas for those with travel history / contact history and symptoms of fever / cough / cold / shortness of breath.
- Wear mask.
- Wash your hands between patients. Use sanitizer or alike.
- Hospital staff to wear mask.



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- All undiagnosed symptomatic patients to wear mask.
- If feasible, at entry points, to have hand sanitizer or alike for all visitors, patients, staff.
- Mask to be provided at entry points to symptomatic patients with fever / cough / cold.
- Use mask for all patients with fever as noted at entry points using thermal sensors.
- All visitors and staff with fever to be screened for complains and contact history.
- Admitted patients with doubt of Corona virus to be informed towards testing to the designated number mentioned below.

Suspicious patients to be sent for testing at designated laboratories / hospitals.

Contact points :

Key updates can be assessed via this website and BMC's twitter handle @mybmc

<https://portal.mcgm.gov.in/irj/portal/anonymous/qlStopCoronaVirus>

BMC has set up a 24*7 *helpline number 1916* for any queries regarding Coronavirus related queries.

Other toll free number :

020-26127394

For any additions information contact

AMC HELP DESK AT

amcmumbai@gmail.com

Subject: Corona

An initiative by:

Association of Medical Consultants

Dr. Mukesh Gupta
President

Dr. Nilima Vaidya-Bhamare
Hon. Secretary