



GUIDANCE FOR VISITORS

Any visitor to the Center, must be approved by the Management by identifying a clear reason for the visit. Preferably take permission or appointment a day in advance at least. In order for the visit to be approved it is required that all visitors to Snehadhara fill-out the self-declaration form. Snehadhara will make a decision on access to the Campus based on the answers provided in the self declaration form.

Each visitor must complete this form online by clicking on the link below or fill the physical form at the time of the visit at the center.

[Online Self-Declaration Form](#)

Precautions visitors should take on their visit. The same precautions will apply on their visits to the market or to their own work or anywhere outside their own homes.

Beginning of the journey

- Have a proper breakfast or lunch (depending on the time of your appointment) before moving out.
- Empty your bladder before you leave.
- Carry mask, and hand sanitizer (constitution greater than 70% alcohol).
- Carry your own pen.
- Have adequate cash of the usually used denominations and/or a credit/debit card.
- Wear shoes, with socks well above the ankle. Definitely no chappals (sandals)
- Dress simply but cover yourself to the extent possible according to the weather.
- Avoid watches, necklaces, bracelets, or bangles and even earrings for that matter.

The Journey

- No mass transit systems to be used for the journey, if one can avoid it
 - If forced to do so, pick up an off-peak timing for your journey
 - Try to maintain social distancing during the journey.
 - Do not look any person in the face even if he is wearing a mask
- Ideal vehicle: a four-passenger vehicle,
 - Only two passengers, the driver, and a passenger in the diagonally opposite seat.
 - Air conditioning on fresh air mode
 - You and the other passenger both leave the windows opposite the seats being occupied slightly open to allow for further air exchange.
- Use the hand sanitizer after entering the car

After you reach the destination

- Use your own pen to fill up the forms.
- Before entry, use the hand sanitizer.
- Make sure that your mask is properly placed
 - First which mask?
 - Ideal is a N95, especially for a high-risk patient (diabetic, or over the age of 60 yrs or immunocompromised due to some other disease),
 - Alternative: surgical mask



- Last option: A cloth mask
 - Right size mask must cover the nose, mouth, and the chin comfortably.
 - Must rest comfortably on the nasal bridge.
 - Mask with a nasal clip to ensure snugly fitting on the nose to be preferred.
 - MUST NOT hang loosely on the face.
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- Mask not to be removed under any circumstances from your nose and mouth for the duration of the stay in the clinic, unless needed for a medical examination.
 - Avoid touching your face at any time during your visit.
 - Avoid touching any surface unnecessarily while waiting in the campus (That includes the sides of the chairs, the surfaces of the tables, the walls, door handles (if you can avoid them) and also the banisters of the stairs unless you need support to climb the stairs.)
 - Preferable to use the stairs if you are feeling fit enough
 - If you are using the lift, see that it is not packed to the capacity and avoid direct face to face contact with others
 - Payments or donations by exact amount of cash required
 - Social distancing in the campus. pick up a seat which is in the relatively more vacant space in the waiting hall.

Having completed your visit, on your way back,

- Again, use hand sanitizer when you enter the car.

Actions that you must take on reaching home

- Take off the shoes outside the door
- Leave footwear exposed some place in the sun (a balcony or the windowsill or the roof if you are lucky to have free access to one).
- Leave mask on the dashboard in the car if it is parked in the sun
- Clean your hands, mobile and car keys with hand sanitizer.
- Change your clothes,
- Have a bath with soap and water.
- Do a mouth rinse and gargles for 1 min. with Betadine 2% mouth wash (Take 7.5 ml in the container provided, add equal amount of water and use for gargling and mouth wash).

To conclude

- **Always maintain social distancing to the extent possible,**
- **Wear a well-fitting mask constantly,**
- **Do not touch any surface and your face unnecessarily,**
- **Use your personal hand sanitizer frequently.**