

DIRECTORATE OF FAMILY WELFARE, BHUBANESWAR, ODISHA

Letter no: 494

Date: 6/4/2020

From

**Dr. Bijaya Ku Panigrahy, MD
Director Family Welfare
Odisha**

To

**The Director Capital Hospital, Bhubaneswar
The Director, Rourkela Government Hospital
The CDM&PHO cum District Mission Director, All 30 districts**

Sub: Regarding preparedness at Nutrition Rehabilitation Center (NRC) in response to CoVID-19 in Odisha

Madam/Sir,

As you must be aware, the COVID-19, viral pandemic is at its peak and its imperative on our part to take necessary precautionary measures for the SAM children admitted to our NRCs especially during this phase. It's a well-known fact that severely wasted children have a higher risk of death (about 9 to 10 times) than the normal children. You are also aware that during any viral pandemic, there are chances of increase in malnutrition. In this regard, a guideline has been developed following WHO and Unicef protocols to prevent corona virus from infecting SAM children and to prevent NRCs from the COVID-19 pandemic situation. The guideline also entails key recommended practices which should be encouraged at our NRCs situated at different levels of districts. The detailed guideline is enclosed herewith for kind reference.

Furthermore, in view of the viral pandemic, the district NRCs may need to avoid unnecessary gathering, group counselling, close interaction between patients, regular follow up visits at NRC, etc. Hence you are requested to circulate the guidance to the respective NRCs to ensure the practice of recommendations to prevent corona virus infection at NRCs.

Yours faithfully


6/4/2020
Director Family Welfare, Odisha

P.T.O.

Memo No: 495

Date: 6/4/2020

Copy submitted to PS to Principal Secretary, Dept of Health & Family Welfare, Odisha for kind information.


Director Family Welfare, Odisha

Memo No: 496

Date: 6/4/2020

Copy submitted to Mission Director, National Health Mission, Odisha for kind information.


Director Family Welfare, Odisha

Memo No: 497

Date: 6/4/2020

Copy forwarded to Nutrition Specialist, Unicef, Odisha for kind information.


Director Family Welfare, Odisha

Precautionary measures at Nutrition Rehabilitation Centers during CoVID-19

1. Encourage hand washing practices:

- Ensure that hands are cleaned with soap or hand wash with water for minimum 20 seconds before preparing food, feeding the child, after defecation and touching outside object
- Ensure that the hand sanitizers used must be of 70% alcohol concentration
- Ensure that pictures of proper hand washing steps are displayed at the hand washing area

2. Medication and treatment

- Tests must be done twice in a day to check whether the child admitted in the NRC is having fever, cough and cold or having any difficulty in breathing
- It must be ensured that all children are given antibiotics as per protocols
- All the children admitted in NRC must be screened regularly to check whether any of them have developed any symptoms of COVID-19, any child displaying such symptoms should be kept and treated in the designated CoVID-19 isolation ward in the facility
- To reduce the damage caused by the infection, if the admitted SAM child in NRC has recovered from medical complications and started gaining weight $>5\text{gm/kg/day}$ consecutively for 3 days, he/she may be discharged from NRC with necessary counseling to the mother/caregiver regarding preparation of nutritious food for the child at home, hand washing/hygiene practices, play therapy methods, along with essentials drugs and multivitamins to be administered at home
- If any admitted SAM child or their mother/ caretaker found to be infected with CoVID-19, they should be kept in the isolation ward and treated as per the CoVID-19 prescribed guidelines

3. Nutrition of the SAM children and their caretakers

- Children admitted the NRC who are more than 6 months of age and are in the rehabilitation phase, should be given more of yellow/orange fruits as well as green leafy vegetables in their diet in order to improve their immunity
- Mothers who are found to be anemic should be given IFA supplementation and advised to consume foods containing more of protein, energy and micro nutrients in their diet which will help them to boost their immunity.

4. Maintain respiratory hygiene

- During day to day activity all the staffs of NRC must maintain respiratory hygiene and wear mask on their faces
- Masks should also be given to the child or caretakers and ensure that they must use if they have fever, cough or any kind of cold or infection
- It must be ensured that there must be one meter of distance between two beds of children and their caregivers

5. Maintaining minimum hygiene at NRC

- It must be ensured that the NRC floors are cleaned regularly with sodium hypochlorite solution (0.5%) to make it completely clean

- The NRC staffs who are engaged in testing the children every day must use alcohol-based sanitizers or wash with liquid soap and water after checking every 2 children at NRC
- As per the NRC protocols, cleanliness of the bed sheets must be maintained, if it becomes wet it must be changed immediately or replaced with mackintosh
- All the equipments which are used on daily basis like thermometer, stadiometer, length board, infantometer, MUAC tapes must be disinfected using solution with 70% ethyl alcohol
- Staff must avoid frequent touching of tables, chairs, doors, windows, window railings, handles and ensure disinfection of these items regularly
- Staff must ensure that the NRCs have safe drinking water provisions with water filter/RO facility
- There should be provisions of separate utensils for children and mother/caretakers in the NRC and it should be ensured that these are properly cleaned after each feed
- It must be ensured that minimum sanitation is maintained in the toilets used by the care takers and are cleaned regularly
- It must be ensured that there is minimum use of diapers for the admitted children in the NRC and if possible, try to use bed pan to collect urine, dispose them off at a safe place and disinfect the bed pan with hypochlorite (0.5%) solution
- Dustbin must be cleaned daily with chlorine to make them infection free
- Utensils used for preparing and serving food must be sterilized regularly to ensure those are infection free
- The staffs must use mask while discharging their duties at NRCs
- The cook cum attendants must use apron, gloves and cap while preparing and serving food

All the caretakers must be given messages regarding CoVID-19 during their stay at NRC.