



IAF MED SERVICES COVID 19 CHECKLIST



1.	International Travel History/ Contact History	No International Travel/ Contact History	Travel/ Contact History more than 14 days	Travel/ Contact History less than 14 days	Direct Contact with Confirmed COVID 19 Case
2.	Fever	98.6 °F – 100 °F	100 °F- 102 °F	102 °F - 104 °F	> 104 °F
3.	Breathing Difficulty	No (You can easily hold your breath for 10 seconds)	Mild (Breathless while climbing steps)	Moderate (Breathless while walking on level ground)	Severe (Breathless even while sitting)
4.	Body Pain	No	Mild	Moderate	Severe
5.	Fatigue/ Weakness	No	Mild	Moderate	Severe
6.	Sore Throat	No	Mild	Moderate	Severe
7.	Cough	No	Mild	Moderate	Severe
8.	Diarrhoea	1-2 episodes in last 24 hrs	3 to 5 episodes in last 24 hrs	5 to 7 episodes in last 24 hrs	More than 7 episodes in last 24 hrs
9.	Other Medical Conditions	None	High BP	High BP + Diabetes Mellitus	Reduced Immunity
10.	Status in last 48hrs	Improved	No Change	Worsened	Worsened a Lot
11.	Age	15 to 50 Yrs	5 to 15 Yrs	0 to 5 Yrs	> 50 Yrs

Instructions & Info

- The checklist has to be filled 'row wise' for all the attributes, from SI Nos. 1 to 11.
- For each attribute 'tick' the appropriate response which best suits the condition.
- This simple checklist will help non-medical personnel and their families to decide when to consult the medical authorities.
- This checklist will also help medical personnel to screen the OPD patients and prioritise their patients.



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(PAGE 2)

Interpretation

- The entire chart on Page 1 is divided into 'Three Colour Coded Zones'.
- 'Green Zone indicates Safe Zone', 'Amber Zone indicates Caution Zone' and 'Red Zone indicates Danger Zone'.
- See in which zone, maximum of your ticks fall and make interpretation as per table below.

<u>Colour Zone</u>	<u>Category</u>	<u>Impression</u>	<u>Advice</u>
Predominantly Green	Safe	No need to Worry!	Stay at home/billet Monitor health constantly
Predominantly Amber	Caution	Exercise Extreme Caution	Stay at home/billet Follow all Quarantine SOPs Notify medical & Adm authorities on telephone
Predominantly Red	Danger	Immediate Medical Attention Needed	Visit SMC/hospital immediately May require COVID 19 testing May require hospitalisation

Note:-

- If your ticks cover more than three Amber Boxes, interpret the case as being in 'Amber Zone'.
- If your ticks cover even a single Red Box, interpret the case as being in 'Red Zone'.

IAF Corona Helpline for your Queries

- AFNET Number: 2311-7921 (0730 to 1500 h on all working days)
- Mobile Phone: +919731931437 (Manned 24x7)
- Civil Email: ssrao137@gmail.com

PREVENT SPREAD OF CORONA VIRUS



Wash Hands



Use Tissues



Dispose Tissues



No Handshakes



Cough into Elbow



Social Distancing