



KARACHI PORT TRUST
IZHAR ABBASI HOSPITAL



No.H/G/2022/595
Dated:23-06-2022

All General Managers
All Head of Departments.

COVID-19 ALERT

There is new COVID Wave with emergence of increasing numbers of COVID Positive cases in Pakistan. COVID Positivity Ratio increased upto 16% in Karachi.

Further it has been identified that this wave is due to emergence of new COVID Strains namely COVID-DELTA and LAMBDA which are much more deadly than previous strains.

The symptoms of these new strains may vary from the previous ones and includes following in addition to Cough, Fever & Sore throat:

- Joint pain
- Headache
- Neck pain
- Upper Back pain
- Pneumonia
- General Weakness
- No Appetite

Let's be more careful and follow following COVID SOPs:

- a. **Wearing of Face Mask** in KPT premises is mandatory for all.
 - b. **Social distance** of minimum of one meter should be maintained.
 - c. **Avoid Handshake.**
 - d. While sneezing/coughing **cover your mouth** with your bent elbow.
 - e. **Disinfection of door knobs** on daily basis.
 - f. **Regular Hand washing** with soap and water for 20 seconds should be encouraged or use of sanitizer in case of Office Setup.
 - g. **Gathering** such as eating meal together for more than 02 people must be avoided.
 - h. Those who have been **quarantined** are **required to remain within their residential premises and avoid interaction.**
 - i. **All officers and employees are directed to get Booster Dose of COVID-19 Vaccine if time laps is more than 6 months from their 2nd Dose.**
 - j. In case of symptoms employee must report to COVID-19 medical facility or KPT Hospital.
2. Strict compliance COVID SOP is highly appreciated.

=SD=
CHIEF MEDICAL OFFICER

Copy to:
SO (Coord) to Chairman for information please