

Fortis Healthcare distributes more than 10000 masks for its employees as a health measure against smog

New Delhi, Tuesday, November 8th, 2016: As Delhi reels under the pollution and smog, Fortis Healthcare has taken steps & unique measures to safeguard the health of employees from the ongoing smog situation. More than 8000 masks has been distributed among the employees and contractual staff based out of nine Fortis Hospitals in Delhi NCR. In addition to this, pregnant lady employees are advised to take the option of work from home until the smog situation in the city improves.

Earlier as part of its CSR initiative, Fortis Healthcare distributed air filter masks to the Gurgaon Traffic Police and conducted regular sessions on precautionary measures to deal with the smog and air pollution.

People have been complaining of cough, irritation in eyes, chronic obstructive pulmonary disease (COPD). Doctors at Fortis Healthcare has advised the following to beat the adverse effects of smog.

- Avoid direct exposures outdoors for long hours
- Avoid morning/evening walks, as pollution levels are highest during early mornings and evenings because of thermal inversion/smog formation
- Do not get into heavy exercises in open or non- treated exercise areas like gym
- Ask your kids to not to play outdoors or limit their sports activities to indoor
- Increase intake of citrus fruits
- Use N95/N99 masks/other protections (even handkerchief does provide 25% protection) while being outdoor walking on roads
- For ventilation, open your windows/doors only when sun is bright
- Consult your doctor in case of an emergency

About Fortis Healthcare Limited:

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company, primarily, comprise hospitals, diagnostics and day-care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and 329 diagnostic centres.

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