



**DIRECTORATE GENERAL
CENTRAL INDUSTRIAL SECURITY FORCE
(MEDICAL DIRECTORATE)**



**PREVENTIVE CARE FOR VARIOUS
PREVALENT DISEASES**

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PREFACE

We all know that Central Industrial Security Force is one of the premier security Force of the country. CISF is to contribute towards enhancement of the security environment in the country and protection of our national assets through quality security services. Presently, CISF is providing security coverage to vital National assets such as Steel Plants, Refineries, Sea Ports, Coal Mines, DAE installations, Chemical & Fertilizer Plants, etc.

CISF is imprinted emerging on the nation's cognitive map as a multi-faceted, multi-skilled and multi-dimensional Armed Force of Union of India. From the midst strength of 3000 personnel during its inception, the CISF has grown up to a sizable number of 1.45 lakh today with enhancing ceiling to 1.80 lakh.

With this enhancement of strength, medicare system is also required to be updated. Preventive care in medicines plays an important role with primary objective of prevention of diseases and promotion of health.

An extensive effort has been made by Medical Directorate by preparing this booklet for preventive care for various prevalent diseases, as per our commitment and deployment. This will sensitize to all Unit Commanders for their thoroughly involvement in preventing various diseases prevalent at their place of deployment. These aspects regarding medicare for timely preventing health hazards during day-to-day functioning will definitely enhance the quality of training as well as operational/administrative efficiency of the Force.

Presently, large no. of new recruits are joining various RTCs. This booklet will be helpful for prevention of various prevalent diseases as well as health awareness and overall health promotion.

All Zonal/Plant DisG and Unit Commanders of CISF Units be reactivated to follow the guidelines for prevention of various diseases in their area of jurisdiction for better health awareness.

(O.P. Singh)
Director General

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Preventive Care

1. INTRODUCTION

“PREVENTION IS BETTER THAN CURE”

Preventive care in medicine plays an important role with primary objective of prevention of diseases and promotion of health. Modern preventive medicine is not confined to vaccination and quarantine but it is also the method of health promotion, prevention of disease and disability limitation and rehabilitation too.

A large number of news recruits are joining various RTCs, hence prevention of various prevalent diseases and health awareness will be an important part of health care system.

2. OBJECTIVES

To achieve the goal of preventive care in CISF, we should put emphasis on the following aspects :-

- Well maintained sanitation and hygiene standards in every CISF campus
- Control of common vector borne diseases
- Control of water borne diseases
- Immunization of troops and children
- Prevention of Extreme climate related diseases
- Prevention of cardiovascular diseases
- Prevention of HIV infection and post exposure prophylaxis(PEP)
- Implementation of National policy on animal bites
- Strict adherence to NVBDCP (National Vector Borne Disease Control Programme) guidelines
- Optimum Stress management
- Highest standards of Health awareness

3. HYGIENE AND SANITATION OF CAMPUS

3.1 General

Maintenance of health is the primary responsibility of the individual but all commanders are also responsible to ensure that troops under their command are physically fit and mentally alert. To promote and maintain health, all troops and commanders will pay attention of the following aspects:-

- a) Personal hygiene
- b) Sanitary conditions

3.2 Personal Hygiene

Personal hygiene included cleanliness of person i.e. skin, hair and teeth. All ranks will ensure the following:-

- a) Bath is to be taken regularly.
- b) Hair is to be cleaned and combed. Nails are to be trimmed regularly specially the food handlers.
- c) Teeth are brushed regularly.
- d) Clean clothes are worn and clothes worn are according to the season.
- e) Regular exercise is done and proper rest is taken.
- f) Under garments are washed and changed daily.
- g) Not to drink water from unauthorized source or use water sterilized tablets.
- h) Disinfect room/charpoy if used by any patient.
- i) No rats, mice, cockroaches enter in the living area/kitchen/dining hall.
- j) Anti- Malarial precautions are taken.
- k) FFI parade is done every month.
- l) Spitting will not be allowed in common place

3.3 Sanitary Conditions

- a) All latrines, bathrooms, barracks, dining hall, rooms and surrounding areas will be swept daily. Latrines bath rooms will be disinfected with phenol/Lysol
- b) All drains will be cleaned with water and 1% solution of slacked lime sprayed.
- c) There will be no pits in surrounding area where water can be accumulated. This will be checked by the duty officer/hygiene and sanitation officer.
- d) DDT will be sprayed twice a year during rainy season and insecticidal will be sprayed every day in dining hall, kitchen and barracks.
- e) Every month the barracks will be disinfected with 1% phenol or Formaldehyde.
- f) The cots will be checked for bed bugs every month.
- g) The glass windows are kept open and wire mesh doors be kept closed.

- h) All troops are immunized against infectious diseases as per guideline.
- i) Sterilized and clean water will be provided to troops for drinking and bathing. The water will be checked by duty SO in the messes and barracks.
- j) Burnt diesel/engine oil will be sprayed on the stagnant water if any. The drain will be kept covered.
- k) All troops suffering from infectious disease will be kept under observation, isolated and excused from parades. They will be shown to Medical officer.
- l) Washer man will be warned to wash cloths with running water at an appointed place. They will not mix cloths of sick persons with healthy persons.
- m) Barbers will use Dettol/Savlon to disinfect their tools and also use disposable blade for each person for HIV prevention.
- n) A soakage pit will be dug near cookhouse and a pit will be dug near Mess to dump all garbage. Fresh soil will be put on garbage daily. The pits will be kept closed or garbage may be disposed following the guideline of local civil body.
- o) Dustbins are to be placed at the following places:-
 - i. Barracks
 - ii. Dining hall
 - iii. Parade ground
 - iv. Store
 - v. Class room
 - vi. Quarter Guard
 - vii. Road side

3.4 Food Hygiene: - The following points will be observed:-

- a) Healthy animals are selected for provision of meat.
- b) Meat will be carried in meat safe. Meat will be cut at a clean place with clean knife.
- c) No flies should be allowed to sit on meat and it is immediately cooked. Preferably nets should be used in cook house.
- d) Milk will be kept in clean utensils. It will be boiled immediately and kept covered.
- e) Utensils are cleaned and food is kept in proper and clean container.
- f) Proper space is provided in stores.
- g) Perishable and non perishable food items will be kept in fly proof stores, in containers and will be protected from flies and other insects.
- h) Chapattis will be covered with clean cloth.
- i) The access of flies, rat, cockroach and mice will be prevented. No domestic animals will be kept in unit/HQ premises.

- j) Places for cutting vegetables will be kept clean. Vegetables especially leafy vegetables will be washed thoroughly with dilute potassium permanganate water if available
- k) Cooks will wear clean undergarments, clothes and headgear. They will be examined by the doctor every month.
- l) Food will be served in clean dishes.
- m) Troops responsible to serve food will take bath and wear clean clothes. They will wash hands and serve food with spoons.
- n) Cuts, burns and raw surfaces on the hands and arms will be covered with water proof dressing.
- o) Waste will be kept in closed containers.
- p) Sick cooks will not be permitted in the cookhouse.

3.5 Supervision

One SO of the subunit /coy HQ will be overall in charge of maintenance of proper hygiene and sanitation in the unit/coy HQ. He will be assisted by duty under officer. Chairman and secretary of sub-ordinate officer's and OR's will be responsible for maintenance of proper hygiene and sanitation conditions in the messes and surrounding areas and provision of balanced diet in smoothing atmosphere.

3.6 Monthly Hygiene and Sanitation Round

Head of the office will take the monthly sanitary round of the sub units along with Adj/Dy Comdt(Adm),MO,SI/QM,Sub(Adm) and record his findings in the sanitary diary for further compliance of all sub units.

The following points will be checked :-

- a. Barracks - Adequate ventilation, repairs, cleanliness, bed, availability of mosquito nets, surrounding areas.
- b. Cook house -Hygiene of individuals working in cook house and their dress
- c. Cookhouse utensils, arrangement for washing, soakage pit, garbage storage, arrangement for fly proofing, eating places, vegetable washing and cleaning.
- d. Latrines - Cleanliness, water supply, condition of the septic tank, urinals etc.
- e. Water supply and water storage arrangements.
- f. Bathing and washing arrangements.
- g. Anti-Malaria measures.
- h. Barber shop
- i. Construction and minor repairs.
- j. Problems of troops.
- k. Area cleanliness and maintenance.