



St. John Ambulance Association



Tamil Nadu State Centre

As desired by the His Excellency the Governor, Thiru. Banwarilal Purohit, President, St. John Ambulance Association, Tamil Nadu State Centre, necessary instructions have been given to the District and Local Centers of St. John Ambulance Association to actively involve themselves in the task of disseminating the dos and don'ts in the wake of spread of Covid-19 in their respective areas.

Representatives of District and Local branches are enlisted with the District Authorities for providing voluntary work during this time of social and health emergency.

Volunteers are engaged in talking to community leaders and households on the urgent need for social distancing and the benefits of such voluntary effort in combating the spread of the disease.

Awareness programs on the effective methods to stop the spread of the virus in the community, the role of every individual in breaking the chain of the virus spread is highlighted. Volunteers visit the homes regularly to ensure safe practices during the hour of crisis.

The district and local centers have been distributing freely the masks, liquid soaps hand sanitizers etc., to the needy.

Persons found with symptoms of dry cold and cough, are advised on using a hand towel or a tissue, during coughing or sneezing.

Tips on healthy diet and the need to maintain optimal hydration, besides easy ways to maintain personal hygiene and sanitation are emphasised during such interactions.

Doctors attached to various centers are supplementing the efforts of the medical and health authorities in the task of identifying the vulnerable zones and taking necessary follow up action.

Volunteers across Chennai and Kanchipuram districts are conducting awareness sessions on personal safe health practices and use of hand sanitizers at regular intervals, washing of hands for atleast twenty seconds, wearing a protective mask during interactions with others and are actively supporting the District Administration in last mile connectivity to deliver medicines, groceries, vegetables and milk, besides food to persons confined in quarantine and self isolation.

Children are encouraged to be occupied in reading, storytelling, drawing and colouring activities, while adults are taught mind activity occupations to beat the stress and pass time during this lock down period.

Handouts are placed at ATMs, Medical Shops and Bank premises insisting on the benefits of social distancing, wearing protective mask, hand washing, etc., Migrant workers and Daily Wagers are given pep talk to overcome depression, stress and help them maintain emotional and mental wellbeing.

Contact numbers of the Public Health Authorities and the Health Line numbers are passed on to all the persons during this volunteering effort.

G.Ramakrishnan IAS(R)

Honorary Secretary, St. John Ambulance Association

Tamil Nadu State Centre

No1, Mayor V.R.Ramanathan Road (East)

Chetput, Chennai-600031