



**Commissionerate**  
**Health & Family Welfare Services,**  
**Arogya Soudha, Magadi Road, 1<sup>st</sup> cross, Bangalore – 560 023**

DD(MH)/08/ 2021-22

Date: 20-05-2021

**Circular**

**Sub:** SOP for the prevention of Covid associated Mucormycosis in Karnataka.

In the wake of the increased incidence of Covid associated Mucormycosis; more patients being put on steroids and greater usage of oxygen through humidifiers across the health facilities, the following SOP should be followed with respect to the prevention of the disease in all health facilities of Karnataka.

1. Use steroids judiciously observing correctness in the timing, dose and duration.
2. Every effort must be made to control the blood sugar in the diabetics.
3. The water in the humidifier should be changed daily and looked for any fungal growth (green or blackish discoloration).
4. Always use distilled water or sterile water for the humidifier.
5. Never use un-boiled tap water or mineral water. Avoid RO water as far as possible.
6. Fill up to maximum fill line only in the humidifier.
7. Do not let water level fall below the minimum fill line in the humidifier.
8. The water level should be checked twice daily and topped up as necessary.
9. All components of the humidifier, tubings, nasal cannula and oxygen mask should be soaked in mild anti-septic solution (such as chlorhexidine, etc) for 30 minutes, wash with clean water and rinse finally with distilled water and air dry before re-use.
10. The humidifier should be cleaned before use for every patient and at least once a week for the same patient.
11. Keep the walls, floor, linen, beds and cots dry (moist free).

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12. Change the linen daily for the same patient and before use for every patient.
13. Observe the face, nose and mouth for pain, swelling, bloody or foul smelling nasal discharge, nasal stuffiness.
14. Avoid unsupervised administration of oxygen at home settings as much as possible.
15. Strict adherence to infection prevention protocols such as 5 moments of hand washing, personal protective equipments usage and 6 steps of hand washing.
16. Surface cleaning of Covid ward and ICU by 1% hypochlorite solution.
17. Ensure oral hygiene especially in patients on ventilator and prolonged high flow oxygen support by betadine gargle, brushing the teeth, oral candid paint and washing the nose with normal saline.

The Medical Superintendents and the Administrative Medical Officers of all health facilities shall ensure the strict implementation of the circular.

  
Commissioner

Health and family Welfare Services