

The
NEWSLETTER

April 2020, Issue 13

GET
WELL
SOON
WORLD
-VOICE OF EVERYONE

TURYAA CHENNAI

MEASURES AT THE HOTEL

- Twice every day checking the staff's temperature at the employee entrance upon their arrival at work and before they leave for the day.
- Temperature checks performed daily upon the guest, clients, staff, vendors or visitors.
- Front Office staff "screen" all check-in guests. Mandatory to fill "Self-Declaration" form by those who visited affected areas or came from another region.
- Any staff who is unwell and down with fever or flu symptoms must see a doctor immediately. Unwell staff is not allowed to return to work without clearance by the doctor.
- Every Manager including the staff at the hotel are quarantined at the premises itself and is monitored closely of Covid-19 symptoms.
- Each and everyone at the hotel are well trained about the virus.
- We practice washing hands regularly. Staff also avoid touching their face, nose, mouth or eyes.
- Sanitizers are placed everywhere for everyone's use.
- We practice to clean and disinfect frequently at the back-of-the-house areas, staff canteen, staff lockers and staff changing rooms, guest rooms, guest areas, restaurants, washrooms, etc.
- Two washbasins are placed outside at portico and at the employee's entrance area.
- Any guest unwell are recommended to immediately be taken to the nearest hospital or self-quarantined in case of mild sickness.
- Face masks and thermometers readily available for guests on request.
- Good laundry practices are also maintained to contain any spread of virus or infection.
- Every bit of the hotel including the furniture, set items or valuables are disinfected and cleaned regularly.
- Every morning a briefing is held by the management on the up-to-date updates for close monitoring and measures.
- Restaurants and staff cafeteria are introduced to more specific immune-building food and beverages.
- Practicing more on using protective or disposable gloves and face masks by the kitchen staff when they are handling food preparation.
- Thorough washing and sanitizing of kitchen equipment.

To access the full list please log in to <https://www.turyaachennai.com/>



A POEM TO READ DURING THIS PANDEMIC COVID-19.

Can life get better than it was before?
Will you realize your dreams and improve your score?
Will people still remember your name,
Or will they forget you because they're ashamed?

Life in recovery may not be the same.
The rules may have changed in this brand new game.
You can pick up the pieces and make a new start,
And courage and hope keep you from falling apart.

The world all around you seems different and changed.
Things that once were now seem out of range,
But you can recapture your life and fulfill
The dreams that were lost when you took ill.

The journey to wellness takes time and is long,
And those that get well are exceptionally strong.
For depression can kill, but you have survived.
Your goal to recover has kept you alive.

Now you're recovered, what will you do?
You suffered and conquered and saw it through.
Back from the black and abyss of despair,
It is time to move on; it is time to care.

- Charles A Cino

A MESSAGE FROM THE GENERAL MANAGER

Arun Raj D. (General Manager)

It has been a very difficult month and days for us all. Imagining what the world itself is going through is very worrying. It is also highly important that we understand well about what Coronavirus is. This will help us prevent the virus and help ourselves or our families to seek appropriate medical assistance, if required any.

We are all currently encouraging everyone to Stay at Home for safety and to contribute to bring this down together. High precautionary measures are also taken within the hotel. Also, for the betterment, the government of India has imposed a strict lockdown for our safety.

We hope that this comes to an end very soon. Meanwhile, we salute the doctors, nurses and many more for doing their best on saving many lives. We Turyaans also pray for the victims' suffering and for their quickest recovery.

Stay at home, stay safe and we hope you find the readings useful from our 13th edition of the newsletter for April. #StayStrong



IMPORTANT COLUMN



KNOW FROM W.H.O ABOUT COVID-19

What is Coronavirus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

How does COVID-19 Spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick. WHO is assessing ongoing research on the ways COVID-19 is spread and will continue to share updated findings

What are the Symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

PRECAUTIONS TO AVOID COVID-19

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease.
- Self-isolate by staying at home if you begin to feel unwell, even with mild symptoms such as headache, low grade fever (37.3 C or above) and slight runny nose, until you recover. If it is essential for you to have someone bring you supplies or to go out, e.g. to buy food, then wear a mask to avoid infecting other people.
- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers

Source reference @ <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

KNOW MORE



TURVYAA'S NEWSLETTER

NEWSLETTER - CELEBRATING THE FIRST ANNIVERSARY

COVID-19 spread out like wildfire among people over different countries. We tried covering as much as possible information to provide awareness our readers about it. We hope that this comes to an end real soon and pray for the affected ones while salute those protecting us.

With the same spirit, we proudly announce that we have completed one whole year of Turyaa Chennai's Newsletter editions. While being at any circumstance, we make sure that we do our best to stay connected and continue creating a positive impact. We thank our readers, guests, management, and corporate who showered us with their tremendous support and love.

STRENGTHEN YOUR IMMUNE

- Citrus fruits.
- Red bell peppers
- Broccoli
- Garlic
- Ginger
- Spinach
- Papaya
- Kiwi
- Poultry
- Sunflower seeds
- Yogurt
- Almonds
- Turmeric
- Green tea

Consuming just one of these food items are not enough to combat the flu, though you eat it constantly. It is important to pay attention to consume the right proportion and regularly so that the vitamin levels are well balanced.



IMPORTANT DATES

- 01 April -Utkal Diwas
- 02 April - World Autism Awareness Day
- 05 April -National Maritime Day
- 06 April -Mahavir Jayanti
- 07 April -World Health Day
- 13 April -Jallianwala Bagh Massacre/Vaisakhi
- 14 April- Tamil New Year
- 18 April -World Heritage Day
- 19 April -World Liver Day
- 22 April -Earth Day
- 25 April -World Malaria Day
- 28 April -World Day for Safety & Health at Work
- 29 April -International Dance Day
- 30 April -Ayushman Bharat Diwas

