



# Dr. Darrell DeMello

MBBS, MBA.

**MMC Regn. No. 54115**

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### Travel Advisory to reduce chance of Contracting COVID during your travel:

When you are travelling, please note that the travel activity puts you at high risk of contracting COVID from an unknown person.

Please follow the advice below from our Health & Wellness Advisor – Dr. Darrel Demello (Attached prescription for your reference)

- ❖ Ensure you are not careless – follow basic hygiene
- ❖ Wear your mask in public
- ❖ Social Distancing
- ❖ Washing hands regularly
- ❖ Follow wellness travel guidelines as below to protect yourself from contracting COVID:
  1. Tablet Goutnil or Zycolchin 0.5 mg:
    - a) 1 tablet for 3 days prior to the travel
    - b) 1 tablet every day during travel
    - c) 1 tablet every day for all days of your stay
    - d) 1 tablet after returning to your base location for 3 days


**PS: This tablet can be consumed before or after food at anytime of the day.**

2. Tablet Ivermectol 12 mg (Any substitute brand is acceptable):
  - a) 1 tablet on the day of departure early morning
  - b) 1 tablet every 5 days during your stay
  - c) 1 tablet early morning after returning to your base location

**PS: Ivermectol needs to be consumed on an empty stomach at 7.00 am with no coffee/no tea/no juice/no breakfast till 9.00 am.**

#### Disclaimer:

- ❖ In case of kidney failure patient on Dialysis you need to ensure that you take Goutnil/Zycolchin – 1 tablet every alternate day upto 3 times a week.

  
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