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*President*

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**Alarming, Scary and Worrisome**

Number of casualties among Doctors are on rise. We are losing our doctor colleagues at much faster rate. It's really big cause of concern for all of us.

Covid19 is still here and is here in full strength. But, our level of concern and precautions have gone down significantly. We are more casual and have lowered the guards to a great extent.

**It's not a good sign. Not good at all.**

Please take all precautions and take them **SERIOUSLY**.

**All those 60 years and above**, especially with co-morbidity are especially vulnerable. If possible, delegate your responsibility to your younger colleague for the time being.

Avoid all social gatherings and unnecessary outings.

Needless to say, always wear mask.

**If COVID-19 positive** and at home, be in regular touch with your physician friend.

Watch signs of deterioration. Watch oxygen level regularly.

**Get admitted early rather than late.** Delhi has plenty of beds available both in Govt and Private hospitals.

Vaccine is not far away and at the moment vaccine looks only shield against this deadly menace. Till you are vaccinated you have to be alert 24x7.

**Delhi Medical Council wishes you all a healthy life.**

*In case you need any help please don't hesitate to call me.*

Regards

*Dr Arun Gupta* 15/12/20  
President, Delhi Medical Council