

Back to work Dentists Guideline

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This Pandemic shall pass.

COVID-19 taught us a few important lessons and shown us our weaknesses either.

Now time to improve ourselves and our system of health, no need to see back, move forward, and collect fresh strength to enhance and groom everything which will give us benefits against all unseen enemies like COVID-19.

Improvement steps

1. First of all start mind exercises which boost up positive thoughts.
2. Switch your mood to healthy and organic food to energize your mind and body with positivity.
3. Take all precautions against corona not only this moment but keep in practice for the whole rest of life.
4. Improve your lifestyle if you have been a victim of COVID-19.
5. Take good care of your personal hygiene including Oral care.
6. Uses of multivitamins and plenty of water.
7. Do not forget to take nuts along with your regular healthy diet if you don't have any allergy.
8. Publish literature about precautions and place it everywhere as a reminder to all nations.
9. Keep using disinfectant and all germicidal chemicals on all surfaces.
10. Don't be afraid, stand against every disaster and every pandemic condition (May creature of this beautiful world save us from all disaster and pandemic situation).
11. Keep research on new inventions and more powerful inventions in the field of Medicine.
12. Improve the health department.
13. Improve education department, make very strong minds, to face any unfavorable condition.
14. Every individual has to think about it as this is the responsibility of the public and government too.

15. Everyone has to perform his own duty in order to decrease the Burdon of government.
16. Keep using a face mask, hand sanitizer, and very important wash your hands after every 2 hours with antibacterial or any soap.
17. Stay at home and go outside only for work or necessary purchase.
18. Stop socializing at least this year 2020.

Provide first aid and life support training in every school, College and University, this should be part of studies.

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