<table>
<thead>
<tr>
<th>Number</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>COVID-19 PANDEMIC: RETURNING TO NORMAL LIFE</td>
</tr>
<tr>
<td>2</td>
<td>A GUIDE TO NEW NORMAL: LIVING WITH COVID-19</td>
</tr>
<tr>
<td>3</td>
<td>YOUR SHIELD TO LIVE WITH COVID-19</td>
</tr>
<tr>
<td>4</td>
<td>HONOUR CORONA WARRIORS</td>
</tr>
<tr>
<td>5</td>
<td>ROLE OF SOCIETY</td>
</tr>
<tr>
<td>6</td>
<td>STAY HOME</td>
</tr>
<tr>
<td>7</td>
<td>INDOOR AIR QUALITY</td>
</tr>
<tr>
<td>8</td>
<td>MOBILE PHONE</td>
</tr>
<tr>
<td>9</td>
<td>USING AC</td>
</tr>
<tr>
<td>10</td>
<td>CINEMA HALLS</td>
</tr>
<tr>
<td>11</td>
<td>DRIVING YOUR VEHICLE</td>
</tr>
<tr>
<td>12</td>
<td>SOCIAL EVENTS</td>
</tr>
<tr>
<td>13</td>
<td>USE OF SANITIZER</td>
</tr>
<tr>
<td>14</td>
<td>TYPE OF FACE MASK</td>
</tr>
<tr>
<td>15</td>
<td>TRANSPORT / TRAVEL</td>
</tr>
<tr>
<td>16</td>
<td>PUBLIC PLACE / MARKET</td>
</tr>
<tr>
<td>17</td>
<td>PRECAUTIONS AT RESTAURANT</td>
</tr>
<tr>
<td>18</td>
<td>STREET VENDORS</td>
</tr>
<tr>
<td>19</td>
<td>BANKS / ATM</td>
</tr>
<tr>
<td>20</td>
<td>HEALTHY WORK FROM HOME</td>
</tr>
<tr>
<td>21</td>
<td>GETTING WORKPLACE READY</td>
</tr>
<tr>
<td>22</td>
<td>VISITING SALONS</td>
</tr>
<tr>
<td>23</td>
<td>SCHOOL / COLLEGES</td>
</tr>
<tr>
<td>24</td>
<td>WORSHIP PLACES</td>
</tr>
<tr>
<td>25</td>
<td>HOUSEWORKER / MAID</td>
</tr>
<tr>
<td>26</td>
<td>NEWSPAPER DISTRIBUTOR</td>
</tr>
<tr>
<td>27</td>
<td>WASTE HANDLER</td>
</tr>
<tr>
<td>28</td>
<td>PUBLIC QUERIES</td>
</tr>
<tr>
<td>29</td>
<td>HOME QUARANTINE</td>
</tr>
</tbody>
</table>

Disclaimer: The preventive measures i.e. new normals are based on current knowledge and we are open for suggestions and will continue to update as the understanding improve to make life easier with COVID-19 disease.
SIMPLE ACTION FOR CORONA PREVENTION
: LIVING WITH COVID-19

SHIELD FOR CORONA PREVENTION : PUBLIC HEALTH APPROACHES

SIMPLE ACTIONS FOR CORONA PREVENTION
I PLEDGE TO DEFEAT COVID-19
ZERO DISCRIMINATION & STIGMIZATION
RAISE YOUR VOICE

Use positive language & emphasize the importance of effective prevention measures, including hygiene

Talk about risks & effects of COVID-19, relying on verified information

Do not refer to sick people as ‘victims’ of COVID-19

Tell stories of people who have experienced the virus & fought well

Show solidarity with affected people

COVID-19 can affect any of us. Our healthcare heroes are working hard to restrict the spread & the affected. Respect healthcare workers.

Share the latest facts & avoid false news

Survivors often suffer from anxiety, stress & trauma due to social stigma. Treat them with love and care

BE POSITIVE: STOP DISCRIMINATION & STIGMA.
ROLE OF SOCIETY IN NEW NORMAL
Lesson from Nature: Care for it

Healing of Ozone layer?
Some claim that unusual polar vortex & lockdown helped to heal ozone hole in the northern hemisphere

Animals such as deers, nilgai, elephants, leopard were seen in urban areas. Their emergence is mostly because of the calm & peace in the cities

Feathers of flamingoes flock together at the wetland area in Mumbai, India

Source: NASA, March 2020

The Himalayan view of Dhauladhar ranges from different states indicating the great improvement in air pollution

Source: Times of India, March 2020

River Ganga water found fit for drinking. Dolphins were seen frequently due to no mixing of industrial wastewater & sewage

Source: Hindustan Times, March 2020

Air quality improved drastically & pollution level decreased

Source: Samesh, India
ROLE OF SOCIETY IN NEW NORMAL: Ensuring Sustainability

- Refuse, Reduce, Reuse & Recycle your waste. Segregate waste at source.
- Do regular exercise, yoga & meditation.
- Safely dispose your face cover, handkerchief etc., after washing with soap or treating with disinfectants.
- Grow Green, Eat Organic & Stay Healthy. Compost your wet waste at home.
- Build green & energy efficiency infrastructure. Retrofit buildings & public places by improving energy efficiency.
- Use & promote non-motorised mode of transport. Introduce safe access routes on foot, bike, scooter from homes to park & offices.

Increase walkability, neighbourhood areas (such as parks) should be safe for walking, enjoyable, easily accessible/transport.
STAY HOME 🏡 : STAY HEALTHY

- Home Time Table
- Fit India
- Family Time
- Healthy Diet
- Household Chores
- Online Education
- Care For Elderly
- Smart Consumer

Stay at home, except for essential items such as medications & groceries.

SAVE LIVES : STAY HOME❤️
LOVE : CARE : RESPECT ALL
Improve Indoor Air Quality
LIVING WITH COVID-19

Indoor Air Quality: The quality of air within a structure or building, which could affect occupants health & comfort.

Cleaning is about removing contaminant. Disinfecting is about killing pathogens. Clean & disinfect high-touch surfaces at least once daily with any common household disinfectant.

Pay attention to cooking with stove, as the fumes particle level can be dangerous. Use an exhaust or open window.

Exhaust fan should be operated with windows kept partly open for better ventilation.

Practice laundering at home. Clean bedsheet, towel, & clothes regularly.

The temperature of AC should be between 24-30°C while humidity should be between 40-70%. Recirculation of cool air by room AC must be accompanied by outdoor air intake through open window.

Exposure to emissions generated by the repellent could have adverse impact on human health in an indoor environment.
SAFE HANDLING OF MOBILE PHONE
Living with COVID-19

- Hand-wash with soap & water
- Use mobile phones on speaker mode
- Use of headphones headsets (Wired/Wireless) is advised to avoid direct contact of the phone with the face/mouth
- Avoid keeping the mobile phone on any surface

Before starting to clean, turn off the phone & remove the case, accessories & cables

Avoid entry of moisture through any openings & do not use liquid directly on the phone

Use a soft, lint-free, waterproof & dust-proof wipe, such as a camera lens wipe, to gently wipe the surface of the device

Do not use or bleach or any cleaning solutions directly on phone
AIR CONDITIONERS USES
LIVING WITH COVID-19

ISHRAE - The Indian Society of Heating, Refrigerating & Air Conditioning Engineers guidelines for safe use of HVAC Heating, Ventilation & Air Conditioning -


Set Room Temperature between 24°C to 30°C.

Maintain Relative Humidity between 40%-70%.

In Dry Climate, Set Temperature at 30°C & in Humid Climate Set Temperature at 24°C.

In Dry Climate, Do Not Allow Humidity to Fall Below 40%.

IMPORTANT NOTE

In split-type AC, open the windows for outdoor air circulation. In window AC, with the vent set on 'open' outdoor air is allowed into room circulated through the room. In the 'close position the air for cooling is circulated from inside house.

Recirculation of cool air by room air conditioners must be accompanied by outdoor air intake through slightly open windows & exhaust by natural exfiltration.

Windows must be kept open & fan should be operated for better circulation of cool air from outside.

24°C temperature setting has been made necessary as a default temperature.

Default Temperature in an AC means that this is a temperature at which the AC will turn ON.

This will help in maintaining the energy efficiency & save money.

Evaporated coolers must draw air from outside to ensure good ventilation. Cooler tank must be kept clean & Disinfected & the water drained & refilled frequently.

Exhaust fan should be operated with windows kept partly open & running exhaust air for better ventilation.

Exhaust fan must be kept running for better ventilation.
MANDATES AT CINEMA HALLS

Social distancing norms must be strictly followed while arranging seats in halls booking.

Contact-less purchase should be followed at box office & food counters.

Body temperatures must be checked by infrared scanners.

Arogya setu app will be mandatory for all the employees.

Washrooms have to be sanitized properly on regular basis.

Number of people in the elevators shall be restricted, duly maintaining social distancing norms.

Use of escalators with one person on alternate steps may be encouraged.

Every employee must wear face mask & gloves.
Wash your hands or use hand sanitizer frequently to restrict contamination inside the car.

Only 2 passengers should be seated at an appropriate distance from each other.

Keep disinfecting wipes in your car, as they’re often used more effectively than sprays.

Disinfect your car’s high-touch areas frequently.

Limit the number of passengers you drive around.

Make sure anyone who shares the car with you takes the same precautions.

Try to avoid ride-shares, but take extra precautions if they’re necessary.

Be mindful of what you’re transporting in your car.
WEDDINGS:
Weddings should have limited number of guests & should not exceed more than 50 in total. Guests must ensure proper social distancing & use face cover.

BIRTHDAYS:
For Birthday’s:
Enjoy online party having video calls. Bake cake with your family & enjoy the moment.

SOCIAL MEETINGS:
Social Meetings:
Provide information or a briefing (oral & written) on COVID-19.
Encourage hand-washing or use alcohol based hand sanitizers.
Participants must use face cover & follow cough etiquette.

FOR RITUALS & LAST RITES:
For Rituals & Last Rites
20 persons are allowed for attending the funeral. Face cover & social distancing must be ensured all the time. Wear gloves & maintain maximum hand hygiene. The rituals involved touching of deceased body should be avoided.
Hand sanitizer, also called hand rub is an agent applied to the hands to remove common pathogens.
Hand sanitizer can be in foam, gel or liquid form.

Gel or foam are more desirable than liquid form of sanitizer due to their
- Fast absorption
- Not sticky
- Clean feet
- Soft/moisturised hand feel

They are easy to apply as well as handle.
Use alcohol based hand rub with 60% ethanol.

**USING ALCOHOL-BASED HAND SANITIZER:**

- Put it on hands & rub together
- Until hands feel dry rub it & cover all surfaces
- It will take around 20 seconds.

**WHEN TO CLEAN YOUR HANDS**

- Before and after changing bandages
- Before and after eating anything (Use soap & water)
- After coughing or sneezing
- After touching doorknobs/handles
- After touching bed rails, bedside tables, remote controls, or phone
- After touching your eyes, nose, or mouth
TYPE OF FACE MASK & RATIONAL USES

N95 RESPIRATOR
Named so because it filters out at least 95% of small particles. N95s are high-grade protective gear that should only be worn by medical workers interacting with infected people on a daily basis.
DIAMETER FILTRATION CAPACITY: >0.3 microns

SURGICAL/MEDICAL MASK
They are loose-fitting and protect only from larger particles compared with the N95s. Should be reserved for healthcare workers only.
DIAMETER FILTRATION CAPACITY: >5 microns

CLOTH MASKS
For everyone else, if you don’t already own and use one of the masks above, a simple homemade cloth mask should provide enough protection if you are following social distancing measures.
DIAMETER FILTRATION CAPACITY: >10 microns

HOW TO DISPOSE MASK
- Wash hands with soap & water or alcohol-based hand rub before putting the mask.
- Properly cover your nose and mouth with mask and avoid touching it, if you do wash your hands.
- While removing the mask, don’t touch it from the front; remove it from behind and wash hands immediately after removing the mask.
- Don’t reuse single-use mask and dispose it in close bin.
TRAVELLING PRECAUTIONS
PREPARE BEFORE STARTING YOUR JOURNEY

**Flying**
- Reporting 2 hours before flight timing: passengers to wear gloves, masks
- Dedicated staff with thermometers at all entry point and gates
- Social distancing at check in counters with markings
- Prior bag checking, print baggage tag & affix it on baggage.

**Bus & Train**
- Don’t touch your phone while you’re taking public transportation
- Limit contact with train and bus poles.
- Sanitize your bag and keep it off of the floor and other surfaces.
- Don’t touch your face.
- Carry hand sanitizer and use it the moment you leave the bus, train or subway.
- Passengers shall compulsory go through Screening zone or Thermal Screening at a designated place.
Ensuring safety at Public Places/Market

Some measures to be taken while going to the grocery shops:

- Maintain at least 1 meter distance from others.
- Avoid touching your eyes, nose and mouth.
- Before shopping sanitize the handle of trolley or baskets if possible.
- Wash your hands immediately after coming inside and also after storing purchased items.
EATING OUT AT RESTAURANTS
Precautions for customers & Employees:

- **Disinfect & Clean**
  Use of cleaning products & other supplies
  - Frequently clean high touch surfaces
  - Provide disinfectant

- **Hand hygiene**
  - Wash hands often with soap & water for at least 20 seconds

- **Social Distancing**
  - Help educate the customers as well as employees about social distancing through:
    - Audio messages & pamphlets
    - Place floor markings & signs to encourage social distancing

- **Pick up & delivery**
  - Avoid cross contamination, for example: wrap food during transport
  - Encourage customers to use ‘NO TOUCH’ delivery
  - Notify customers via text messages or phone call

- **Kitchen operations**
  - No entry for unsanitized material & stuff into the restaurant’s kitchen

- **Physical Barriers**
  - Install physical barriers such as partitions at cash counters, where maintaining physical distance of at least 6 feet is difficult

- **Installation & use of Aarogya Setu App**
  - Shall be advised to all.

Disposable menus are advised to be used.

Seating arrangement to be made in such a way that adequate social distancing is maintained. In restaurants, not more than 50% of seating capacity to be permitted.
ENJOY STREET FOOD
Vendors Getting Ready

1. Keep the carts clean & follow social distancing norms.

2. Frequently clean surfaces that are commonly touched using disinfectants (such as sodium hypochlorite).

3. Provide customers water dispensers or make arrangements of sanitizers.

4. Vendors should wear proper protective gear (mask, gloves). Don’t touch mask or reuse gloves.
Precautions at BANK/ATM

Before stepping out of the house don’t forget to carry your sanitizer & wearing mask.

While withdrawing or depositing cash maintain social distance of at least 1 meter or 6 feet with your adjacent customer.

Avoid touching the keys in ATMs either use a handkerchief or tissue to operate keys & dispose the tissue in the bin.

Don’t rest your hand & avoid touching your face casually while waiting.

Don’t enter the ATM kiosks when someone else will be using the machine. Wait outside.

Carry your own pen & avoid touching any surface in bank or ATM chamber.
WORKING FROM HOME
Healthy Practices

- Adjust light setting & minimise glare:
  Close the blinds or move computer away from light coming through window to avoid strain on eyes.

- Keep distance & rearrange desktop at comfortable height:
  Keep monitor just below the eye level & about 20 to 28 inches away from eyes.

- Set up an area as your workplace:
  Use comfortable & supportive chair. Keep your back straight while working.

- Give a break to your eyes:
  Use the 20-20-20 rule i.e. after every 20 minutes look away from screen, at an object about 20 feet away, for 20 seconds.

- Take a break & do some exercise:
  While working for long hours, take an exercise break or walk.

- Check out computer settings:
  Play with the computer brightness setting as per the comfort.
Precautions to be taken at WORKPLACE:

- Work from home especially for those who are in containment zone till the zone is denotified.
- Shops, cafeteria inside office premises should follow social distancing norms.
- Make sure surfaces & objects like desks, tables, telephone & keyboards are wiped with disinfectant regularly.
- Promote hand washing by employees, contractors like put hand rub dispensers around the workplace.
- Ensure thermal screening of every visitor & employee at entrance.
- Display posters promoting hand washing.
- Ensure face cover/tissues along with closed bins are available at workplace.

If you are organizing any meeting or event ensure following steps:

- Encourage meetings through video conferencing if feasible.
- Practice ways to say hello or namastey without touching.
- Ensure that the seats of the participants are at least one meter apart.
- At meeting or event encourage hand washing or use of alcohol based sanitizer by every person present.
- Keep the venue well ventilated.
- After the meeting retain the names & contact details of all participants so that anyone become ill after event the people exposed will be easily traced.
**EXTRA PRECAUTIONS TO BE TAKEN BY**

**SALOON**
- Sterilize cutting & styling tools
- Provide sanitizers at counter
- Keep the record of clients
- Check temperature of every client & employee

**CUSTOMERS**
- Avoid handshakes
- If possible carry your own towel
- Before stepping out wear a mask
- Sanitize your hands

1 Meter
PRECAUTIONS TO BE TAKEN AT SCHOOL

Children’s desks must be at least one meter apart whenever possible.
Place alcohol based hand rub or sanitizers in each classroom, at entrances & exits, and near lunchrooms and toilets.

Enforce hand washing with water & soap or alcohol rub/hand sanitizer.

Disinfection and cleaning of school surfaces i.e. use sodium hypochlorite 0.5% for disinfecting surfaces & 70% ethyl alcohol for small items.

Cancel activities like assembly gathering, other activities that can create crowded conditions or take extra measures if planning such activities.

Ensure proper air flow and ventilation.

If any student becomes ill separate them from the those who are well without creating any stigma.

Encourage children to discuss their questions / concerns to support students and exhibit signs of distress.
PRECAUTIONS AT PLACE OF WORSHIP

- Traditional greeting practices should be maintained keeping 1 metre distance.
- Avoid spitting in public places.
- Cooperate with police checkpoints at the entrance of visiting places for screening.
- Everyone to use face cover while visiting worship places.
- Set-up hand wash facilities.
- Devotee to carry their own mats.
- Not to touch any object/metal railings. Disinfect them frequently.
- Display posters as well as standees, audios & videos for COVID-19 awareness.
- When queuing up for entry maintain minimum 6 feet of physical distance.
- Take off your footwear outside your own vehicle.
- Ensure proper disposal of mask/face cover/gloves left by visitors as well as employees.
- Prasad distribution or sprinkling of holy water should not be done inside religious place.
Precautions to be taken by **DOMESTIC WORKERS/HOUSEMAIDS**

- Clean & disinfect highly touched surfaces
- Sanitisation of hands, without touching anything
- Remove the gloves & mask & throw it in a covered dustbin

Avoid touching eyes/nose while washing dishes

Cleaning tools like broom should be soaked in warm water & then can be used

Toilet surfaces should be cleaned daily with regular household bleach solution or disinfectants
**Query:** What general precaution should be taken by the newspapers Distributors or Handlers?

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wipe down common surfaces of bicycle or motorbike using disinfectant.
- Use your shoulder/arm or use a tissue to cover while sneezing/coughing.
- Don’t sneeze/cough towards newspaper.
- Use simple homemade or triple-layer medical mask or other Personal Protected Equipment (PPE) as provided by supplier.

**Query:** How do I wash my hands during work?

- Wash hands with soap and water for at least 20 seconds.
- If water and soap are not available, use alcohol-based hand sanitizer having 60% alcohol.

**Query:** Do I need extra precaution while delivering newspapers for the general public and for the quarantine houses of suspected COVID-19 patients?

- You do not need to worry, just deliver the newspaper from outside and do not touch any surfaces or ring the doorbells.

**Query:** Do I need to take extra precaution to disinfect surfaces (e.g. clothing mask or gloves) from COVID-19?

- Coronavirus can easily be killed by household detergents and disinfectants (1% Hypochlorite solution) at the normal temperature used for washing clothes and home-made mask.
- You can dispose off a mask or gloves as routine household waste, if you don’t have cough/cold or other symptoms. If yes, dispose off in separate bag and specify to the waste collectors.

**Query:** Do I need to do anything extra when I reach home?

- You should change your clothes and wash your hands first with soap and water for 20 seconds before meeting your family.

**Query:** Do I need to wash my clothes separately from other family members?

- No, you don’t need to wash your clothes separately. However, if you feel a need, you can wash separately and can use any common household disinfectants.
**Query**: What general precaution should be taken by the waste collector or waste handlers?

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Use disinfectant to wipe down surfaces of the cart.
- Use your shoulder/arm or use a tissue to cover while sneezing/coughing.
- Use Personal Protected Equipment as provided by the municipal authorities (e.g. hand gloves).

**Query**: How can we disinfect surfaces and clothes from COVID-19?

- COVID-19 or Coronavirus can be easily killed by household detergents and disinfectants. Clothes can be washed with detergents at normal temperature.

**Query**: Do I need extra precaution for the household waste coming from Quarantine houses?

- It can be managed as a routine household waste unless specified by local authorities. COVID-19 or Coronavirus is generally transmitted through person to person via droplets when an infected person coughs or sneeze.
- Masks and disposable tissues are considered routine household waste, and that can be sent to local landfill sites. However, it is recommended to disinfect them with 1% hypochlorite solution.
- Hand washing or other hygiene practices should be followed after emptying waste containers.

**Query**: How should I wash my hands during work?

- Wash hands with soap and water for at least 20 seconds.
- If water and soap are not available, use alcohol-based hand sanitizer having 60% alcohol.

**Query**: Do I need to do anything extra when I reach home?

- Wash your hands first with soap and water for 20 seconds and change your clothes and only after these steps, meet your family.

**Query**: Do I need to wash my clothes separately from other family members?

- No, you don’t need to wash your clothes separately. However, if you feel a need you can wash separately using any common detergent.
**Query:** What general precaution should be taken to control the exposure of COVID-19?
- You should avoid touching your eyes, nose, mouth with unwashed hands.
- Use home-made mask, if going out to avoid infection from a non-symptomatic person.
- Use household disinfectant to wipedown commonly touched surfaces at home.

**Query:** Do I need extra precaution to dispose off used masks, gloves, or tissue?
- These can dispose off as routine household waste.
- Masks and disposable tissues can be send to municipal landfill site unless specified by local authorities.

**Query:** What extra precaution should be taken when handling my household waste to waste collectors?
- Maintain a respectful distance of 1 meter.
- Keep masks/gloves in separate bags & hand over to waste collector & specify.
- Follow hygiene practices after emptying waste containers.

**Query:** How should I wash my hands at home?
- Wash your hands with soap & water for at least 20 seconds, as this is the best practice.
- If water and soap are not available, use alcohol-based hand sanitizer having 60% alcohol.

**Query:** How can we disinfect surfaces & clothes to avoid COVID-19 infection?
- Coronavirus can be easily killed by household detergents & disinfectants.
- Clothes can be washed with detergent at normal temperature.

**Query:** What do I need to do first when I reach home from outside?
- Before meeting your family: Change your clothes.
- Put off shoes.
- Wash your hands first with soap & water for 20 seconds.

**Query:** If I have a cough or cold, do my clothes need to be washed separately from other family members?
- Not needed, however, if you feel a need, you can wash separately and can use any common household disinfectant (1% Hypochlorite).
Q: How to keep fruits & vegetables virus-free? Is consuming raw onion & cucumber safe?
A: Fruits & Vegetables normally do not have Coronavirus. Wash them with baking powder & water. We can consume raw onion & cucumber after peeling from outside.

Q: If you buy the gas cylinder, is it also virus-free? If yes, how can we sanitise it?
A: There is no possibility as such. After buying the cylinder, just wash the cylinder with detergent water.

Q: Vegetable vendor’s are regularly visiting us. Is buying vegetables from them is safe?
A: Keep a proper distance from the vendor. After buying the vegetables, wash your hands properly with soap for 20 seconds. Bring your own cloth bag for buying vegetables & wash it.

Q: I drive my own vehicle to bring groceries. Does the virus stay on it?
A: Keep sanitising the steering & common touch surfaces in your car. Normally 2 persons should be seated inside the vehicle.

Q5: Does mosquito bite also lead to the spread of Coronavirus?
A5: Mosquito bite leads to malaria, dengue & chikungunya. In these days, mosquitoes bite, so we should be alert.

Q: How to sanitise medicine strips?
A: Simply wash your hands before & after bringing medicines from store. Keep the medicine for few days & then use.

Q: Many companies have launched vegetable sanitisers. Can we use them?
A: Avoid sanitizer. You may use baking powder & water to clean vegetables.
**Query:** What is Home Quarantine?

Quarantine is the separation and restriction of movement or activities of persons who are not ill but exposed to infection and need to quarantine to prevent the transmission of diseases. Persons are usually quarantined in their homes, but they may also be quarantined in community-based facilities.

**Query:** Who is being quarantined, how many days, and why?

A person (or contact) who is at a higher risk of coronavirus disease due to living in the same household or had direct physical contact with a COVID-19 case or if he/she is exposed to a contaminated environment is quarantined for 14 days. Quarantine helps to prevent the transmission of diseases.

**Query:** If a person is being home quarantine, what instruction he/she should follow?

- Stay in a well-ventilated single-room, preferably with an attached/separate toilet.
- It's advisable to maintain a distance of at least 1 meter if any other member wants to stay in the same room.
- Stay away from elderly people, pregnant women, children, and other family members having co-morbidities.
- Restrict movement within the house.
- Don't attend any social gathering or religious event.

**Query:** What extra precaution a quarantined person should follow?

- Wash your hands with soap and water or use alcohol-based hand sanitizer.
- Avoid sharing household items.
- Wear surgical triple-layer mask all the time and don’t reuse it.
- Dispose off used mask after 6-8 hours in a separate container.
- Immediately inform health department if symptoms (cough / fever/ difficulty in breathing) develops.

**Query:** Are there instructions for the family members of the person being home quarantine?

- Only one family member should take care of quarantined person.
- Avoid direct contact with skin.
- Use disposable gloves while cleaning surfaces and avoid shaking soiled linen.
- Wash your hands after removing gloves.
- Visitors should not be allowed.

**Query:** What happens to other family members, if the quarantined person becomes symptomatic?

In this case, all his close contacts will also be home quarantined for 14 days and followed up for an additional 14 days, till the lab testing report of such case turns out negative.

**Query:** Please guide for home sanitation practices?

- Frequently touched surfaces should be cleaned and disinfected daily with Sodium Hypochlorite Solution (1%).
- Toilet surfaces should be cleaned daily with regular household bleach solution or disinfectants.
- Wash the clothes and other linen used by the quarantined person separately using common household detergent and dry.