

Do's and Don'ts for COVID 19

There is a surge of COVID 19 cases across the world. In this scenario India has been showing a declining trend of COVID cases for last few months. However, the threat is not yet over and we must remain even more vigilant and cautious now to ensure that the cases do not go up.

Here is a gentle reminder for the do's and don't for COVID-19:

Do's
<ul style="list-style-type: none">• Practice frequent handwashing with soap and water for 40 seconds. Wash hands even if they are visibly clean.• If soap and water is not available, then use 70% alcohol-based sanitizer
<ul style="list-style-type: none">• Please wear mask/ face-cover at all times. The mask/face-cover must cover the nose and mouth.• Please change the masks every 8 hours, or if it gets wet/dirty.• Please maintain a minimum distance of 6 feet between 2 persons
<ul style="list-style-type: none">• Cover your nose and mouth with handkerchief/tissue/flexed elbow while sneezing or coughing.• Throw used tissues into closed bins immediately after use and then wash hands or use hand sanitizer.
<ul style="list-style-type: none">• Get tested for COVID-19 at designated areas in Parliament house or in your constituency 96 hours before attending Parliament.
<ul style="list-style-type: none">• Install and use Aarogya Setu app. Keep the bluetooth on for optimal use of this app.
<ul style="list-style-type: none">• Ensure cleaning and frequent sanitization of your workplace and residence, particularly daily disinfection of the frequently touched surfaces.
<ul style="list-style-type: none">• Self-monitor your health. See a doctor if you are unwell (fever, cough, difficulty in breathing)
Don't's
<ul style="list-style-type: none">• Sit in car with others or in closed rooms with others without mask or adequate ventilation.
<ul style="list-style-type: none">• Touch the front portion of the mask. If done accidentally, sanitize your hand immediately.
<ul style="list-style-type: none">• Touch your eyes, nose and mouth with unwashed or un-sanitized hands.
<ul style="list-style-type: none">• Have crowds in your rooms/residences
<ul style="list-style-type: none">• Have close contact within 6 feet distance with anyone.
<ul style="list-style-type: none">• Spit in public/open places
<ul style="list-style-type: none">• Attend Parliament House if you have symptoms suggestive of COVID-19 or are in close contact with someone diagnosed with COVID-19
<ul style="list-style-type: none">• Delay seeking immediate care if suffering from symptoms suggestive of COVID-19