



A healthy world begins with a healthy woman

RELEASE OF LOCKDOWN— DOs and DON'Ts

As on 24th June 2020



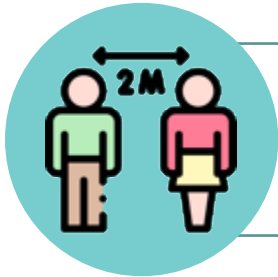
For the Community



Wash your hands with soap and water for at least 20 seconds



Use a sanitizer if soap and water is not available. Always carry your own sanitizer when going out



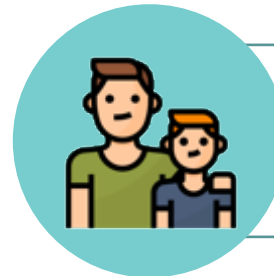
Maintain social distancing at all times – at least 2 meters apart



Maintain respiratory hygiene in public places. Cover your mouth with a handkerchief or cough and sneeze in your folded arm



Keep yourself physically and mentally fit at home



Children should always be accompanied by an adult

Follow Government Guidelines

Always wear a mask when you step out of the house

A handmade face cover or mask limits the spread of any respiratory infection and protects the community at large



For the Community

DON'Ts



Don't travel long distances



Don't spit in public



Don't invite large gatherings of family or friends to your home in the first two months of the release



Don't throw away face masks



Don't gather in crowds especially in public spaces



Don't go out unnecessarily

Do not touch your eyes, mouth or nose until after hand wash

Important points to remember by the Community



Visiting the market/shops

- ✓ Always wear a mask when visiting the market/shops
- ✓ Maintain at least 2 meter distance
- ✓ Wash hands and face with soap and water after returning home
- ✓ Clean the fruits, vegetables and other items bought with water thoroughly before use
- ✓ When making the payment place cash on the counter or in a separate box rather than in the vendor's hand
- ✓ Carry your own reusable bags



Using Public Toilets

- ✓ Always wear a mask when going to the public toilet
- ✓ Maintain physical distancing
- ✓ Avoid touching surfaces with hands, use elbow to open door, tap etc
- ✓ Never enter a toilet with bare feet. Always wear footwear
- ✓ Wash hands with soap and water /sanitizer after using a public toilet
- ✓ Keep a water drum (with tap or a mug) outside the house to wash your hands before entering into the house
- ✓ The community to vigilantly get the toilets sanitized frequently (2/ 3 times a day)

Important points to remember by the Community



Public Spaces

- ✓ Do not visit public spaces unnecessarily
- ✓ Do not crowd or be a part of the crowd



Travel

- ✓ Do not travel long distances. Travel time should be restricted to 10-12 minutes in public transport
- ✓ Taxi: 1 (driver) + 2 (passengers)
- ✓ Rickshaw: 1 (driver) + 1 (passenger)
- ✓ Two wheelers: 1 rider, no pillion
- ✓ Do not touch the surface while traveling

Guidelines to Wash Fruits and Vegetables before Consumption



Avoid purchasing bruised or damaged food. Pre-cut items should be refrigerated in the store and at home.

- ✓ **Before washing produce, wash your hands**
Ensure that your hands are clean while rinsing vegetables. Wash them for at least 20 seconds prior to cleaning fruit and vegetable produce.
- ✓ **Rinse your produce well in running water**
The FDA recommends for you to rinse produce before you peel it, so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable
- ✓ **Do not use soap or any detergent**
Gently rub produce while holding under plain running water. If damage or bruising occurs before eating or handling, it is best to cut away the damaged areas.
- ✓ **Use a brush or sponge if necessary**
Use sponge to clean root vegetables like potatoes or carrots and brush to scrub firm produce such as melons and cucumbers.
- ✓ **Certain vegetables and fruits require extra care**
Place leafy greens in a bowl of cold water. Remove the outermost leaves and then dry with a paper towel.

If I NEED to go out...as a Citizen, I MUST



- ✓ Wear a mask and carry own hand sanitizer – use it after touching any surface
- ✓ Talk to shopkeepers and ensure social distancing with the help of the shopkeeper if not being followed – help fellow citizens form a queue
- ✓ Follow a routine so that crowded places can be avoided – use early morning hours for completing outside tasks
- ✓ Try and purchase items from the same vendor to monitor interactions

For Shop Keepers, Small Business Owners and Vendors

DOs 



Ration & grocery shops, vegetable/fruit/fish/meat vendors, mobile recharge shops, pharmacies, carpenters etc.



Ensure availability of sanitizers at the shop



2 hourly clean and sanitise high touch surfaces such as table tops, counters etc. Clean and sanitise with soap and water or disinfectants



Use masks at all times when at the shop. Staff should be provided with N-95 mask at the shop and should not use the same mask used at home/at their community to maintain safety at the shop



For Shop Keepers, Small Business Owners and Vendors



Ration & grocery shops, vegetable/fruit/fish/meat vendors, mobile recharge shops, pharmacies, carpenters etc.



Ensure that the food or items on display is clean and not touched multiple times by multiple people



Have customers and workers maintain 2 meter distance and mark spots in and around the shop



Ask customers to place cash on the counter or in a separate box rather than in your hand. Place cash directly on the counter or in the box when giving change to the customer

For Shop Keepers, Small Business Owners and Vendors



Ration & grocery shops, vegetable/fruit/fish/meat vendors, mobile recharge shops, pharmacies, carpenters etc.



Ensure maximum ventilation



Ensure all staff wash their hands regularly with soap and water/
sanitise frequently



Follow government guidelines on timings of operating the
shop/business – 9m to 5pm



For Shop Keepers, Small Business Owners and Vendors

DON'Ts 



Ration & grocery shops, vegetable/fruit/fish/meat vendors, mobile recharge shops, pharmacies, carpenters etc.



Do not let one staff member address more than one customer at a time



Do not have more than one employee per 6 feet of workspace



If possible, do not allow customers to pick their own items, to avoid multiple contacts



Do not touch your face after a transaction



Do not have an overcrowded shop/workplace

**If any failure of social distancing is seen,
then authorities can close down such
shops/markets**

Spot the errors in these images





Wearing a Mask



WEAR A MASK

- Whenever you step out
- At home, if you are in quarantine
- When you are in a room with other people
- When you have any signs of cough, cold or flu

Dos and Don'ts of Homemade Reusable Mask



- Homemade reusable mask must be washed and cleaned after every use
- Always remember, wash hands with soap and water or use an alcohol based sanitizer before wearing a mask
- Reuse without washing should NEVER be done
- Never share your mask with anyone
- As soon as the mask becomes damp or humid, switch to another mask and clean the used mask
- Make at least 3 sets of masks per person, as a safety. Avoid sharing masks
- Avoid touching mask once it is on
- If you use a mask, be sure to cover mouth and nose with the mask

Make sure the face mask fits your face well and there are no gaps on the sides...



***Remember to still maintain
up to 2 meter distance
from others at all times,
wash your hands
thoroughly when back
home and do not touch***

Demonstrated by Dr. Gargi Goel, Pediatrician,
Rajasthan

How to wear a Mask?

How to wear a mask?



Before putting on a mask, clean hands with alcohol-based hand rub or soap and water



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask



Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks



To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water

How to Clean and Sanitize your Homemade Mask Everyday



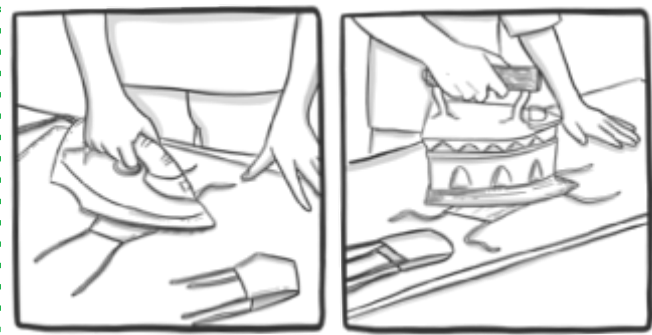
1. Thoroughly wash the face cover in soap and warm water and leave it to dry in hot sun for at least 5 hours.

If you do not have access to the sun, follow Option 2.



2. Place the face cover in water in a pressure cooker and pressure boil it for at least 10 minutes and leave it to dry. Adding salt to the water is recommended. In the absence of a pressure cooker, you may boil the cloth face cover in hot water for 15 minutes.

If you do not have access to a pressure cooker/boiling water, follow Option 3:



3. Wash and clean with soap and apply heat on the face cover for up to five minutes. (You may use an iron).

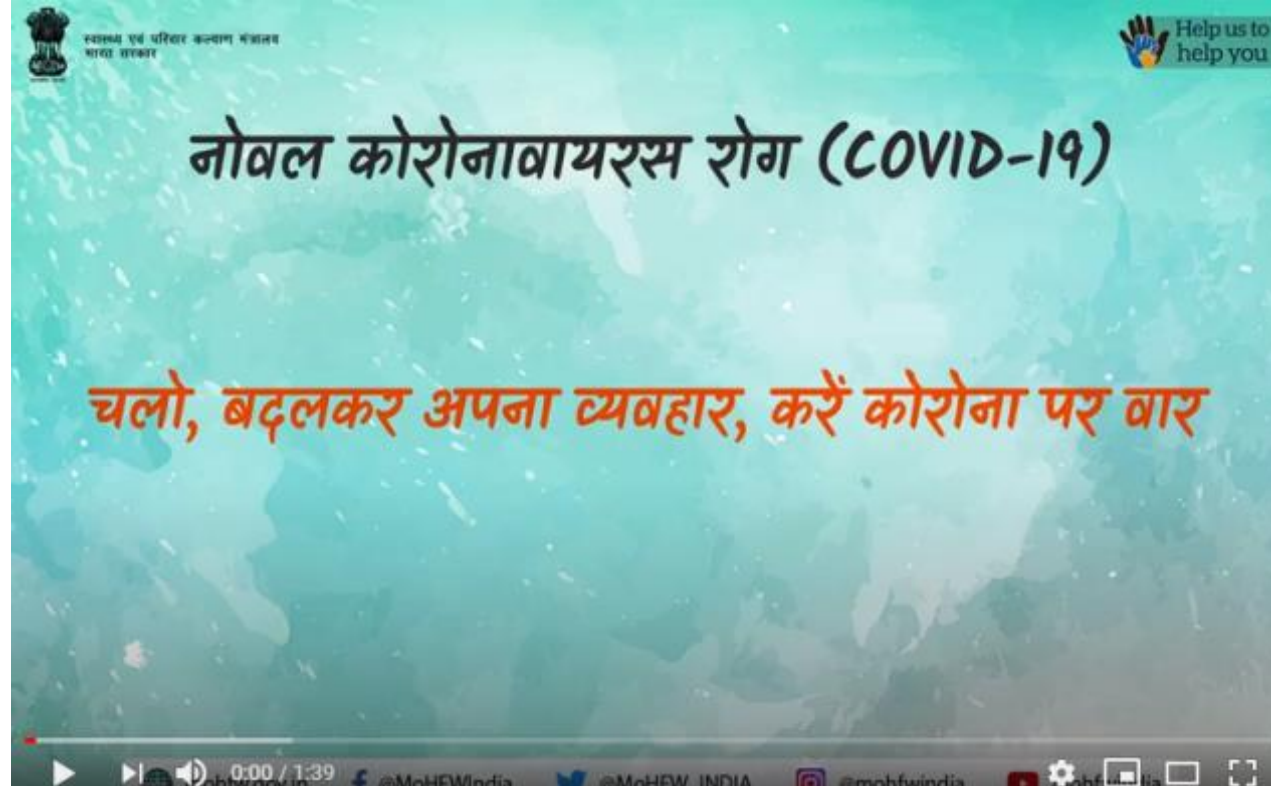


With the release of the lockdown phase we are responsible for protecting ourselves from the very contagious Covid 19.

If I, my family and the community as a whole, follow all the precautions all the time and remain disciplined, hopefully, the pandemic will start ebbing away.

Together we will fight Covid-19!

बदलकर अपना व्यवहार, करें कोरोना पर वार



[Click Here: https://www.youtube.com/watch?v=mRqIoAq4hu4](https://www.youtube.com/watch?v=mRqIoAq4hu4)