



## COVID 19 Guidelines For Home



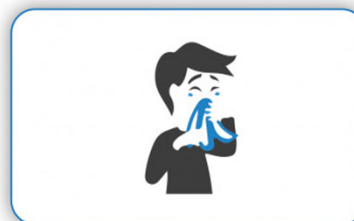


# Personal Hygiene

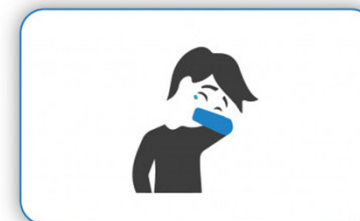


Have a Hand Wash routine before and after commuting out for at least 20 seconds with water and soap

1.



Cover your mouth and nose with a paper tissue when you cough or sneeze.



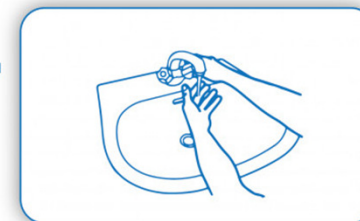
If you don't have a paper tissue, cough/sneeze into your upper sleeve.

2.



Dispose of the tissue in a waste bin after every use.

3.



Wash your hands with soap and water after coughing/sneezing.

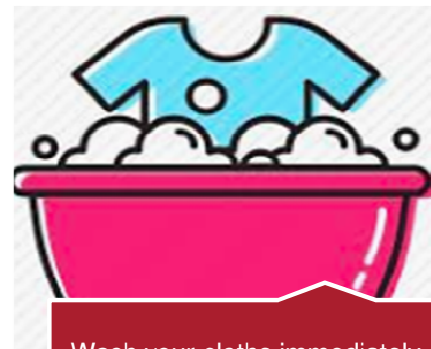
# Disinfection at Home



Mop the floor daily in the morning with 2% detergent solution or 0.2% Lizol solution or Dettol/ Savlon 3% solution



Disinfect the main door handle and doorbell with 70% alcohol based liquid sanitizer.



Wash your cloths immediately with detergent when you come from outside the home.



Wash your towel and daily use clothes frequently.



## Disinfection of Vegetables/ Fruits, Milk Packet and Other Material



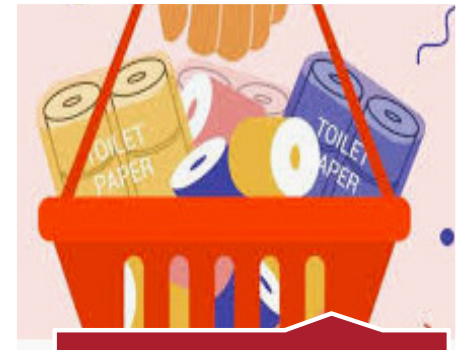
Wash the vegetables and fruits with lukewarm water by adding salt/ baking powder



Wash the milk packet with soap/ detergent solution & water



Unpacked food material that can not be washed should not be purchased



The non-food items must be disinfected and stored at a dedicated place



## When an Essential Service Provider Visits....



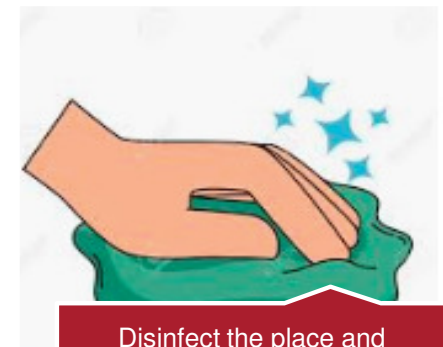
If outsider like Plumber/  
Electrician visits, make sure he  
doesn't have flu like symptoms



Ask him to sanitize his hands  
with sanitizer or soap and water



Don't allow him to touch  
anything except his work



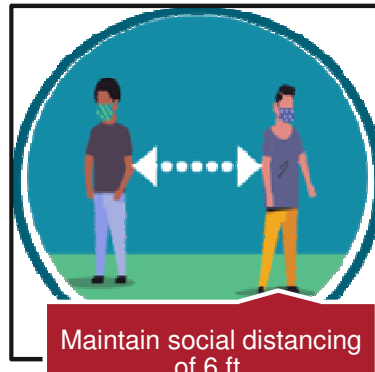
Disinfect the place and  
equipment he used/ touched  
with soap solution after the  
work



## When Visiting the Market...



Always wear a nose mask when you go out of home



Maintain social distancing of 6 ft.



Don't touch anything unnecessarily



Don't touch your face with your hand when you are outside your home.



Keep a small pack of hand sanitizer with you and sanitize your hand after touching anywhere



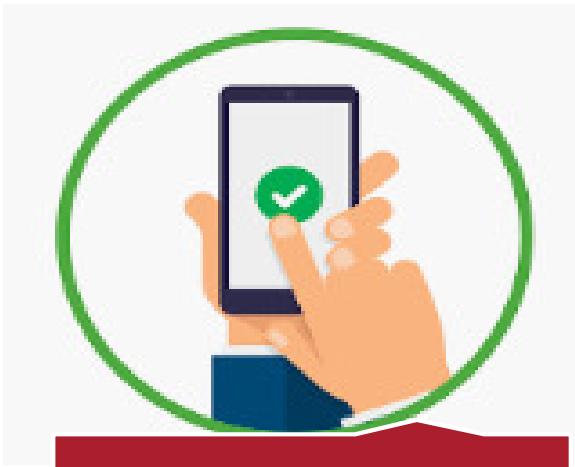
In case you need to visit ATM, sanitize hand and Card after use



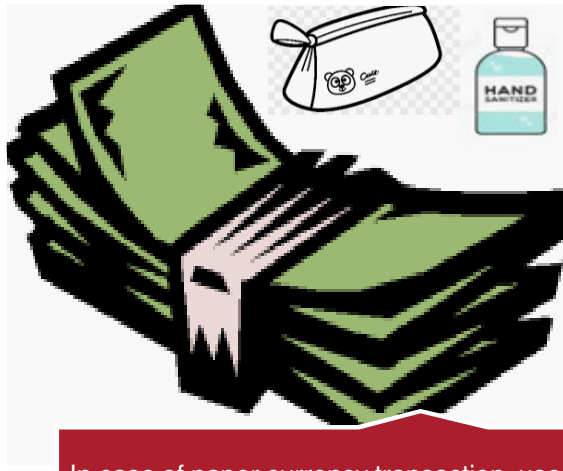
Go to market only when it is necessary



## When Making Payments....



Try to make digital payment



In case of paper currency transaction, use plastic pouch to keep the currency. Disinfect the pouch after returning home

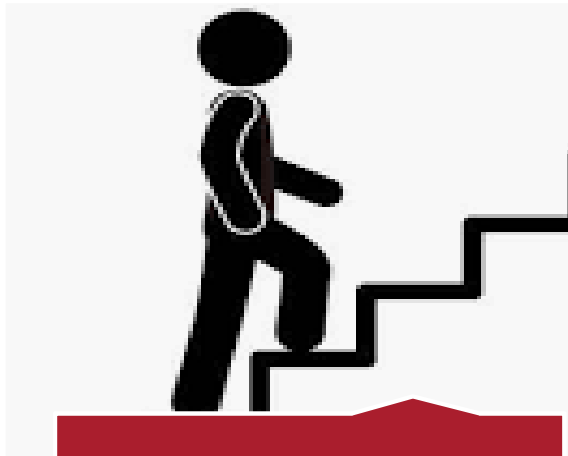


In case you need to visit ATM for money or use card swiping machine, sanitize hand and card after use

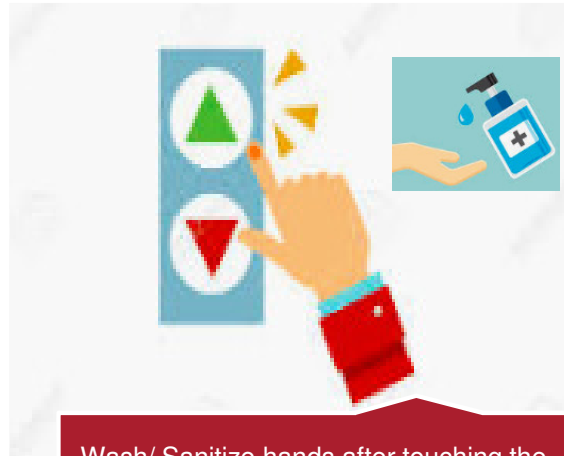




## When Using Public Lift/ Staircase....



It is better to use staircase instead of public lift



Wash/ Sanitize hands after touching the lift buttons or use tissue for pressing lift button and throw in a COVID bin



Inside lift stand facing wall opposite to other person, it is better to use it individually





## When Entering Your Home....

---



Remove your shoes/ slipper and keep separately or wash with soap



Put the material at a dedicated place near the door like a table or any box

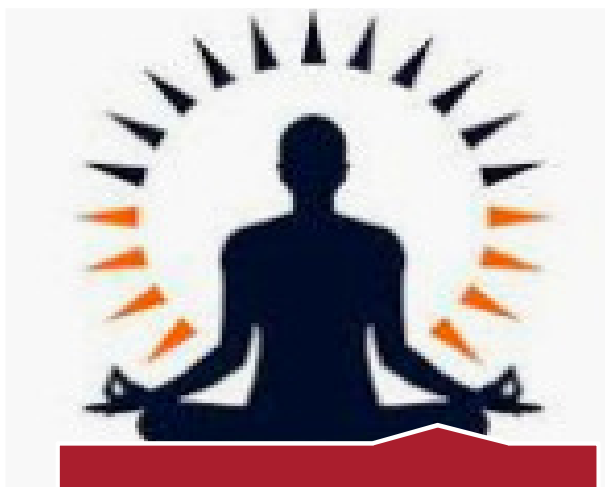


Go to washroom and wash your hands and face with soap for at least 20 seconds.



Put off your cloths and dip those in detergent solution.

## Mental Wellbeing/ Immunity



Practice Yogasana (Pranayam)/  
Meditation for at least 30 minutes on  
daily basis



Drink herbal tea (Kadha) made from  
Basil (Tulsi), Cinnamon (Dalchini), Black  
Pepper (Kalimirch), Dry Ginger (Shunth),  
Mullethi and Raisin (Munakka) once or  
twice a day

# Thank You

---

