

GOVERNMENT OF MEGHALAYA
OFFICE OF THE DISTRICT HEALTH SOCIETY
EAST JAINTIA HILLS DISTRICT, KHLIEHRIAT

No. DM&HO/EJHD/NHM/COVID-19/107/2019-20/6193

Dated Khliehriat, the 19/3/20

**ADVISORY ON NOVEL CORONAVIRUS / COVID-19 TO THE BORDER
SECURITY FORCE (BSF) IN THE BORDER AREAS OF EAST JAINTIA HILLS
DISTRICT**

The World Health Organization (WHO) has declared the recent COVID-19 (Coronavirus disease) disease outbreak as a Public Health Emergency of International Concern (PHEIC) due to its rapid transmission and spread around the globe.

Considering the situation where the number of cases have been gradually rising in the country, the office of the District Health Society, East Jaintia Hills District, Khliehriat has put in place the following do's and don't to prevent and control the spread of the COVID-19 virus.

Do's:

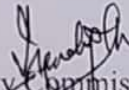
1. Frequently clean hands by using alcohol-based hand rub or soap and water.
2. When coughing and sneezing cover mouth and nose with flexed elbow or tissue paper.
3. Throw tissue paper away immediately into a closed bin and wash hands with soap and water.
4. If a person is having and showing symptoms such as fever, cough and difficulties in breathing, he/she should visit a health care facility immediately.
5. If a person is having the above symptoms please call the District Control Room Helpline Number 24x7 IDSP, West & East Jaintia Hills, **6009693315**.
6. Tourists, foreigners and travellers coming from the affected countries/states are compulsorily to report to the Deputy Commissioner through the toll free helpline 108 or the District Control Room Helpline Number 24x7 IDSP, West & East Jaintia Hills, **6009693315**.
7. To closely monitor movement of people to & fro the border areas/across the border (to and fro).

Don't:

1. Avoid close contact with anyone that has fever and cough.
2. Avoid touching the eyes, nose and mouth.
3. Avoid spitting in public areas.
4. Avoid mass gatherings. All exhibitions, public meetings, trainings, functions, workshops, and seminars which involve a large number of people are to be postponed or cancelled.
5. Avoid close contact in public transport.
6. Avoid non-essential travel outside and into the state which are to be postponed or cancelled.

Your support will help to prevent and control the spread of Coronavirus/COVID-19 in the district.

If you need help you can call the helpline number 6009693315 or the GVK EMRI helpline number 108.


Deputy Commissioner,
Cum Chairman District Health Society,
East Jaintia Hills District, Khliehriat.