

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

Dated Khliehriat, the 19/3/20

**ADVISORY ON NOVEL CORONAVIRUS / COVID-19 TO ALL THE CORPORATE
SECTORS UNDER 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:

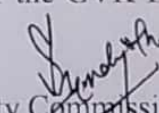
1. Frequently clean hands by using alcohol-based hand rub or soap and water.
2. When coughing and sneezing cover mouth and nose with flexed elbow or tissue paper.
3. Throw tissue paper away immediately into a closed bin and wash hands with soap and water.
4. If a person is having and showing symptoms 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. Social distancing of 1 metre is to be ensured
7. Limit commercial activities especially transportation of outputs/products from the district or outside the district and to regulate parking of truckers/vehicles and assembly of drivers/handymen in and around the factory to the minimum number of 20-30 people keeping the required distance from each other.

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, workshops, and seminars which involve a large number of people are to be postponed or cancelled.
5. Avoid non-essential travel outside and into the state which are to be postponed or cancelled.
6. Avoid close contact in public transport.

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.