



## **CORONAVIRUS PRECAUTIONS**

### **Practice Good Hygiene...Stay Safe!**

According to the Center for Disease Control and Prevention (CDC) in the USA, patients with confirmed COVID-19 infections have reported mild to severe respiratory illnesses with symptoms including:-

- Fever
- Cough
- Shortness of breath

In view of the current Coronavirus crisis in the State, **the following new guidelines** and precautions are necessary to be implemented to curb the spread.

#### **In residential buildings and offices:**

- 1) Door-to Door access by the following vendors should be stopped with immediate effect. Permit entry till gate for delivery etc. and the concerned member should arrange to collect the item/s from the security gate:
  - Vendors – Milk, Bread, Dhobi, Eggs and other products,
  - Kirana, Vegetable, fruits, etc.
  - Food delivery persons – Swiggy, Mc Donalds, Dominos etc
- 2) Suspend Repairs and Renovations for two weeks till March 31<sup>st</sup> 2020.
- 3) Do not call for routine AMC personnel (AC, Home automation etc.) for a period of 2 weeks till March 31<sup>st</sup> 2020. In emergency exercise necessary precautions.
- 4) Allow car washers entry till 9 AM and the regular domestic workers with proper sanitization. Allow as few as necessary persons into premises.
- 5) Reduce group activities for kids/parents inside the apartment complex.
- 6) All Staff including, Part time staff, Car cleaners, Drivers, Yoga teachers, trainers, maids, servants returning from market and all others who are walking or driving in shall have to go take the precautions. When they enter your homes, ensure that they first wash hands with water and soap for 20 seconds. Singing the “Happy Birthday” song twice is about 20 secs.
- 7) Stay home as far as possible for next 2 weeks.

## **RECOMMENDED PRECAUTIONS**

1. It is mandatory for every walk-in person to apply sanitizers/ wash hands before entering the residential/ office premises.
2. Temperature checks to be done for all individuals entering the building including all residents and guests.
3. Additional wiping down of elevators, handrails and common surfaces with disinfectant.
4. Masks for security personnel at the gate. Gloves for the housekeeping staff.
5. Cover your mouth and nose when sneezing or coughing, and learn to do in elbow or shoulder and not on hands.
6. Wash your hands regularly with soap and water for 20 seconds.
7. Carry alcohol-based hand sanitizers in your purse or pockets and use them.
8. Avoid touching your face, nose, eyes – to prevent transmitting the virus.
9. Especially, Children need to be taught not to touch face and put fingers in their mouths.
10. Masks are to be worn only if you have a respiratory illness, to prevent spreading the infection. Otherwise, leave them for healthcare workers and avoid creating a shortage.
11. If a family member has a cold or cough, quarantine in a separate room. Use separate towels, etc. Be especially careful in case of the elderly or those who are immunocompromised (diabetes, etc)
12. Ventilate your home with fresh air and sunlight as often as possible.
13. Keep a safe distance of 3 feet when you are in public spaces.

## **RECOMMENDED CLEANING & DISINFECTION**

1. Practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, fridge handles, desks, cellphones, toilets, faucets, sinks) with household cleaners and disinfectants that are appropriate for the surface, following label instructions.
2. There is no need to panic-clean. Coronavirus is an envelope virus, which means it is 'enveloped' in a fatty layer that can be more easily broken down by cleaning supplies.
3. It is important to select a product that states 'Kills 99.9% bacteria and viruses' on the packaging. You can use cleaning products like Clorox or Lizol/Lysol as disinfectants.

## **USEFUL INFORMATION ON DISINFECTANTS**

The US Environmental Protection Agency (EPA) has listed disinfections people can use to protect themselves from the novel coronavirus. These include:

- Clorox Multi Surface Cleaner + Bleach
- Clorox Disinfecting Wipes
- Clorox Commercial Solutions® Clorox® Disinfecting Spray
- Lysol brand Heavy-Duty Cleaner Disinfectant Concentrate
- Lysol Disinfectant Max Cover Mist
- Lysol brand Clean & Fresh Multi-Surface Cleaner
- Purell Professional Surface Disinfectant Wipes

Laboratory testing for **Dettol products** – including Dettol Antibacterial Surface Cleanser Spray, Dettol Antibacterial Surface Cleanser Wipes, Dettol All-In-One Disinfectant Spray, and Dettol Disinfectant Liquid – have inactivated coronaviruses in more than 99.99 percent of trials. Dettol states: “Given the structural similarities of the COVID-19 virus to the coronavirus strains tested previously (SARS-CoV, MERS-CoV, Human Coronavirus), and based on the evidence available to us, we would expect our Dettol products to be effective against the new strain.” However, Dettol products used against COVID-19 aren’t yet available for commercial testing. This will only happen following “the release of the strain by relevant health authorities”. The company adds: “A good quality disinfectant will help reduce risk to families.”

## **HOW LONG DOES CORONA SURVIVE ON SURFACES**

1. COVID-19 coronavirus can survive up to four hours on copper
2. Up to 24 hours on cardboard
3. Up to 2-3 days on plastic and stainless steel.
4. The researchers also found that this virus can hang out as droplets in the air for up to three hours before they fall. But most often they will fall more quickly.

## **APPEAL TO ALL MEMBERS OF THE COMMUNITY**

Members this is for your own safety so you are requested to cooperate with the same and bear the inconvenience for the larger good.

Implement these measures on an urgent basis because of the situation.

Processes and procedures can be fine-tuned as we go along.

Kindly educate your staff about these measures.

We solicit your co-operation for implementation as no one is an exception to the process.

# **Thank you. Stay Safe!**