

Running Errands Safely Only when necessary

Staying home saves lives in coronavirus times



1 If you have to step out

- Ask yourself, is it really necessary to step out. Can you avoid it? Is there an online alternative to your requirement?
- Always wear a face cloth cover, triple layer mask, N95 mask, or surgical nose-mask.
- Wear dedicated plastic slippers or plastic footwear that you keep next to your door.
- Do not touch anything outside your home. Use your non-dominant hand (for most people, your left-hand) to touch objects outside.



2 Use of Public Elevators or Stairs

- Do not touch staircase railing.
- Use your non-dominant hand if you need to grab or hold onto something. Sanitize your hands soon after or wash them for 20 seconds when you get home.
- Press elevator buttons with knuckles or elbows. Again, use your non-dominant hand.



3 When Outdoors

- Maintain a social distance of at least 6 feet from any person.
- Carry a hand-sanitizer (containing 70% alcohol).
- Carry your own plastic basket, bag, or bucket from home to place the purchases in. If carrying your purchases in hand, hold them slightly away from your body when carrying.
- Try to reduce the number of times you may need to visit the market, preferably to less than once in two weeks.



4 When making a purchase

- Pay with digital modes. Use UPI methods, netbanking, or e-wallets. You may ask for card-tapping machines. Sanitize your card after use.
- If you need to use cash, then avoid having to accept change in return. Purchase for a whole amount value and pay the exact amount.
- If you must accept currency in exchange, then keep them in your hand until you reach home.
- If withdrawing cash at an ATM, first sanitize the keypad of the ATM with the hand sanitizer before typing. Then sanitize your card after use.
- Ask a household member to use a cloth iron to iron the



paper currency on both sides. Or, leave the paper currencies aside for at least 72 hours before handling them again.

- Disinfect coins with alcohol-based sanitizer or simple soap and water.



5 When Returning Home

- Leave shoes outside your house. Or, leave them near the door inside at a designated spot.
- Drop your keys, wallet, etc. at a designated spot near the door. Do not let it come in contact with other surfaces. Use a disinfectant wipe or hand-sanitizer to clean them.
- Drop your used clothes for washing before you touch anyone or any other surface. Wash your cloths with detergent and warm water.
- Take a shower and get into a clean set of clothes.



6 Disinfecting Groceries & Food

- Wash your hands thoroughly with soap and water before handling fruits and vegetables.
- Wash fruits and vegetables thoroughly with clean water.
- Do the same for plastic packed items or tetra packs. For added safety, you can use an alcohol-based wipe to clean the surfaces.
- Avoid purchasing unpackaged dairy products from a market.
- If you buy milk from a milk-man, ensure ample social distance while buying. Boil the milk immediately after purchase. Wash your hands before touching other surfaces.
- Avoid eating uncooked foods, such as raw vegetables or cold salads.
- Unpackaged food that cannot be washed must be stored at a dedicated place for at least 72 hours before consumption.



Quarantine duration for packaged materials

Surface	Duration	Surface	Duration
Aluminium	2-8 hours	Paper	3 hrs-5 days
Wood	4 days	Ceramic	5 days
Plastic	2-5 days	Steel	2-28 days
Metal	5 days	Glass	4-5 days

Sources: Centre for Disease Control (USA); WebMD Medical Reference Reviewed in May 2020.

Keep your Home COVID-Free

Here are easy ways to ensure that your house remains a safe COVID-free zone at all times.

Hygiene & Safety Measures at Home



Increase ventilation by opening windows occasionally to let the air circulate.



Disinfect all high-touch items every day, especially if you have received a guest or if anyone in your household has returned home from outside.



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 alcohol-based sanitizer.



Monitor the health of everyone in your household with the **Daily COVID-19 Symptom Checker**, and also monitor your chauffeur, staff, or house-help's health.



Avoid hosting guests or visitors. Do not receive visitors from amber or red zones.



Avoid gatherings in your house as well as anywhere outside.

Safe Home Deliveries



Ensure social distancing when receiving home deliveries. For added safety, use alcohol wipes to sanitize the surfaces of any packages received.



For any packages ordered online, dispose the packaging material immediately. Alternatively, you can wait 72 hours or a few days before opening packages.

Regarding Visitors



If you have service person or house-help visiting your home, make sure they do not have any flu-like symptoms.



Check to see if they have a fever with a non-contact digital /infrared thermometer.



Request that they wash their hands as soon as they enter your home.



Request that they do not touch any surface unless required for their work. Sanitize the areas of the house after they work is complete and they leave.

Personal and Family Safety



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



Always cover your nose and mouth with a handkerchief or a disposable tissue when coughing or sneezing. Dispose tissues into a closed bin after use.

First-Aid Kit & Emergency Supplies



Ensure you have all the necessary supplies in your first-aid kit. Include prescription medications of all family members, as well.



Have alcohol-based hand sanitizers with at least 70% alcohol.



Stock up on essential supplies such as non-perishable food items, toiletries, baby supplies, and pet supplies.

Get Virtual Medical Care



Over and above these precautionary measures, should a medical concern arise for you or for anyone in your family while at home, we have enabled a fully virtual OPD on the **JioHealthHub app** - on which you can book an absolutely **free** video consultation with a doctor.

Sources: Centre for Disease Control (USA); WebMD Medical Reference Reviewed in May 2020. For more details, visit www.cdc.gov.

Guidance Resources for Taking Care of Vulnerable Populations at Home



Persons above age 60
(Source: WHO)*



Children below age 10



Pregnant women



People with chronic illnesses



Immunocompromised persons



Persons with disabilities



Persons with developmental and behavioural challenges

*However, all age groups are at risk and are advised to take heightened precautions.

Guidance for vulnerable populations



- Stay indoors as far as possible.
- Avoid contact with visitors.
- Follow all hand hygiene protocols and wash hands frequently.



- Regularly disinfect frequently-used objects and surroundings.



- Meditate regularly. If you exercise, consult your doctor prior to this.

- Eat nutritious food and stay hydrated.

- Stay emotionally connected with loved ones.



- For any mental or emotional stress, contact a counsellor or therapist.

Guidance for caregivers of vulnerable populations

- Ensure that you remain healthy. Do not expose yourself to unnecessary risks.



- Monitor the health of those under your care closely. Do not delay getting emergency care for underlying conditions.

- Ensure that those under your care receive the necessary medical care in a timely manner.



- Stock up prescription and non-prescription medicines for at least two weeks.



- Help those under your care remain connected with loved ones.

- Assist those under your care whenever they need it.



- Use JioHealthHub to continue with any regular check-ups with doctors

- Keep bathroom floors dry and switch on night lamps to prevent falls.

- Get adequate rest to remain healthy.

- Create a contact list of backup caregivers.

