AN ILLUSTRATIVE GUIDE ON COVID-19 APPROPRIATE BEHAVIOUR

As you are aware, the COVID-19 pandemic has led to unprecedented and unanticipated challenges requiring collective action and support from all.

While all necessary measures to fight the spread of Novel Corona Virus (COVID-19) are being effectively led by State Government and Greater Chennai Corporation, there is a need to reinforce the importance of preventive measures and practices in a sustained manner, to deal with the disease over the long run.

This guidebook outlines a comprehensive list of 15 preventive behavioural practices which are critical to winning this fight against the deadly virus.

This fight can be won only when everyone knows their goal; everyone knows their role.

A set of 15 promises, we need to follow, as part of COVID-19 Appropriate Behaviours

1. Greet without physical contact

2. Maintain social distancing
2m/6ft

3. Wear mask

4. Avoid touching eyes, nose and mouth

5. Maintain respiratory hygiene

6. Wash hands frequently and thoroughly

7. Do not spit in the public places

8. Regularly clean and disinfect frequently touched surfaces

9. Avoid unnecessary travel

10. Do not discriminate against anyone

11. Discourage crowd - Encourage Safety

12. Do not circulate media posts which carry unverified or negative information

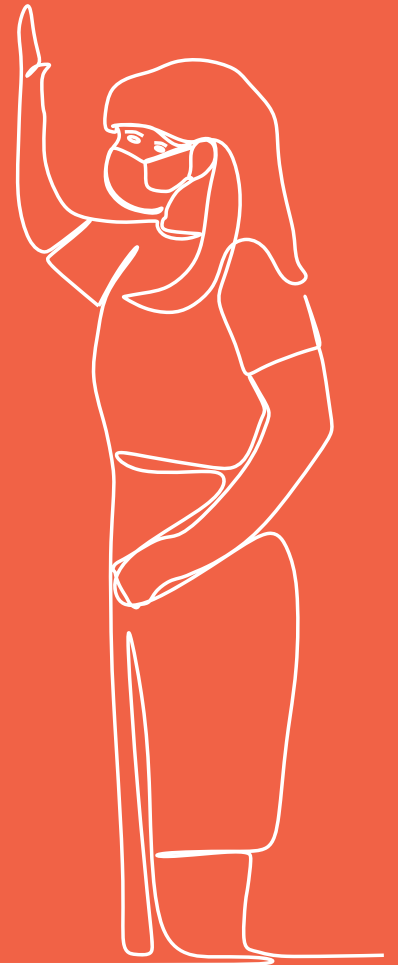13. Seek information on COVID-19 from credible sources

14. Call State helpline number – 044 29510500; Greater Chennai Corporation helpline number - 044 46122300 for any queries

15. Seek psycho-social support for any stress or anxiety
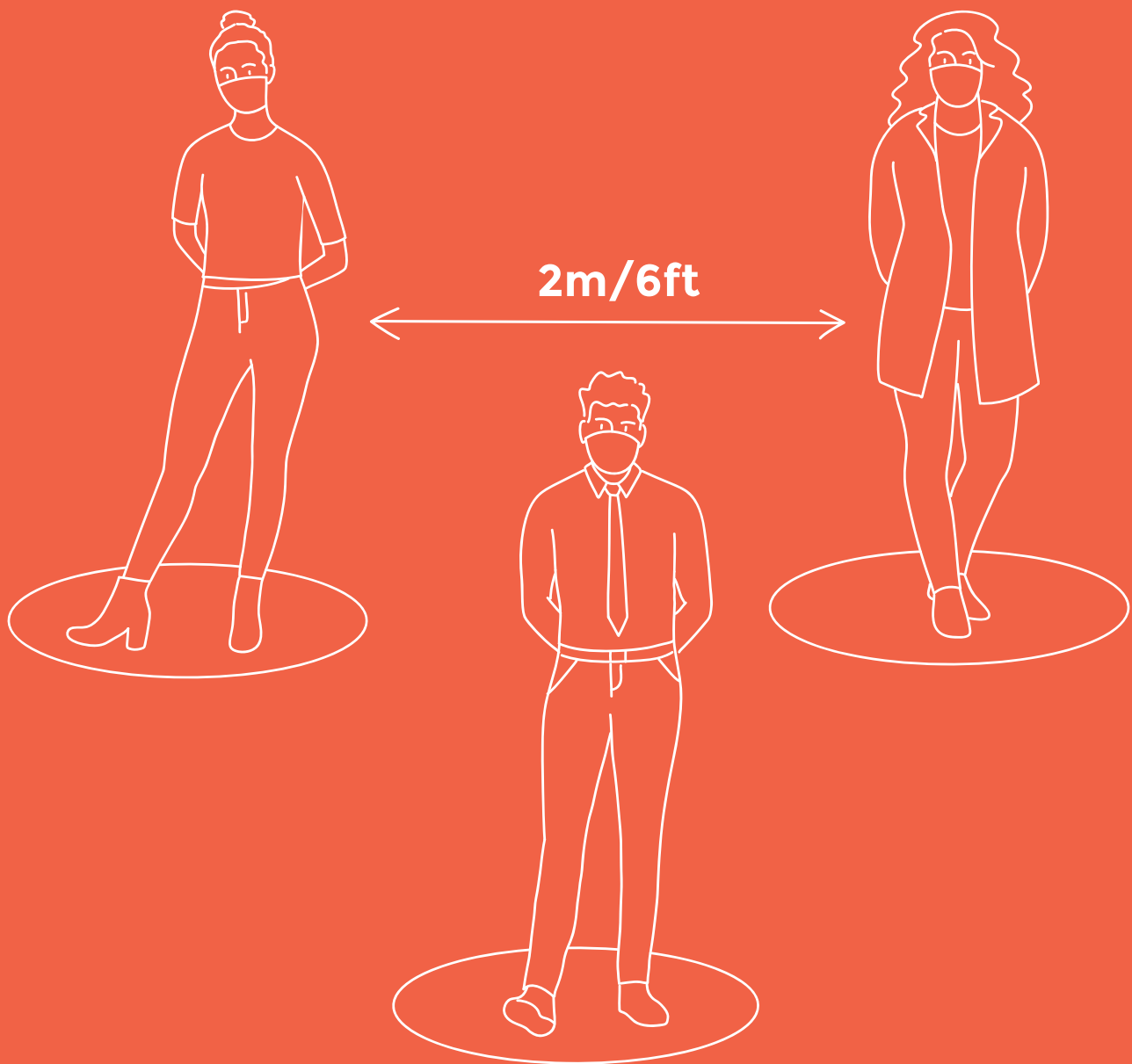
1. Greet without physical contact

Avoiding physical contact is a responsible behaviour as it prevents the spread of COVID-19 disease and other viruses.
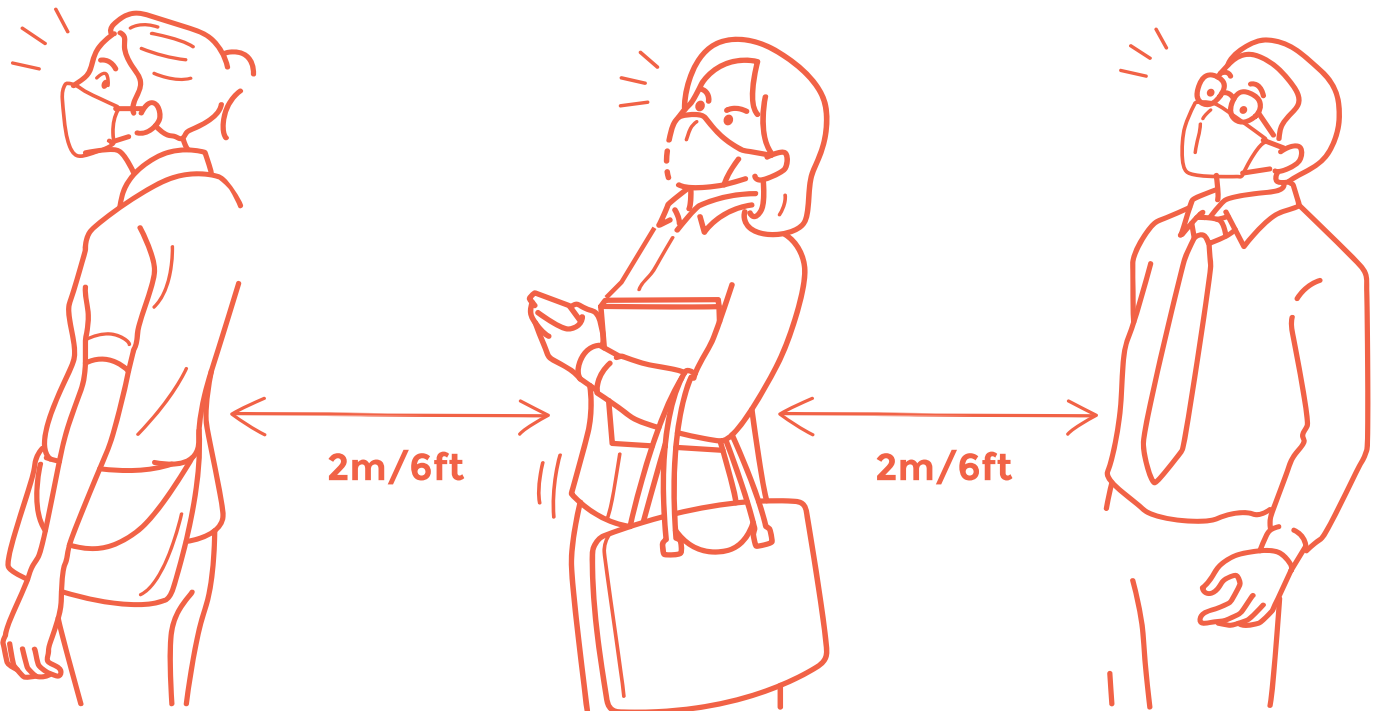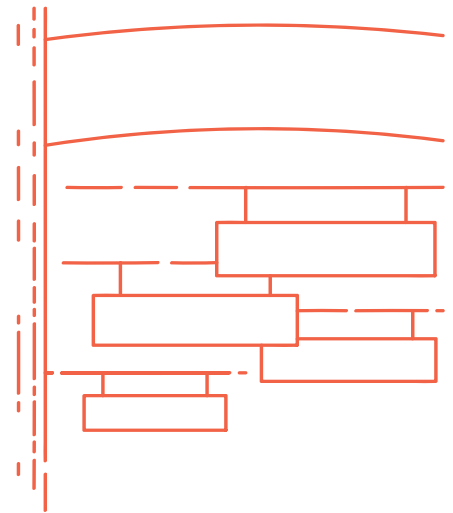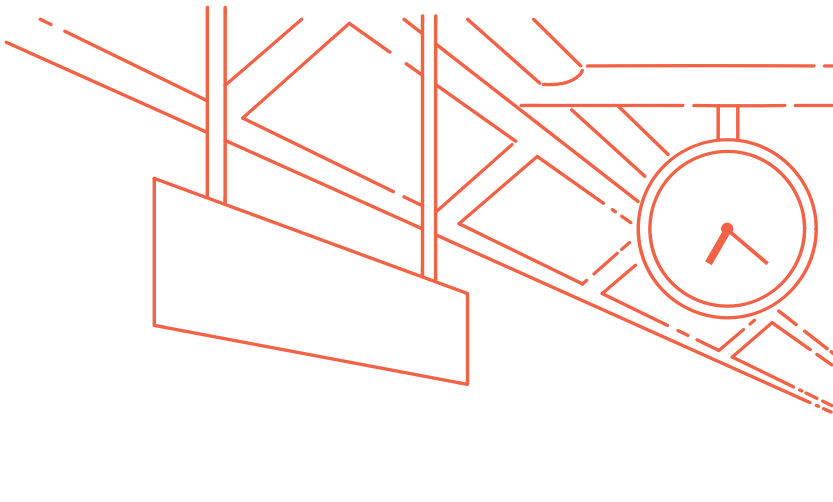
Be responsible! Promote greeting without any form of physical contact

2. Maintain Physical distance

2m/6ft
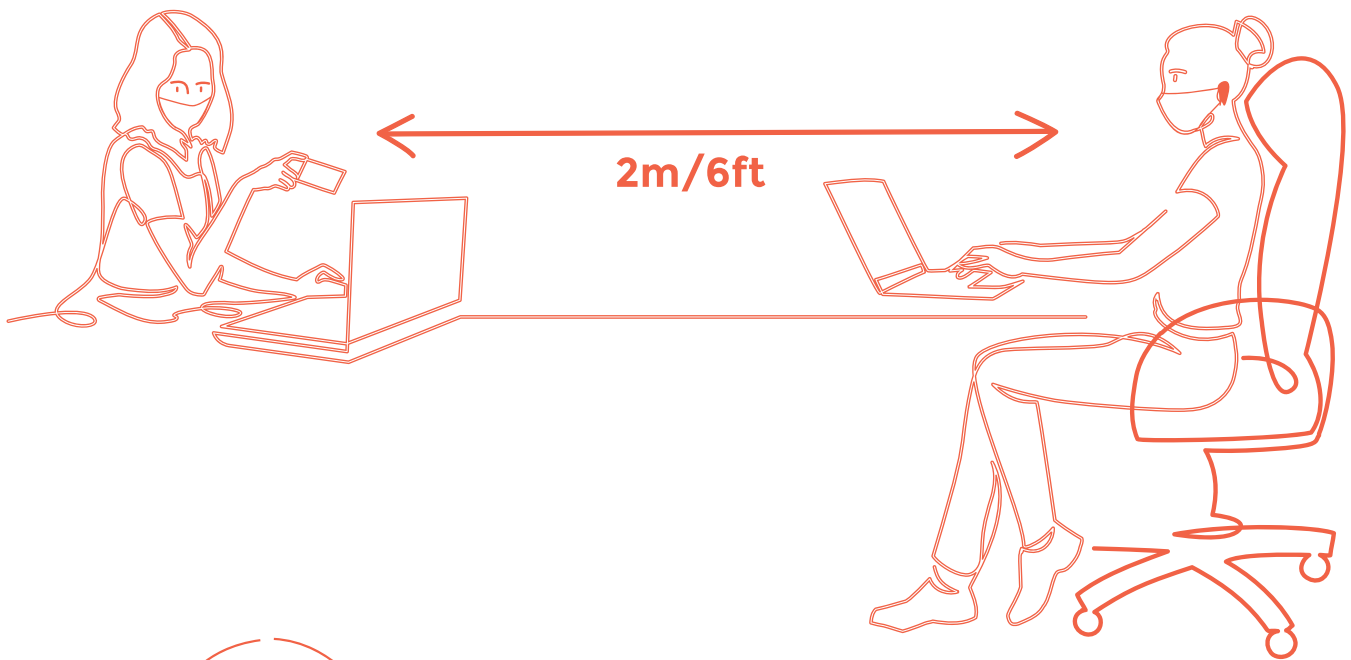
Follow distancing norms in all public places. Keep minimum distance of 2 mts.

2m/6ft   2m/6ft

Especially, when you go out to shop for essential products, to the vegetable or fruit market, dairy store, pharmacy, hospital, etc....

Also follow distancing norms when in a room/ office with other people

2m/6ft

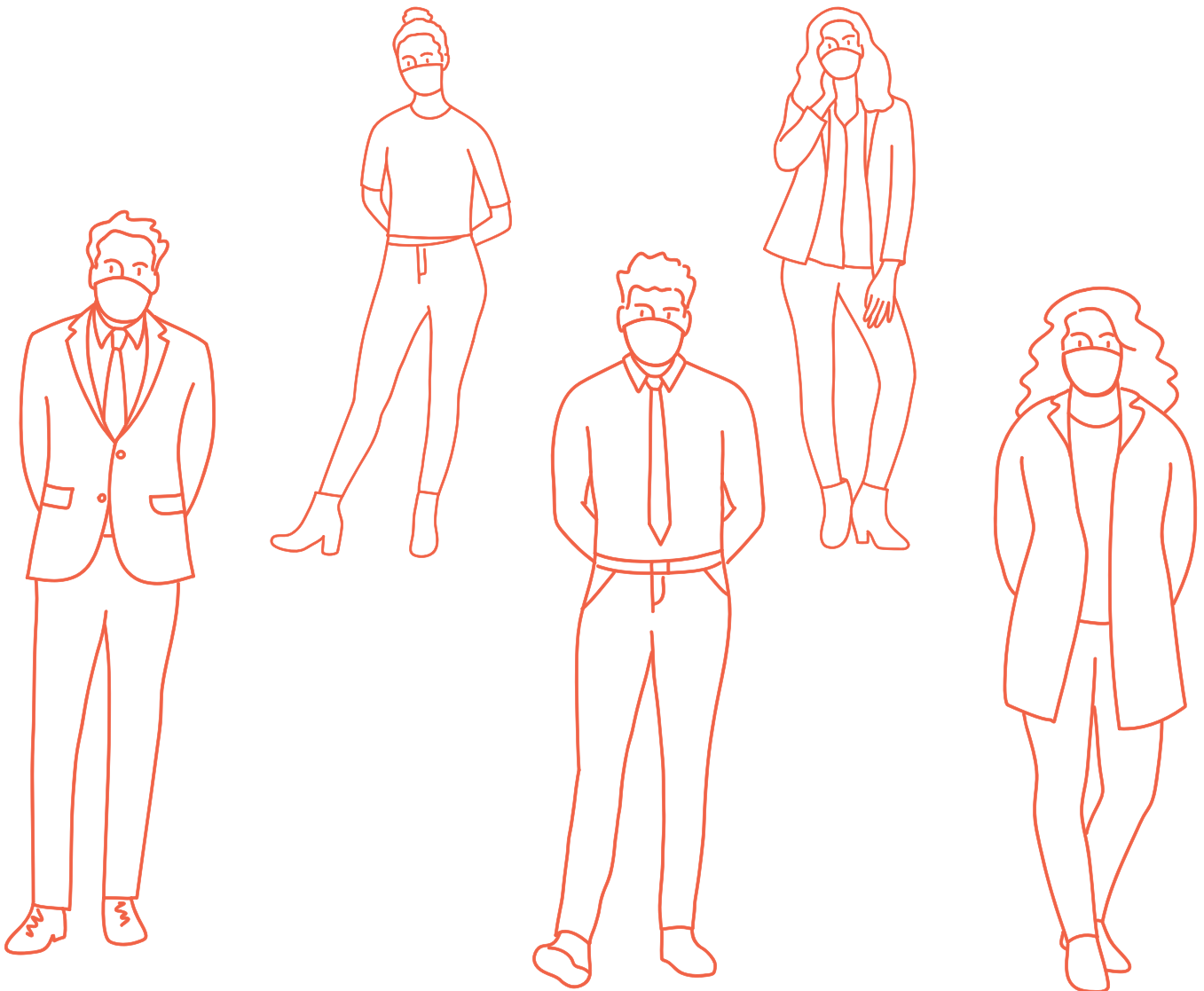**If the other person is infected, their physical contact may increase the risk of transmission**

3. Wear reusable hand-made face-cover or mask, at all times

Why is it necessary to wear a hand-made face cover or mask?

A handmade face cover or mask limits the spread of any respiratory infection and protects the community at large.

How to wear a mask?

1.
Wear mask with the nasal clip over the nose. External pleats should face downwards.

2.
Open mask pleats so it covers mouth and nose.

3.
Tie upper strings first. Then lower strings. There should be no gap between face and mask.

4.
Do not touch the front of the mask.

5.
Remove by first untying the lower string and then the upper string.

6.
Replace the mask after 8 hours or when damp/humid.

7.
Dispose the mask in the recommended manner.

8.
Clean hands after the removal of mask.

9.
Do not reuse single use mask.

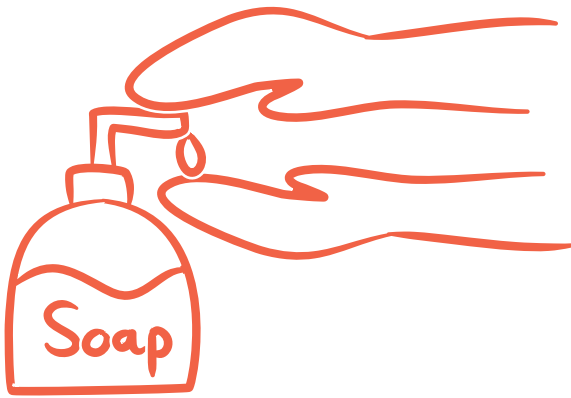Do I need to wear a mask at all times?

Remember the three key occasions one must definitely wear a mask

1. When you undertake any essential travel or go to a public place.

2. When you are in a room with other people.

3. When you have any signs of cough, cold or flu.

Always remember, wash hands with soap and water or use an alcohol based sanitiser before wearing a mask

4. Avoid touching your eyes, nose or mouth

We tend to touch our face inadvertently... let's be extra careful

But why?

Hands touch many surfaces and can easily pick up germs and viruses

Once contaminated, hands can transfer the virus to your eyes, nose or mouth

From there, the virus can enter your body and can make you sick

Your safety is in your own hands. Quite literally!

5. Maintain respiratory hygiene

Cover your nose and mouth when you cough or sneeze with tissue or handkerchief

Not carrying a tissue or handkerchief? Cough or sneeze into your bent elbow

Don't forget...
Wash hands immediately after you cough or sneeze
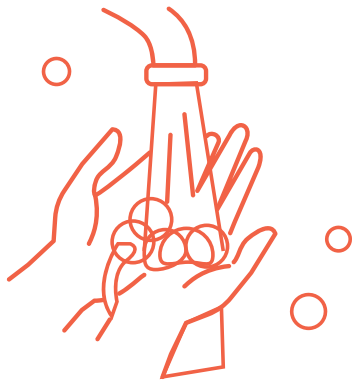
6. Wash hands regularly and thoroughly!

Your safety is in your hands – Literally!

Wash your hands frequently and thoroughly with soap and water

Meet our hand hygiene superheroes

Frequently hand-wash with me using water. I am there to protect you from any virus, including COVID-19

ALCOHOL BASED HAND SANITISER

You can use me if you don't have soap and water facility

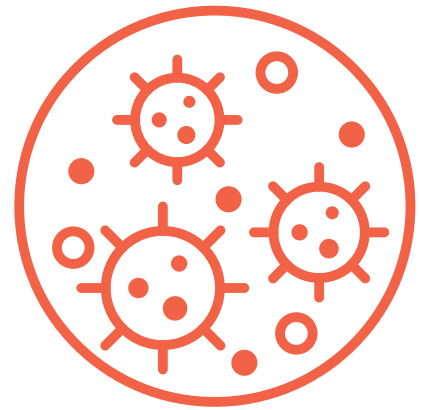# 7. Regularly clean and disinfect frequently touched surfaces

Practicing good environmental hygiene makes your surroundings safer

How is that?

Because the infected droplets are likely to settle on surrounding surfaces

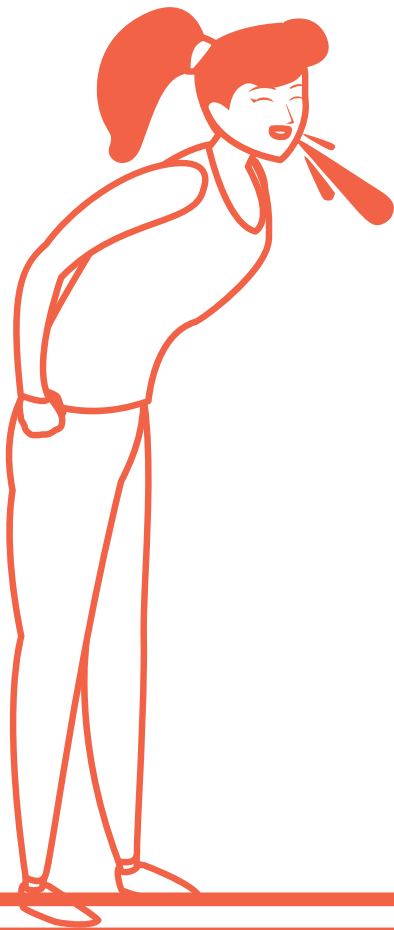You may use chemical disinfectants to clean the surfaces

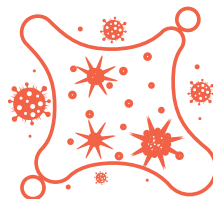But Wait... Don't forget to wear gloves during disinfection

8. Do not spit in the open

Every time you spit in a public place, you put your life and everyone else's life at risk

Spitting in public places can increase the risk of COVID-19 spread

This also includes spitting after consuming smokeless tobacco products
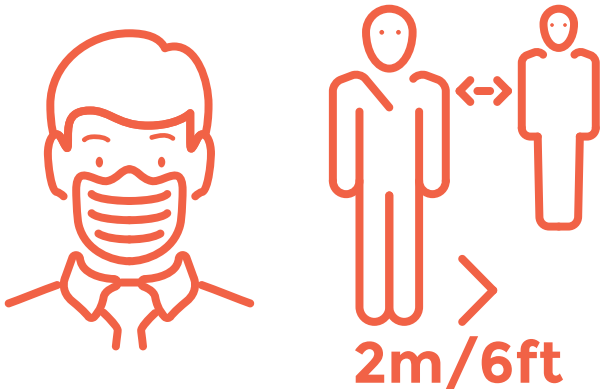
Remember – Spitting in public places is also punishable by law
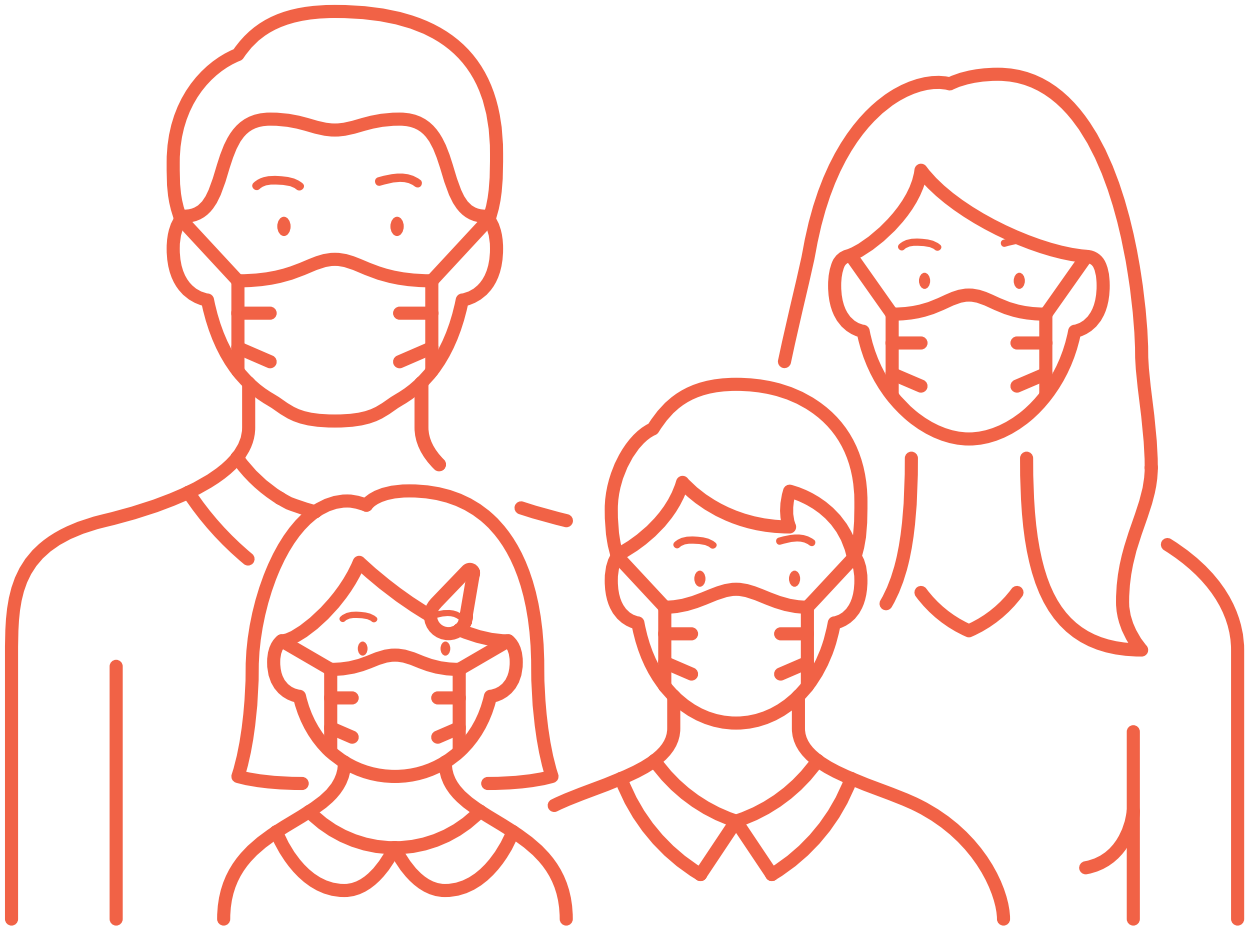
9. Avoid unnecessary travel

Travel only when it's absolutely essential

2m/6ft

If you do step out of your house, wear your mask and follow distancing norms

10. Do not discriminate - Against anyone!

Show compassion and support to persons affected with COVID-19 and their families

Remember – As people keep a check on any symptoms associated with COVID-19 and are willing to undergo testing, they also provide an opportunity to beat the disease!

Download the GCC - Corona Monitoring app to monitor your health

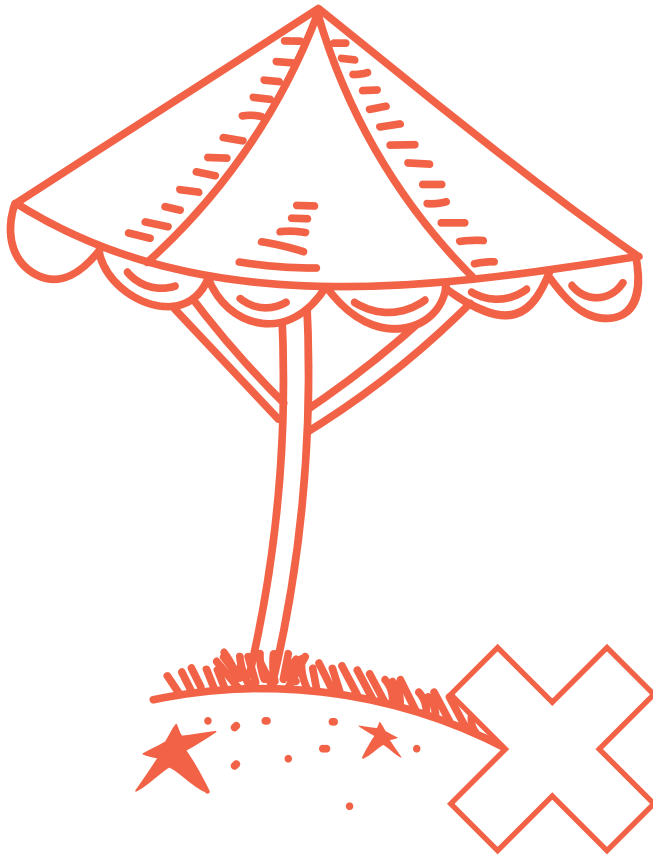Boost the morale of doctors, nurses, police, sanitation workers who are on guard 24X7 to protect us
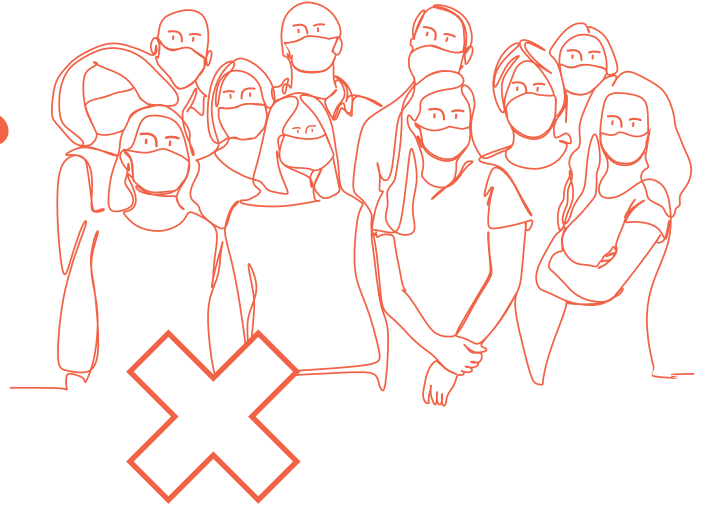
It is time to show **CARE**
Compassion
Assurance
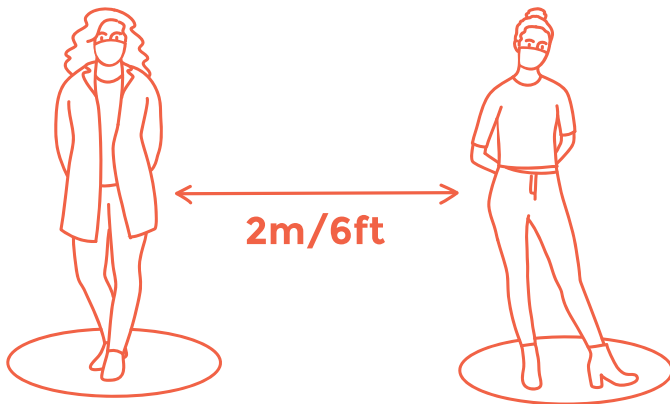**R**espect
Encouragement

11. Discourage crowd - Encourage safety

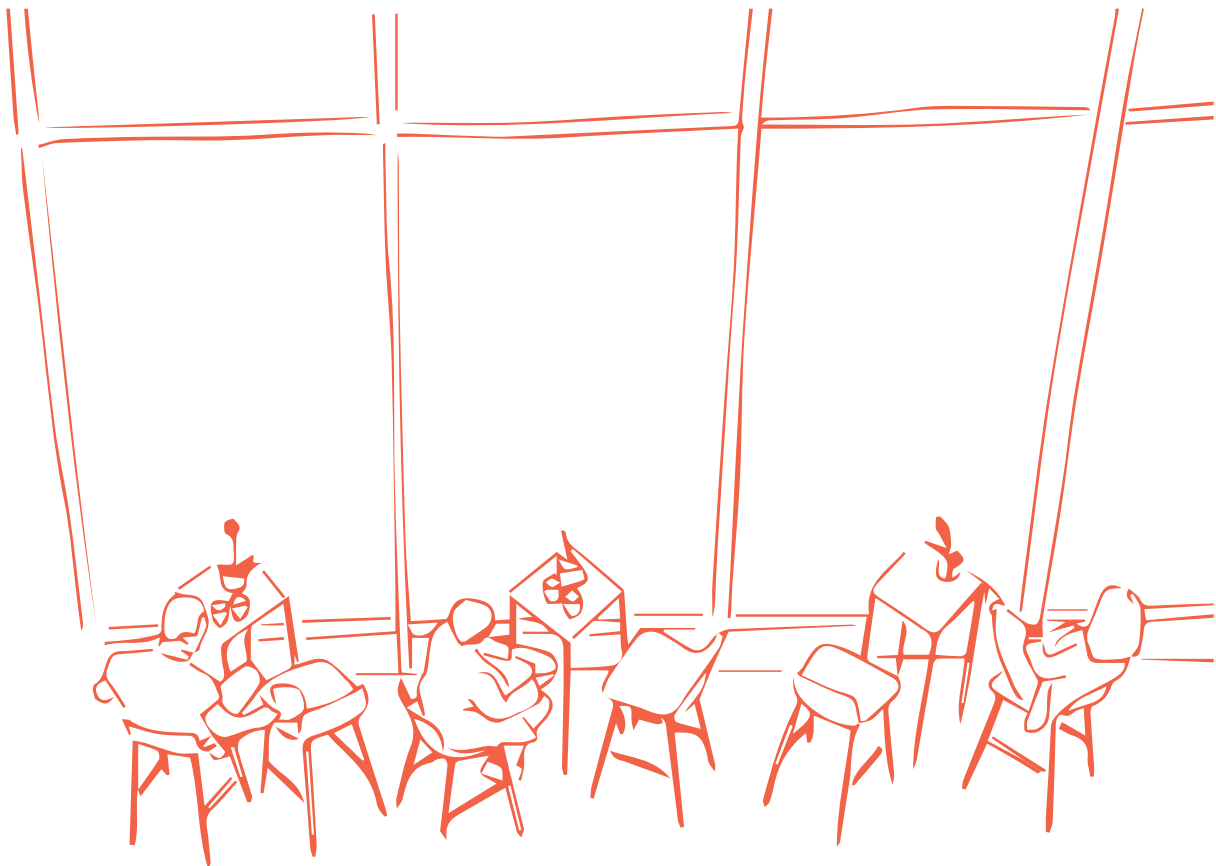**Limit going to social gatherings and say no to crowded places**

Unnecessary travel to crowded places or large gatherings increases the risk of COVID-19 transmission!

Keep a reasonable distance of at-least 2m from others

2m/6ft

For important events which cannot be postponed, keep the number of guests to minimal
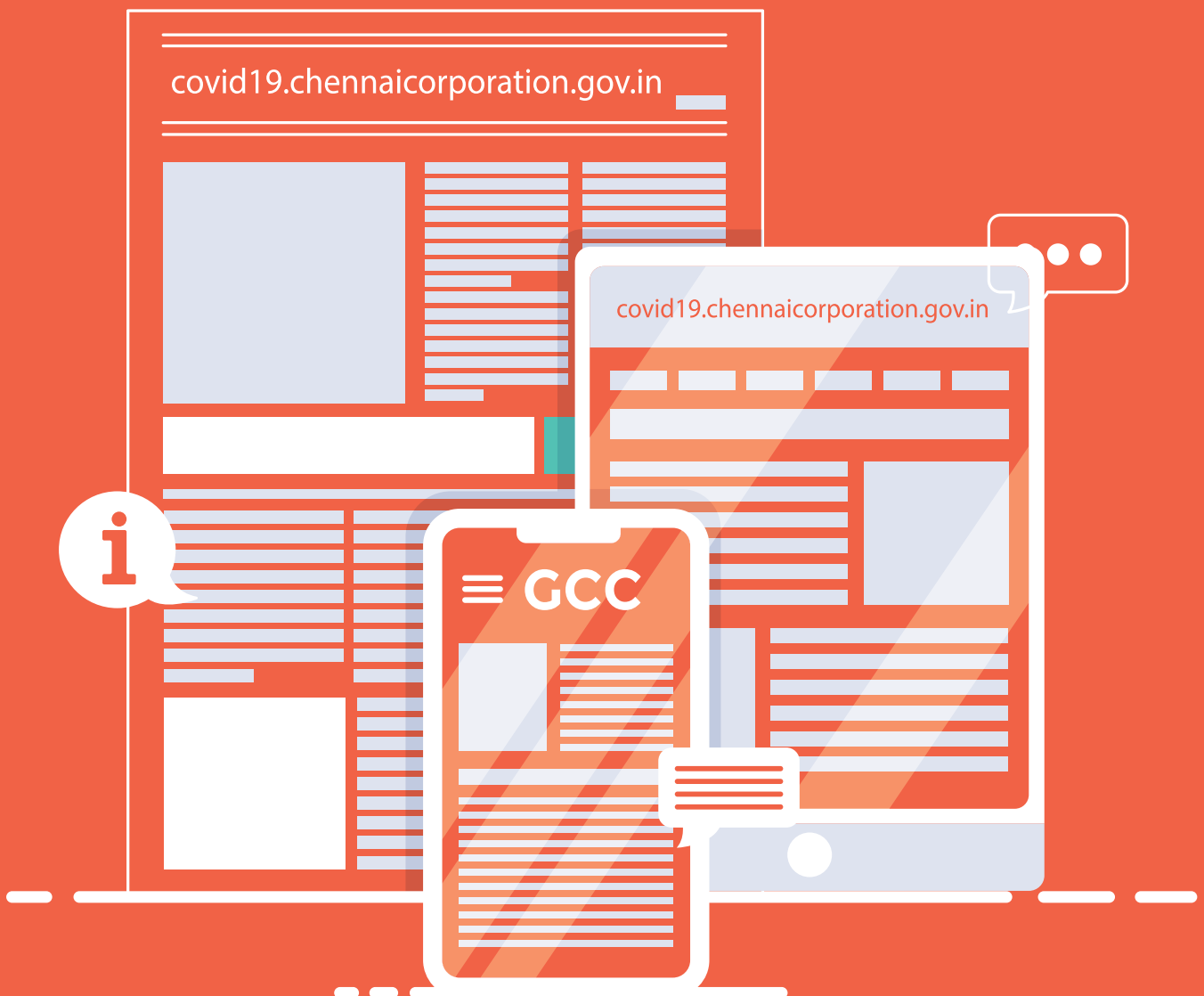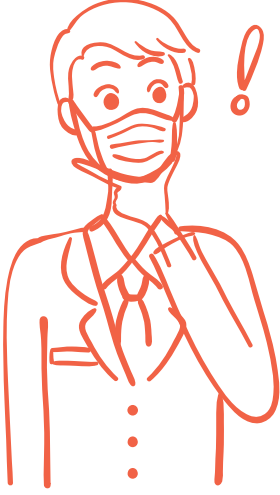
Oh, have you tried connecting with your loved ones and colleagues virtually?
Try it, it is much safer!

12. Do not circulate social media posts which carry unverified or negative information

13. Seek information on COVID-19 from credible sources

covid19.chennaicorporation.gov.in

covid19.chennaicorporation.gov.in

GCC

COVID-19 related information is coming in from so many sources. Which one should I rely on?

The most credible source for COVID-19 information is Greater Chennai Corporation's website – covid19.chennaicorporation.gov.in You will receive all updated information and facts related to COVID-19 Chennai here

Comments in pdf – X | w MoHF

Not Secure | covid19.chennaicorporation.gov.i..

Greater Chennai Corporation
Coronavirus Disease(covid 19)

What's New

பெருமழ சென்னை மாநகராட்சிஐடுபட்ட பகுதியில பொதுமக்கள் முறையாக பின்பற்றுவதை கண்காணிக்க நியமிக்கப்பட்டுள்ள **30** பறக்கும் படை வாகனங்களை ஆணையாளர் திரு.கோ.பிரகாஷ், இ.ஆ.ப., அவர்கள், இன்று கொடியசைத்து துவக்கி வைத்தார்.

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14. Call state helpline number – 044 29510500; Greater Chennai Corporation helpline number - 044 46122300 for any queries
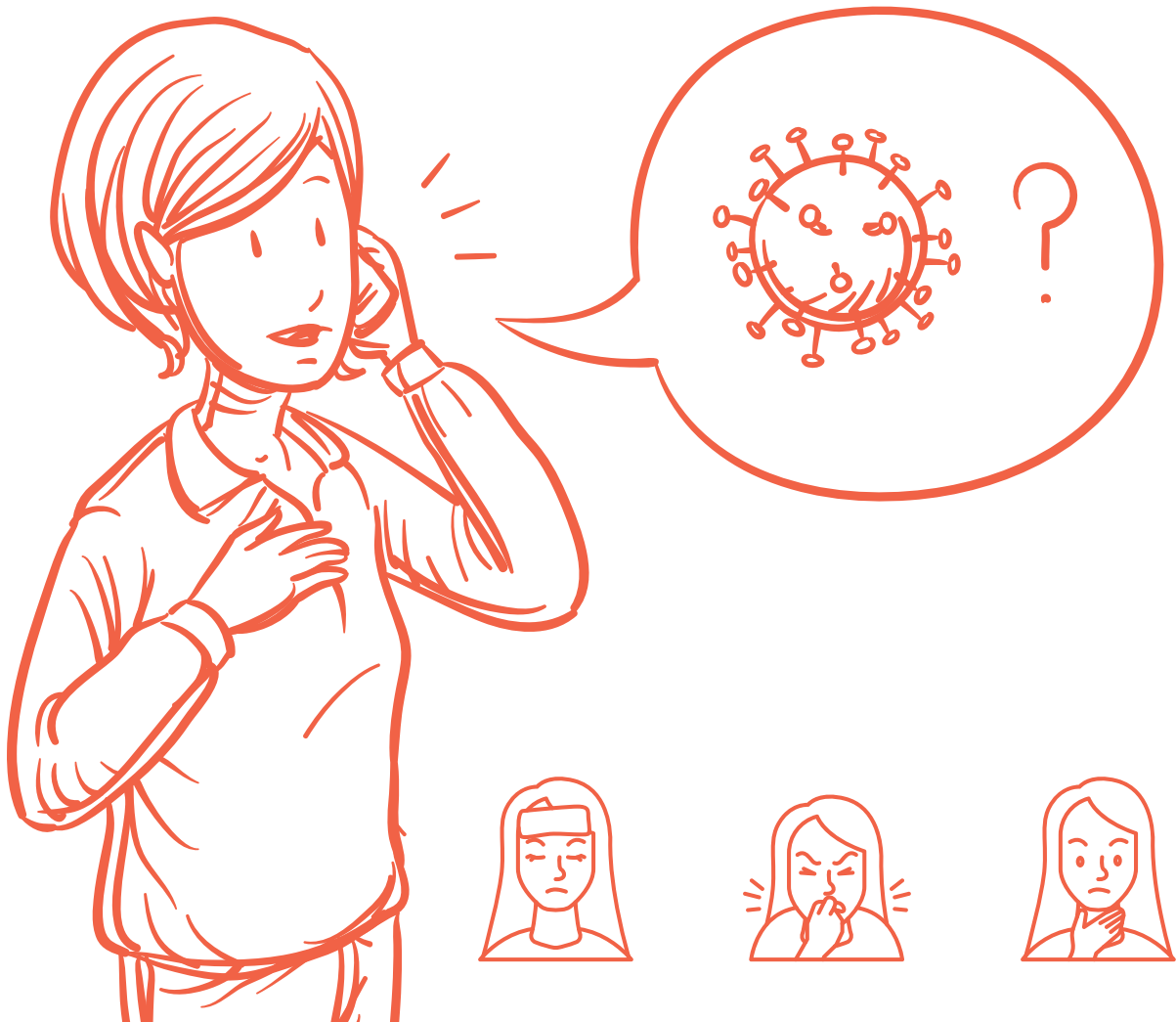
If you have any **COVID-19** related queries or observe any **COVID-19** related symptoms like fever, cough, or difficulty in breathing, Call State helpline number – 044 29510500; Greater Chennai Corporation helpline number – 044 46122300 for any queries

Do not hesitate to disclose your symptoms. The earlier you seek help, the faster you will beat the disease!

The earlier you seek help, the faster you will beat the disease!

Zonal level contact numbers for COVID-19 related queries

1. Thiruvottiyur –   044 46556301
2. Manali –   044 46556302
3. Madhavaram –   044 46556303
4. Tondiarpet –   044 46556304
5. Royapuram –   044 46556305
6. Thiru-vi-Ka Nagar –   044 46556306
7. Ambattur –   044 46556307
8. Anna Nagar –   044 46556308
9. Teynampet –   044 46556309
10. Kodambakkam –   044 46556310
11. Valasaravakkam –   044 46556311
12. Alandur –   044 46556312
13. Adyar –   044 46556313
14. Perungudi –   044 46556314
15. Sholinganallur –   044 46556315

15. Seek psychosocial support in case of any distress or anxiety
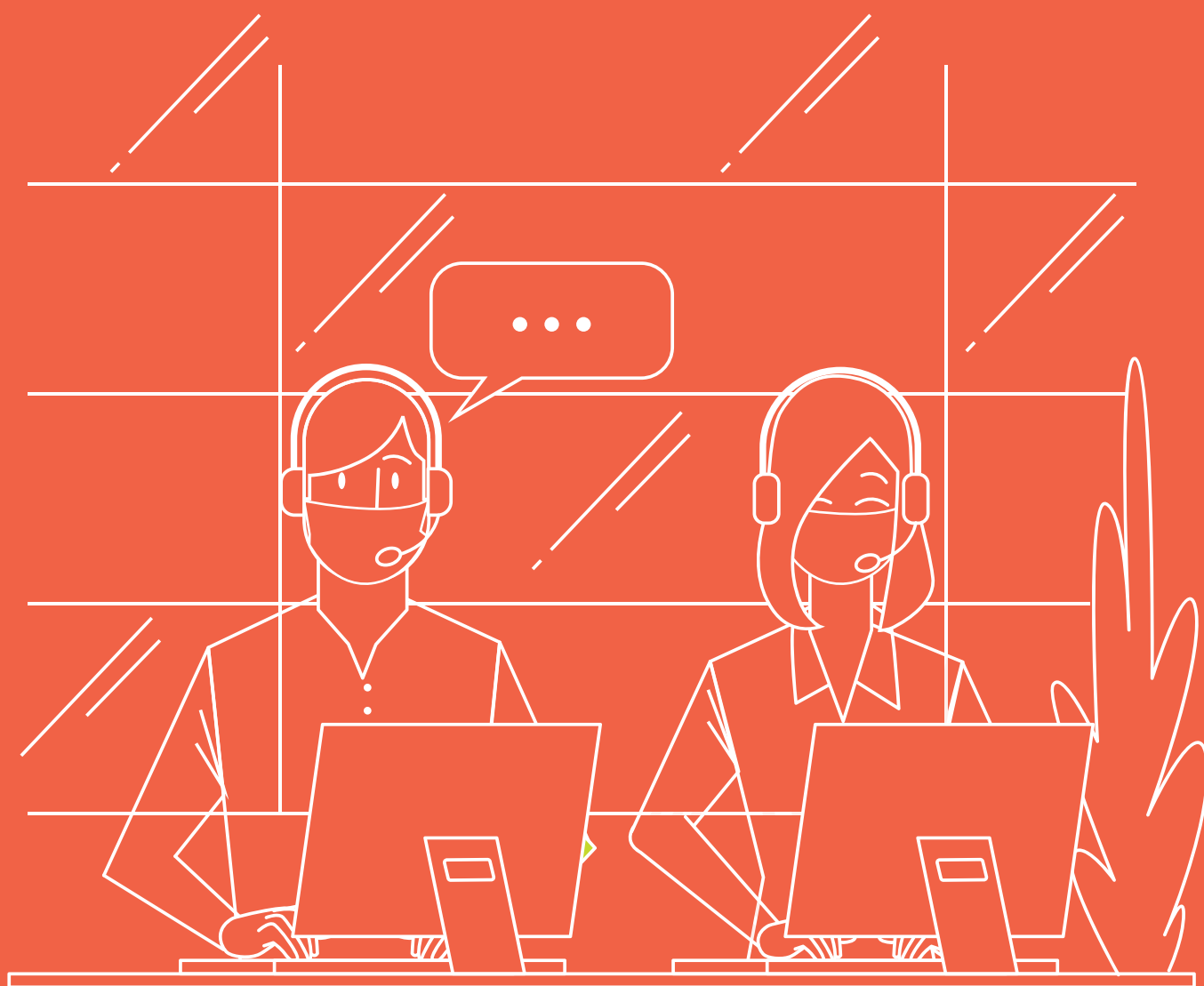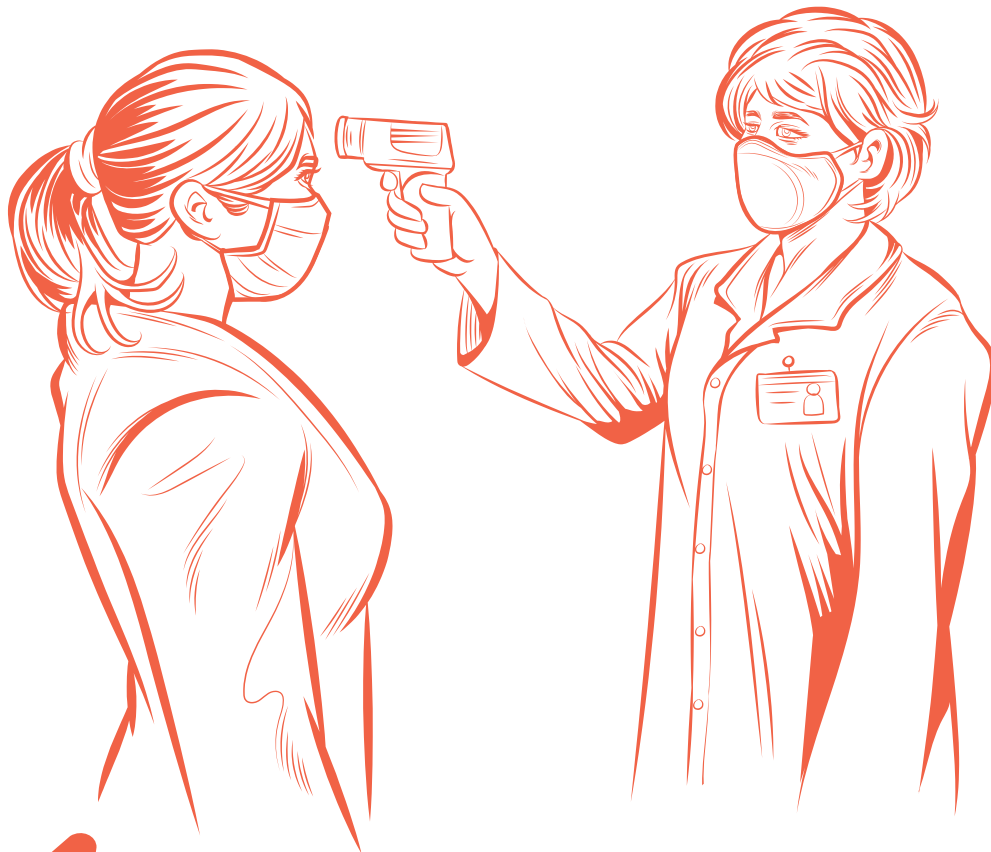
Coping with any public emergency or outbreak can be a testing time for people and their families – both affected or unaffected

Do not ignore or suppress any feelings of anxiety or distress

Psycho-social support services are available at all times for you, to address any stress or distress related queries and concerns

Call State helpline number – 044 29510500; Greater Chennai Corporation helpline number – 044 46122300 for any queries

Together, we will fight COVID-19!