



**Global Health Committee**

# GUIDELINES WHEN GOING TO PUBLIC PLACES

Health Committee, Non-Resident Nepali Association, June 2020

**Stay Home Stay Safe.**

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**Wash Your Hands with  
soap and running water.**

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**Protect yourself and  
others from getting sick.**

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**Show empathy with  
those affected.**

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## **OBJECTIVE**

The public health crisis created by Corona Infection Pandemic has forced almost all public places to shut and cancel including but not limited to grocery stores, offices, parks, amusement centers, restaurant, festivals, concerts, shopping centers. While the public businesses and public facilities are opening in the aftermath, Health Committee of NRNA strongly advise Nepali and other to be extremely caution before venturing out to the public. The risk of getting infected remains extremely high in majority of cities around the world.

## **CONTEXT**

Avoid going out in the public, as much as you can. Lockdown and stay-at-home orders are best to lessen the spread of the infection, but it has affected businesses and livelihoods of daily wage laborers. Those who are less privileged including domestic workers, auto drivers, delivery agents, construction workers, street vendors are having hard time surviving. Hence the government in various countries including Nepal are setting out its plan to return life as close to normal as possible in a way that is safe and continues to protect health for all individuals. The most important contribution one can continue to make is to stay alert, avoid being infected by all measures possible including wearing masks, keeping 6 feet from any stranger and not touching face before touching face and mouth. For majority of health topics, including safety at Public Places, you need to follow guidelines from the health ministry, health agency or the national health organizations of the country where you reside as well as from World Health Organization (WHO). But this guideline will give information to General Nepali and all nationals on safety measures to be taken in public places to avoid infection.



### RISK STRATIFICATION:

To ensure safety measures in various places, it is important to focus on those zones which have higher population density of population. The focus should be on temporary interventions in areas of highest risk, particularly those that provide a range of attractions and services, as these areas pose the greatest risk:

**Lowest risk:** Online and Virtual-only activities, events, and gatherings.

**More risk:** Indoor and smaller outdoor gatherings in which individuals from different households remain spaced at least 6 feet apart, wear cloth face coverings, do not share objects.

**Higher risk:** Medium-sized in-person gatherings that are adapted to allow individuals to remain spaced at least 6 feet apart and with attendees coming from outside the local area.

### SAFETY MEASURES FOR PUBLIC PLACES:

We recommend everyone to opt for the lowest risk activities i.e. virtual medium. With golden rules to follow, we recommend following safety measures for visiting various public places.

**Hospitals and Clinics:** Unless urgent, cancel medical appointments you can safely postpone. When in doubt, call first. Doctors and clinics should prioritize urgent and emergency visits now. The goal is to keep people healthy while conserving needed supplies. If hospital visit is necessary, use facemask and sanitize your hands regularly. Avoid hospital visits unless you are sick.

**Pharmacy:** Plan to order and pick up all your prescriptions at the same time. If possible, call in prescription orders ahead of time and use a drive-thru window, curbside pickup, mail order or other delivery services. Ask your doctor or pharmacist if you can get a larger supply of medications so that you don't have to visit the pharmacy as often.

**Grocery stores:** Visit or check the chain website before going to get your groceries. For smaller businesses, use the local store. To make social distancing easy, visit the grocery store during less crowded time e.g. early in the morning or late at night. Consider ordering your groceries online for home delivery or curbside pickup if possible. When available, use touch less payment options as much use sanitizer/disinfectants at store while handling shopping card while staying at least 6 ft away from others. Be very reluctant to remove your masks



and/or touch your face with your hands unless necessary. Wash hands thoroughly with soap and water before touching your face.

**Parks and outdoor spaces:** If possible, choose a park that is close to home. It is important to know if parks, recreational facilities, natural bodies of water, beaches and swim areas are open before heading out. While at the park, look for open areas, trails and paths that allow you to keep 6 feet (2 meters) from others. Avoid crowded areas. Be very reluctant to remove your masks and/or touch your face with your hands unless necessary. Wash your hands thoroughly with soap and water prior to touching face.

**Places of social gathering like wedding, funerals, religious services:** Before going to these, be aware about the size of gatherings being limited and how that might affect your visit. Seek out services held in large, well-ventilated areas. Continue social distancing during your stay. Avoid contact with frequently touched items. If food is offered at an event, look for pre-packaged options. To



reduce the risk of infection, make sure only one member from each household attends such gatherings that too if necessary. Be very reluctant to remove your masks and/or touch your face with your hands unless necessary. Wash your hands thoroughly with soap and water prior to touching face.

**Banks:** During visits to the bank, use the ATM, as much as possible. Clean the ATM keyboard with a disinfecting wipe before using it. When you are done, apply hand sanitizer. Be very reluctant to remove your masks and/or touch your face with your hands unless necessary. Wash your hands thoroughly with soap and water prior to touching face.

**Traveling:** Avoid if possible. Check for travel information and notices before actual traveling. There are various risks associated with different types of travels. There might be a risk of getting the Corona virus on a crowded flight if other travelers on board are infected. On a bus or train, sitting or standing within 6

feet (2 meters) of others for a prolonged period can put you at risk of contracting the virus. Traveling by car or recreational vehicle often involves stops that could put you in close contact with infected people. Follow our travel guidelines. Wash your hands thoroughly with soap and water prior to touching face.

**Restaurants, Gyms, barbers, Saloons:** Avoid if possible. You now have home delivery system from almost every restaurant. Online exercises could be helpful instead of going to the gym in person. However, if you wish to visit these places, know about the facility's cleaning and disinfecting policies. Maintain social distancing and avoid close communication, even with your gym instructor. Facial covering should be maintained all the time. Use touchless payment options. Be very reluctant to remove your masks and/or touch your face with your hands unless necessary. Wash your hands thoroughly with soap and water prior to touching face.

## **PERSONAL SAFETY RECOMMENDATIONS**

Follow these recommendations for personal safety.

1. Wash hands thoroughly with soap and water and for 20 seconds before touching face (hand hygiene etiquette).
2. Wear mask all the time when out in public. Sneeze and cough into elbows.
3. Ensure the frequently touched areas are regularly disinfected.
4. Maintain social distance of 6 ft all the time.
5. One should stay home if sick or showing symptom (fever, cough, shortness of breath etc.)
6. Get tested and seek medical attention is positive, self-isolate immediately.
7. One must stay vigilant as there is global pandemic going on. People and businesses should be prepared to act fast to step up if things get worse.
8. Some people are at more risk of serious illness from Corona Infection than others and should take extra precautions to stay safe.