

We need to learn to live with Coronavirus

'My Family, My Responsibility' campaign to be launched in Mumbai on 15th September

All efforts are being made to prevent the spread of COVID-19 virus. However, until we get complete control over the situation, it is important that we make some changes to our lifestyle. Going beyond the use of masks, maintaining physical distancing, and use of sanitizers, it is now necessary to adopt some changes in our personal, familial and public lives. In accordance, 'My Family, My Responsibility' – a campaign aimed at gaining complete control over Coronavirus is being launched in the BMC jurisdiction area on 15th September 2020.

The campaign will be implemented across the state from 15th September 2020, under the guidance of the Chief Minister Shri. Uddhav Balasaheb Thackeray. The area under BMC jurisdiction is also a part of this state-wide campaign. The motive of this campaign, which is being implemented with the cooperation of people's representatives including the citizens of Mumbai and with the participation of NGOs, is to motivate more and more people to adopt a new lifestyle for effective COVID control. Its main objective is to achieve effective healthcare education for the control of COVID, as told by Municipal Commissioner Shri Iqbal Singh Chahal.

Under this campaign, volunteers appointed by the Public Health Department of the BMC will reach out to every family in the BMC area and go door-to-door to check temperature and oxygen levels. At the same time, important messages related to healthcare will be given to the citizens and search for suspected patients of COVID-19 and provision of referral services for treatment will be implemented. The campaign will also provide referral treatment to people with co-morbidities such as diabetes, heart disease, kidney disease, obesity. Volunteers will meet each family twice during the campaign, Municipal Commissioner informed. In order to effectively curtail the spread of coronavirus, it is imperative that all members of the family take necessary care and are vigilant to avoid even inadvertent mistakes.

Citizens will be informed about the important steps that should be taken to achieve positive results against COVID-19. The three-pronged approach to taking preventive precautions in personal, family, and public life is as follows:

- 1) Maintain safe distance, of at least 2 meters between each other.
- 2) Use masks regularly and properly.
- 3) Wash your hands frequently and use sanitizer properly.

All citizens must follow this three-pronged approach.

Other important steps that need to be inculcated in our daily lives are as follows:

A) Individual level

- Measure body temperature, oxygen level every morning. This is essential for monitoring health.
- Always use a mask. Do not remove it. The mask should not be removed or worn under the nose/face.
- Family members should ensure that each member of the family is taking due care.
- Do not touch your face or mask often.
- After using single-use masks, spray sanitiser and then cut them into pieces before disposing in order to prevent reuse.
- Carry a bottle of sanitizer and use it as and when needed.
- Keep your hands clean by washing them frequently with soap.
- Carry a clean handkerchief. If you have cold or cough, use a mask and handkerchief regularly.
- Reusable masks should be washed daily using a sanitizer.
- Family members should use different types of masks or mark their respective masks to avoid confusion. Do not share masks.
- Do not look directly at each other's faces while talking.
- Include nutritious and vitamin rich food in your diet
- Instead of taking food from the same pot or pan repeatedly while eating, take the required quantity of food at once in a plate.
- Avoid talking while having food.
- Include more vegetables, vitamin and protein rich food in the meal.
- Have adequate food, adequate sleep and practice exercises/yoga/pranayama etc. to build immunity.
- Always wear a mask while driving or travelling in a vehicle. Talking to traffic police or other citizens without wearing a mask increases the risk of infection. Therefore, it is important to wear a mask at all times while travelling.
- Avoid confined environment. Also avoid crowding and close contact with others.
- Don't wait for too long in a cramped place.
- Make sure there are less people, and at a safe distance while walking/running.
- Do not spit in public places
- Take a bath and wash your clothes when you return home from office/outdoors.
- Avoid visiting areas / cities / states / countries where COVID-19 is spreading rapidly.
- Keep a note of places you have visited and people you have met if you have developed symptoms of COVID-19.

B) Family level

- If a member of the family inadvertently violates corona guidelines, it should be brought to the person's notice by other members.
- Always carry an oximeter to measure oxygen levels. The oxygen level of each member of the family should be checked at regular intervals and accurate records should be maintained.
- Carry a thermometer / thermal screening gun.
- Special attention should be paid towards the health of children and senior citizens in the family.
- Ensure that members of the family who have co-morbidity take medication regularly and maintain their immunity.
- Sit beside each other instead of facing each other while having food with the family.
- As far as possible, only one member of the family should go out for work, taking all precautions.
- All members of the family should wear clean clothes every day. Do not reuse unwashed clothes.
- Personal items such as mobile phones should not be exchanged among family members. Ensure that even such items remain clean.
- Food parcels should not be left in the kitchen for long if ordered from outside. Immediately cover bins etc. after disposal of food containers/packets.
- Vegetables, fruits etc. brought from the market should be cleaned before using.
- If the parcel ordered online / from outside contains non perishable items, don't open the parcel for at least a day. Spray sanitizer on it and open it the next day.
- Floors, kitchens, toilets etc. should be cleaned regularly using disinfectants.
- Indian-style toilets should be kept clean and the lid on western-style toilets should be shut before flushing.
- Avoid meeting relatives, friends etc.
- Family events and parties should be avoided. If the event is unavoidable, it should be organised following guidelines set by the Government and all necessary measures should be taken.

C) Measures to be taken in housing societies/colonies

- It should be mandatory for everyone to wear a mask while working in a society/colony.
- Everyone should use sanitizer, mask and gloves when leaving the house.
- Children and senior citizens in the society should not step out of the house unless absolutely necessary.
- Maintain at least six feet distance while communicating with people in the society/colony.
- Avoid using the waiting rooms in societies.
- Avoid touching door handles, hand railings, elevators, benches, in the society and parking lots.
- Keep a paper in hand while using the elevator. These pieces of paper should be disposed off immediately after use.

- On returning home from the society/colony, wash your hands thoroughly with sanitizer/soap before touching anything.
- No one from outside the society or premises should be given direct access.
- Ensure that temperature checking, oxygen testing, hand washing facilities are available for helpers, drivers, waste collectors, cleaners etc.
- Arrangements should be made to keep ordered parcels in a safe place at the entrance of the society instead of receiving the order directly at home. Sanitize the parcel before taking it home. If possible, leave the parcel in the open for a few hours and then take it home.
- Vehicles should be sanitized before leaving the society.
- Display important contact numbers like nearby Municipal Health Center, Hospitals, Ward Control Room (Ward War Room), etc. in the society premises.

D) Shopping in markets/shops/malls

- Ensure that only one person from the house goes out for shopping.
- Maintain safe distance from others, both inside and outside the shop. Don't enter a shop if it is crowded. Take the stairs instead of the elevator. Do not touch the hand railing.
- Avoid touching the items on display.
- Use online methods for shopping as far as possible.
- Purchased items should be kept untouched, outside the house/in an open space for some time.
- Shopkeepers should not allow customers not wearing masks to enter.
- Only limited customers should be allowed to enter the shops/markets/shopping complexes while maintaining safe distance.
- Arrangements to check body temperature, and sanitizer should be made for everyone entering the shop.
- A limited number of servants / helpers should be appointed in shops/markets/shopping complexes.
- Online/digital methods should be adopted for transactions. The risk of infection can be reduced by ensuring that currency is handled sparingly.

E) Measures to be taken at workplaces/ offices

- The head of the office / office in-charge should design the office in such a way that there is safe distance between all employees.
- Employees should be called to office alternately and as needed. Working hours should be divided.
- Equipments to check body temperature and oxygen level, sanitizers etc. should be available to all.
- Use video conferencing system for meetings.
- Digital methods should be adopted to minimize human contact.
- Keep the windows open to make way for fresh air. Avoid the use of air conditioning systems.

- Office work tours should be avoided unless absolutely necessary.
- Preference should be given to working from home.
- Commute to work by two-wheeler or on foot if possible
- Travel in less crowded hours.
- Use a mask in the office, sit at a safe distance from others, use sanitizer, wash hands frequently in the office.
- Use a mask and sit at a safe distance while attending meetings in offices.
- Maintain safe distance while interacting with visitors.
- Remind colleagues to measure body temperature, oxygen level etc.
- Avoid sitting together to eat in the office.
- Elevators should be used sparingly in office. Not more than a handful of people should be allowed to use the elevator, standing in opposite directions. Use pieces of paper to press elevator buttons.

F) Measures to be taken while travelling in private/public vehicles

- Maintain silence while travelling by public transport. Do not talk to fellow passengers unless necessary.
- It is best to use face shield along with a mask.
- Only one person should be seated on a seat while travelling by public transport.
- Avoid travelling in crowded vehicles.
- Do not touch the doors or handles of the vehicle as far as possible. Apply sanitizer on the handles/doors before and after getting out of the vehicle.
- Private two-wheelers/four-wheelers should be preferred for travelling. Do not carry passengers if not necessary.

It is important to adopt all of these measures as part of your lifestyle. Until an effective vaccine against coronavirus is found, citizens need to comply with all these measures and cooperate with the government to get effective control over the pandemic. Municipal Commissioner Shri Iqbal Singh Chahal has made an appeal to the citizens to cooperate and comply with the measures taken by the Municipal Corporation under the guidance of the Chief Minister Shri. Uddhav Thackeray.

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