

## **Tips for Personnel who are out during Corona lockdown for Essential Services**

- Avoid crowded transport modes as far as possible. Use of cab-aggregation may be limited unless absolutely unavoidable. If using permitted public transport, keep social distance. Sanitise your hands once you de-board.
- Walking in deserted or less dense areas without physical contact is considered okay. One meter mandatory physical distance is mandatory.
- When you return home from office, shopping, etc. discard your clothes and wash your hands and feet thoroughly. As a good practice, keep a jacket or a sweat-shirt for going out, which you can remove once you reach office or home.
- Keep drinking water or other fluids regularly.
- Most importantly do not touch hands anywhere on face.

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