

THE OFG COOPERATIVE GROUP HOUSING SOCIETY LTD.
SECTOR 9, PLOT NO 50, ROHINI, DELHI 110085

COVID 19 Advisory

18.03.2020

Dear Residents,

So, we would not be nonchalant about it. **COVID 19** is the plague of our times. The biggest challenge is of asymptomatic transfer. A sneeze from someone who is infected but does not know can still transfer the viral load.

Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with some any one showing symptoms of respiratory illness such as coughing and sneezing.

What we have to do is establish non infection procedures specific to our population milieu, and not unquestioningly depend upon advisories tailored for *low* density, low population environments. So here are some Do's and Don'ts to follow;

Do's

- Wash your hands with soap And water frequently.
- Refer to the WHO and CDC websites as reliable source for these updates.
- Sanitize all surfaces in your home with Dettol if touched by visitors.
- Stay indoors.
- Keep 3 feet distance when in public Places.
- Get tested at first signs of fever, cough Or any other COVID symptoms.
- Follow Health ministry advisory.
- Maintain social distancing.

Don'ts

Touch your face, eyes or mouth.

Go to crowded places.

Share what's app forwards.

Believe hear say.

Let maids / drivers be in your space Without sanitizing.

Be a responsible citizen, if you have visited an infected country or have come in contact with one, do follow social distancing. Should you yourself show first sign of the virus be honest to get yourself tested at the testing center closest to you. While there is no need to panic at present but it is not to be taken lightly though.

LET US PROTECT OURSELVES AND OTHERS BY LIMITING EXPOSURE.

Dalvi
SECRETARY