

Coronavirus prevention important measures

FACE MASK

Please use face mask or make mask with the help of tissue paper. Please do not use cloth mask because it has large pores and cannot prevent virus spread. Take care that you should always use the same side of face mask on your face whenever you put on the mask. The side of face mask towards the environment should be on the environment always. Better to put side identification mark on it with pen

HAND WASHING

Wash hands with soap frequently when outside, especially when you shake hands with outsiders or whenever you enter home or when any outsider enters your home. Doesn't matter how much time you have spent outside home. Do not greet your home members without washing hands when you get in home. Ask your children to greet their friends only after all children have washed hands and that they play indoor.

CONTACT AREA

Your only contact surface with surroundings should be your feet within shoes. This means that you should not put your hands on any railings, doors, handles, walls, ladder handles, escalator walls, towels in office washrooms, cars body from outside or any unnecessary unwanted grocery item. Only touch the item you need to buy. This also means that (elderly people and children who always need support to move or walk) we should ask our children our father, mother, uncle, aunt or ill people around us to restrict themselves to home and provide them with recreational activity/entertainment at home. You should not touch your face (don't rub eye, nose, mouth) outside home premises. Do not shake hands or greet physically. When you are outside home please do not put your mobile phone on tables/chairs etc

Restrict number of people for groceries etc

Stay far away from hospital and doctors unless emergency because these people attend both regular and Corona virus patients, may be without any PPE and could be a source of virus spread. Insist doctors and paramedics to put on mask and gloves before they check you and after coming home greet your home mates after change of dress and putting them for laundry to used again after washing.

Its a matter of maximum 2 weeks only if we all get united & stay within/restrict ourselves to homes voluntarily because once coronavirus enters human body the symptom appear after a week and the patient can inform hospital to get tested for Corona virus. This way all the patients with Corona virus will be identified for further treatment rendering rest of us safe and virus free Insha Allah and we can come back to life again

Please help your employees, your servants and needy with food so that they don't need to come out home for food. Let them work for you online or give them off for this good cause and save humanity

Remember being young and healthy doesn't render you safe you can be dangerous for your family especially your parents grand parents, children, and diabetic people.