

GOVERNMENT OF NAGALAND
DIRECTORATE OF HEALTH AND FAMILY WELFARE
NAGALAND :: KOHIMA

No: DHFW/COVID-19/2019-20/129-37

Dated Kohima the 10th April 2020

ADVISORY

In addition to the Standard Operating Procedure on disinfection of common public places including offices issued by GOI (enclosed herein), all concerned are requested to strictly follow the advisory given below to maintain safe environment at the work place:

1. No hospital based personnel are to enter the office premises. Instead of physical visits, they are advised to leverage electronic means of communications including webinar.
2. All working places and work stations particularly frequently touched surfaces should be sanitized with 1% sodium hypochloride solutions at least 2-3 times and whenever required.
3. Do not shake hands.
4. Do not touch your eyes, nose and mouth.
5. Practice hand hygiene by frequently washing with soap and water as well as with hand sanitizers where hand washing facilities are not available.
6. Practice respiratory hygiene by using handkerchief while coughing & sneezing and avoid random spitting.
7. Everyone NEED NOT WEAR a mask! Only wear a mask if (a). You have symptoms (Cough, fever or difficulty in breathing), (b). You are caring for a COVID-19 suspect/confirmed patient, (c). You are a health-worker in the health centre, or (d). Need to go to crowded places.
8. Avoid non-essential travels, crowded places, social gatherings etc.
9. All contaminated items such as used masks, tissue papers etc should be disposed off safely.
10. Adopt healthy lifestyle- proper diet, adequate sleep, exercise and avoid social physical visits instead use electronic means to contact other family and friends as well as avoid smoking, consumption of alcohol and other addictive substances.

(DR. VIZOLIE Z SUOKHRIE)

Principal Director
Directorate of Health & Family Welfare
Nagaland::Kohima
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Copy To:

1. The Commissioner & Secretary to Governor of Nagaland, Kohima for kind information.
2. The Addl Chief Secretary to Chief Minister, Nagaland, Kohima for kind information.
3. The Sr. P.S to Deputy Chief Minister, Nagaland, Kohima for kind information.
4. The Sr. P.S to Minister Health & Family Welfare, Nagaland, Kohima for kind information.
5. The Sr. P.S to all Ministers/ Advisors, Nagaland, Kohima for kind information.
6. The Deputy Secretary to Chief Secretary, Nagaland, Kohima for kind information.
7. All AHoD/ HoD to the Government of Nagaland, Kohima for kind information.
8. **The Director, IPR Department for wide publicity through various media.**
9. **All Deputy Commissioners/ Additional Deputy Commissioners/ Chief Medical Officers in Nagaland for information and necessary action including public announcement**
10. Guard file/ Office copy.

(DR. VIZOLIE Z SUOKHRIE)

Principal Director
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