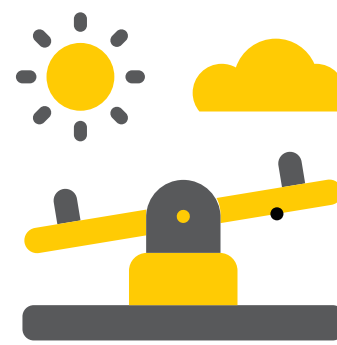


# DOS AND DON'TS



# Precautions to take while visiting parks, public pools and open playgrounds.



**Choose parks that are close in proximity.**

**Be equipped with necessary items before visiting the park.**

**Maintain a minimum of 6-feet distance.**

**Maintain considerable distance even in the swimming pools.**

**If you are ill, avoid leaving your home.**

**Avoid visiting crowded places like malls and shops.**

**Avoid going to playgrounds.**

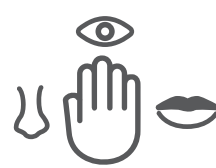
**Avoid activities and sports where you are required to meet people.**



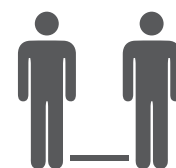
**WEAR A MASK AT ALL TIMES**



**WASH/SANITIZE YOUR HANDS REGULARLY**



**AVOID TOUCHING YOUR FACE NOW AND THEN**



**ALWAYS FOLLOW SOCIAL DISTANCING**

# Precautions to take while visiting Restaurants.



- Wash your hands as frequently as possible.
- If sanitizer is non-alcoholic, then make use of soap and water.
- Make use of single-use tissue while coughing and sneezing and dispose of after use.
- Be seated at a considerable distance from one another.
- One table must be empty between two tables for social distancing.
- Order food for your own self where you are not required to share.

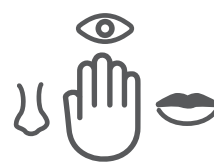
- Avoid touching your face when seated in a restaurant.
- Don't give your food to anyone nor eat from someone else's plate.
- Avoid going to restaurants that are crowded or don't follow the rules of social distancing.
- Don't visit any restaurant if you are feeling unwell or have a cough and cold.



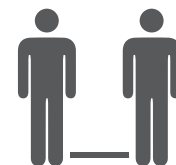
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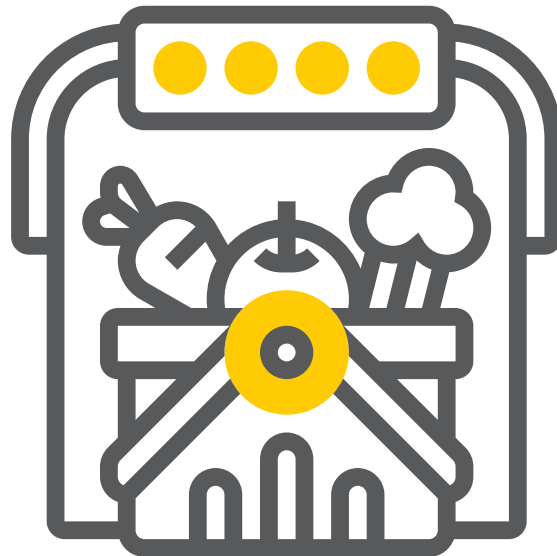


AVOID TOUCHING YOUR  
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# Precautions to be taken while visiting grocery stores.



Wash/sanitize your hands before entering the store.

Wear a mask until you are in your vehicle.

Maintain a minimum of 6 feet distance.

Wear gloves so that your hands remain germ-free.

Purchase your supply that can last a minimum 1 week.

Avoid touching the products if you are not buying them.

Don't enter the store if it is crowded and social distancing cannot be maintained.

If you see someone touching something, don't touch the same product.

Avoid touching surfaces in the shop.

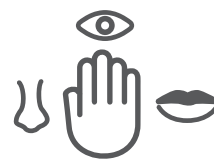
Avoid touching your mouth for any reason while shopping.



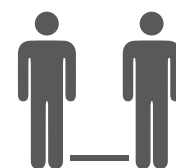
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# Precautions to be taken while accepting home deliveries.



- **Order from places which provide zero-contact delivery.**
- **Ask the person to leave your parcel at society gate.**
- **Pay online.**
- **Sanitize/wash hands after emptying the bag.**
- **Order only what is necessary.**

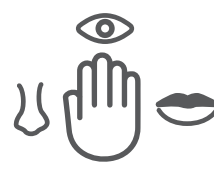
- **Avoid paying cash on delivery.**
- **Just dump whatever comes without cleaning/sanitizing it.**
- **Don't stock things up just for the sake of it.**



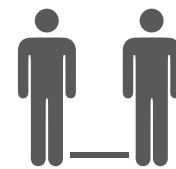
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# Precautions to be taken while visiting the doctor



- Prefer tele-consultation, if available.
- Only visit the doctor if you are really unwell.
- Maintain distance from other patients.
- Make use of digital payment.
- Sanitize your hand before and after meeting the doctor.
- Be vocal about your condition and get proper treatment.
- If any symptoms are showing of COVID-19 then immediately see the doctor.

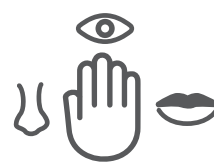
- Avoid touching any surfaces.
- Refrain from removing masks unless necessary.
- Avoid creating a situation where you might have to take change money from the doctor.
- Don't visit a doctor until extremely necessary.
- Don't take children unnecessarily.



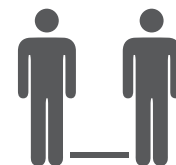
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# Precautions to be taken while visiting the bank



**Maintain 6 feet distance in line.**

**Leave two chairs empty on either side while waiting.**

**Sanitize your hands before entering and after exit.**

**Carry your own pen.**

**Use gloves while using ATM.**

**Avoid being seated directly next to someone.**

**Avoid using their pen or anything which is also used by others.**

**Touching counter and other surfaces unnecessarily.**

**Don't take children with you.**

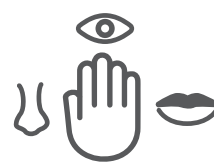
**Don't touch your face during and after leaving the bank.**



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AT ALL TIMES**



**WASH/SANITIZE YOUR  
HANDS REGULARLY**



**AVOID TOUCHING YOUR  
FACE NOW AND THEN**



**ALWAYS FOLLOW  
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