



Gujarat's Leading
& Most trusted
Home Healthcare
service provider

Outdoor Safety Guidelines



Covid-19 has changed the world. Be it a visit to a park or a restaurant or a grocery store, it has become necessary for all of us to practice safety measures everywhere, to ensure well-being of the self, family and the community at large.

As Gujarat's Leading Home Healthcare Company, **Advino Healthcare** feels the responsibility to share some important tips that you might want to incorporate in your daily routine and keep in mind some **Do's and Don'ts** that would keep you safe and healthy. Please share these with your family and friends and partner us in our endeavour to fight back the spread of Corona Virus.

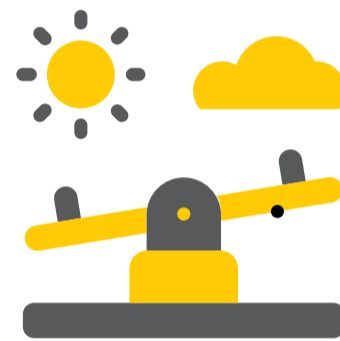
Our Covid-19 Home Healthcare Program would help you recover faster at your home without the need for hospitalisation. For assistance or further information on Advino Corona Home Healthcare Program, call us on **9624452445** or **9624482448**.

We will help identify the right support required based on your health condition, and support with relevant home health services in these difficult times.

DO'S 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.



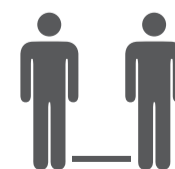
WEAR A MASK AT ALL TIMES



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.

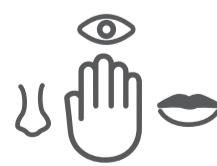
- Avoid touching your face when seated in a restaurant.
- Don't give your food to anyone nor eat from someone else's plate.
- Avoid going to restaurants that are crowded or don't follow the rules of social distancing.
- Don't visit any restaurant if you are feeling unwell or have a cough and cold.



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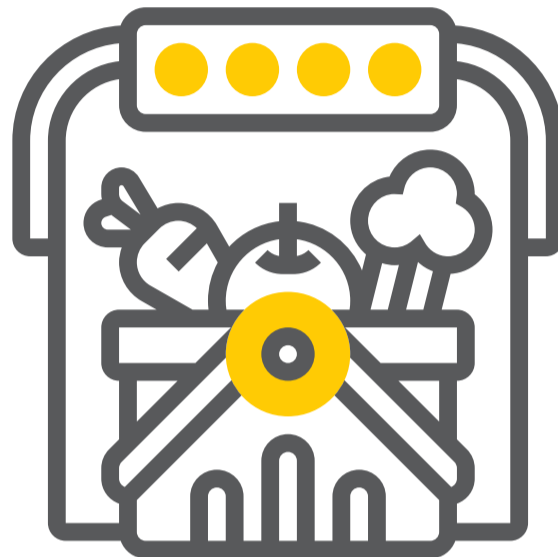


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Precautions to be taken while visiting grocery stores.



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.

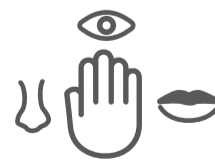
Avoid touching your mouth for any reason while shopping.



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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.**

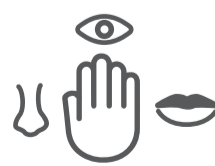
- **Avoid paying cash on delivery.**
- **Just dump whatever comes without cleaning/sanitizing it.**
- **Don't stock things up just for the sake of it.**



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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.

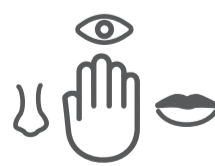
- Avoid touching any surfaces.
- Refrain from removing masks unless necessary.
- Avoid creating a situation where you might have to take change money from the doctor.
- Don't visit a doctor until extremely necessary.
- Don't take children unnecessarily.



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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.

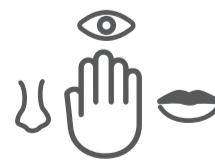
Don't touch your face during and after leaving the bank.



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