



**National Health Mission**  
**SDA Complex, Kasumpti, Shimla-9**  
**Himachal Pradesh**  
 Dated: Shimla-171009, the



**Advisory on Social Distancing Measure in view of spread of COVID-19 disease**

Social distancing is a non-pharmaceutical infection prevention and control intervention implemented to avoid/decrease contact between those who are infected with a disease causing pathogen and those who are not, so as to stop or slow down the rate and extent of disease transmission in a community. This eventually leads to decrease in spread, morbidity and mortality due to the disease. The Department of Health and Family Welfare, Himachal Pradesh has been issuing guidelines from time to time on social distancing and other precautions to be taken to prevent the spread of COVID-19. However, with the partial relaxation of lockdown measures, it has become imperative to reiterate the advisory on Social Distancing measures to be followed in Offices, commercial establishments, transportation, and all other public places. The following measures constitute social distancing and should be observed by one and all:

- Everyone should maintain a distance of at least 1 metre from other persons.
- Everyone should use face cover whenever stepping out of their house. The face cover should be washed in soap/detergent and warm water and reused after drying.
- If anyone is suffering from influenza like illness, he/she must stay in the identified room and away from other people in home, especially elderly and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease, Diabetes etc.
- Individuals must take adequate rest and drink lot of fluids.
- Follow respiratory etiquettes and personal hygiene all the time.
- Hands must be washed often with soap and water for at least 30-40 seconds or sanitized with alcohol based sanitizer.
- Don't share personal items with other people.
- Clean surfaces in the room that are touched often (tabletops, door knobs, handles, etc) with phenol/hypochlorite/bleach based preparations.
- Individuals must strictly follow the physician's Instructions and medication advice in case he/she is unwell.
- In case of travel history, he/she should be under quarantine for a period of 14 days and follow the advice of health care worker/ ASHA worker/any other

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person assigned the role of surveillance. If a person who is under quarantine develops any symptoms - cough/fever/difficulty in breathing, he/she should seek medical attention as early as possible and inform 104 comprehensive call centre about the symptoms.

*Negama...*  
15/5/20  
Special Secretary (Health) cum  
Mission Director, NHM  
Himachal Pradesh, Shimla - 9

MISSION DIRECTOR (NHM)

15 MAY 2020

New Shimla-9 (H.P.)

Endst no. As Above Dated:

Copy for information and necessary action to:

1. Secretary (GAD) to the Government of Himachal Pradesh
2. All Heads of Departments, Himachal Pradesh including MDs/CEOs of all Boards/Corporations
3. Director IPR with request to publicise widely
4. All Deputy Commissioners, Himachal Pradesh
5. All Chief Medical Officers, Himachal Pradesh

*Negama...*  
15/5/20  
Special Secretary (Health) cum  
Mission Director, NHM  
Himachal Pradesh, Shimla - 9