

Do and Don't for Civil Servants Staying at Home

The civil servants who have been identified to stay at home are to abide by the following do's and don't:	
Do	Don't
Stay Home and limit the number of visitors coming into your space to only very essential visitors.	Organise or attend social gatherings like dinner parties, meeting up with friends or make unnecessary visits to hospitals and other public places.
Plan gainful engagements or pursue hobbies like reading, listening to music, writing or giving time to family and children.	Get into alternate employment/engagements like operating businesses, driving taxis, manning shops or working in any commercial establishments etc.
Maintain at least 6 feet distance from others when going out to do essential jobs such as buying food, get necessary health care, taking care of relatives, etc.	Engage in contact games like playing football, volleyball, or other group games like Khuru/Archery etc where there is possibility to come into close contacts with others
Maintain personal hygiene like washing hands frequently for at least 20 seconds and using hand sanitizer.	Leave the duty station without informing immediate supervisor
Keep yourself healthy through exercise like solitary walks or jogs and eating a balanced diet.	Change contact addresses or contact numbers without prior information
Keep updated about your organisation's activities and be on standby to be deployed for duty at any time.	Use public transportation (Bus, Taxis) unnecessarily
Update yourself with the news and follow BBS, the Ministry of Health Facebook page and website and PMO's facebook page and twitter handle for updates on Covid 19 outbreak.	Spread rumours and fake news which might lead to unnecessary fear and panic amongst the public.
Seek appropriate medical assistance if you develop flu like symptoms	