

CORONAVIRUS ADVISORY & RESPONSE GUIDELINES

Precautions & Tips for Residents & Society Office Bearers

- *Social Distancing* is the key to halt the spread of Coronavirus. Minimize all social interactions in the community.
- Regularly and thoroughly clean your hands with an alcohol-based hand sanitizers or wash them with soap & water.
- Disinfect your main door handles and calling bell switches frequently.
- Travel only in case of utmost necessity and avoid public transport. If you step out of the house for supplies, thoroughly clean your hands and change the clothes immediately once you are back.
- Boost your immunity with adequate sleep, Zinc, Vitamin-C and other multivitamins. Don't stress yourself.
- If you have travelled either domestic or international, self-quarantine yourself for 15 days at home.
- It is the moral responsibility of each resident to protect themselves and self-disclose or report any suspected case of infection.
- Do not use lifts; use stairs to the extent possible.
- Do not use gyms, children playing areas, parks, swimming pools and other commonly used amenities.
- Keep enough board games at home for kids, to keep them occupied.
- Help senior citizens, who are staying alone in managing their rations.
- Try to do your household chores on your own. Give offs to your maid, nanny, cook, etc. for the next 15 days. If not possible, educate your domestic help on the sensitivity around the issue & precautions that need to be taken at home.
- Refrain from sharing any unauthenticated rumours/news on social media/Whatsapp that can cause panic. Spreading false news is a punishable offence.
- Maintain an emergency contact list.

STEPS TAKEN BY PCMA

- All outsourced staff (Housekeeping, Security, Engineering, etc.) has been briefed on the precautions for Coronavirus and personal hygiene. This is reinforced through daily briefings.
- Gloves have been issued to the Housekeeping staff.
- Employees who are unwell or display symptoms are advised to stay off duty.
- High touch areas are sanitized with disinfectants.
- Frequency of floor mopping in common areas has been increased.
- Movie screening in clubhouse theatres has been suspended till further notice.
- Various advisories have been issued for self-care & precautions to be taken.
- Residents/visitors are advised to refrain from visiting PCMA/ HPM offices & for any query, they may call us on our helpline numbers.
- Hand sanitizers have been deployed at all the critical places within the project.
- Thermal screening has been initiated at all entry gates and PCMA offices. Your cooperation is requested.

GOVERNMENT HELPLINE & INITIATIVES

- *Ministry of Health & Family Welfare* Helpline Number for Coronavirus: +91-11-23978046, Toll-Free No: 1075, ncov2019@gmail.com
- Maharashtra State Helpline – 020 - 26127394
- Hospitals/Centres identified by Govt. in Mumbai/ Navi Mumbai:
 - Seven Hills Hospital – Marol
 - Kasturbha Hospital – Chinchpokli
 - Kharghar Detection and Isolation Centre, Gram Vikas Bhavan, Sector 21, Kharghar - 022-27458041/42
 - SRL Diagnostics & Metropolis Labs provides diagnostic tests for Covid-19