

**GOVERNMENT OF ANDHRA PRADESH  
ABSTRACT**

HM&FW Department – Containment, Control and Prevention of COVID-19 – LOCKDOWN till 3<sup>rd</sup> May 2020 in the State of Andhra Pradesh- Guidelines for creation of awareness on COVID-19 related protective measures in Rural and Urban Areas – Orders – Issued.

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**HEALTH, MEDICAL & FAMILY WELFARE (B2) DEPARTMENT**

**G.O.Rt.No.257**

**Date:30.04.2020**

Read the following:

1. MHA, GoI Order No. 40-3/2020-DM-I(A), Dt:15.04.2020.
2. G.O.Rt.No. 239, HM&FW (B2) Dept., Dt. 16.04.2020.
3. G.O.Rt.No. 254, HM&FW (B2) Dept., Dt. 28.04.2020.

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**ORDER:**

As per the order of MHA, GoI vide reference 1<sup>st</sup> read above and subsequent orders of MHA, guidelines have been given for the "Lockdown" restrictions in the country as well as the exemptions granted gradually. Accordingly, instructions have been issued by Government of Andhra Pradesh vide references 2<sup>nd</sup> and 3<sup>rd</sup> read above for the "Lockdown" in the State as well as the activities which have been permitted gradually. During the "Lockdown" period, strict measures have been taken by Government of Andhra Pradesh for containment of COVID-19 infections from spreading further. These measures have helped in containing the COVID-19 infections to localised clusters in the State.

**2.** However, it is essential that every individual in the State participates fully in the effort to contain infection, particularly as "Lockdowns" cannot be imposed in perpetuity. It is necessary that every individual is encouraged to take care of oneself as well as of his/her family and of the community where he/she resides so that the entire community remains safe.

**3.** Hence, all responsible citizens are requested to follow the following advices for the purpose of "self-care", "family care" and "community care" in the context of COVID-19.

**i. Understanding COVID-19 :** People should understand that COVID-19 is one type of 'flu' caused by a Corona virus which is similar to the virus causing common cold. In most cases it will cause mild or no symptom at all. The most common symptoms of COVID-19 include dry cough, fever, difficulty in breathing, sore throat, loss of taste and smell. COVID-19 is different from the common cold as it is a highly contagious disease which spreads fast and can infect anyone. So, people need to protect themselves through social distancing, washing hands thoroughly and regularly, following sneezing/coughing etiquettes and building immunity. Also people who are elderly and who have existing co-morbidities i.e. having diabetes, hypertension, asthma, breathing problem, cancer, etc. are at high risk and need to be more cautious than others.

**ii. Social Distancing:** As far as possible people should avoid going out of their home without a necessary cause/ reason and if at all they have to go out, they should mandatorily maintain a distance of 6 feet from others. People should avoid entertaining guests at home or participate in any large gatherings. People living with elderly or family members with existing co-morbid conditions have to minimise their interaction with them and maintain social distancing at all times.

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- iii. **Personal Hygiene Etiquettes:** People should maintain their personal hygiene by washing hands regularly and thoroughly with soap and water for 40 seconds or by rubbing hands with 70% alcohol based sanitizer. Also, frequently touched objects like spectacles, remotes, mobiles etc. should be regularly cleaned. Surfaces that are touched should be cleaned with 1% hypochlorite solution. People should avoid touching eyes, nose and mouth with hands to avoid transfer of virus. People should cough/sneeze into their bent elbow or into a tissue paper which should be disposed in a closed bin and hands should be washed after coughing/sneezing.
- iv. **Physical and Mental Wellbeing:** People should prepare themselves physically and mentally by improving their immunity, exercising regularly and remaining mentally active. Taking natural products like tulsi, turmeric, pepper, ginger, lemon water etc., and by gargling salt water, practising pranayam and meditation, walking, exercising and staying in sunlight for atleast 30 minutes can improve immunity, help clear the respiratory system and strengthen both the lungs and heart. People must take rest and drink lot of fluids to maintain adequate hydration. It is necessary to be connected with family members, re-visit hobbies, engage in traditional games, trust only government news and not carried away by fake news.
- v. **Taking care of the vulnerable:** Those elderly and those with co-morbidities must exercise more precautions as they are at a higher risk. They need to maintain isolation away from those who in the family who are exposed more to the outside. They must exercise caution if they develop even mild symptoms of COVID-19 and must seek medical help promptly.
- vi. **Accessing medical treatment:** If someone is showing any COVID-19 like symptoms (dry cough, fever, difficulty in breathing, sore throat, loss of taste and smell) or has doubt, that he may have the infection, he should get himself assessed and tested for COVID-19. During the wait for assessment or test results, he should mandatorily self-isolate either at home or in government quarantine facility. If the person is at high risk (i.e. if he is elderly or has co-morbidities) or if he has sudden breathing problem or has severe symptoms or has more than one symptom or has had contact with persons positive with COVID-19 symptoms, he should be very prompt in getting his test done and in getting assessment of the doctor. People living anywhere in Andhra Pradesh showing COVID-19 symptoms may voluntarily report themselves for assessment and testing by calling Toll free no.'104' or by visiting a sample collection centre or a District COVID Hospital or a District Hospital as notified by the State Government at website [www.hmfw.ap.gov.in](http://www.hmfw.ap.gov.in). If a person is confirmed COVID-19 positive, he will get all treatment at a notified COVID Hospital. If a person is a mild case or a suspect case or a pre-symptomatic case, he may be sent to a hospital or a quarantine facility or be advised home isolation.
- vii. **Home Isolation of persons with suspected or mild COVID-19 symptoms:** People returning from an affected area in the country or abroad should mandatorily undergo home isolation irrespective of their health status for 14 days. If their home doesn't have the convenience of a separate room they can join a government quarantine facility before interacting with their family members. If a mild case or a pre-symptomatic case of COVID-19 is advised home isolation by the Medical Officer, then he/she should exercise all precautions and follow all guidelines as prescribed by the Government for home isolation.

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- viii. Public Place Etiquettes:** Whenever people step out to visit a public space like markets, hospitals and other crowded places, they should maintain physical distance of 6 ft. and mandatorily wear a face mask and not shake hands or hug people. Also, they must not cough or sneeze into bare hands and hands should be washed thoroughly and regularly with soap/ alcohol based sanitizers. People must avoid visiting largely crowded places, should avoid travel to COVID-19 infected countries and states and also must avoid coming in contact with people displaying COVID-19 symptoms.
- ix. Work Place Etiquettes:** Those engaged in construction, agricultural, industrial activities or those working in offices or commercial establishments should avoid working in groups. But, if necessary people may work with the same set of people and no member of one group should interact with a member of another group as far as possible. Employees should maintain social distancing, wash hands thoroughly and regularly and also use masks. Employers on their part should ensure that the work places are clean and hygienic and that, surfaces (desks and tables, lifts etc.) and objects (telephones, keyboards etc.) are wiped with disinfectant regularly and that social distancing, hand washing and other personal hygiene etiquettes are facilitated. Employers should also provide for screening with the help of thermal scanner and if an employee falls ill, he should be allowed to work from home or granted leave. Also, meetings should be conducted through video conferencing/ teleconferencing as far as possible and transport should be run with 30% to 40% capacity and be sanitized regularly.
- x. Using AAROGYA SETU app:** Aarogya setu app is an additional tool to encourage individuals to self-assess themselves to take precautions and to help in contact tracing. It also provides the contacts and helplines in case of health emergency etc. and helps to connect essential health services to the people of India as and when it is absolutely necessary. Hence, it is important that everyone downloads the AAROGYA SETU app in their phones to safeguard themselves from not only coming in contact with the possible COVID-19 infected people but also help the government in providing a secure environment to all. It is necessary that the bluetooth is kept on all the times and that the phone is carried when a person steps out of the home.
- xi. Addressing Social Stigma:** There is huge fear and stigma associated with COVID-19 people so much so that not only people affected by COVID-19, but even those who have recovered from COVID-19 and even doctors, healthcare workers, sanitary workers, police, service delivery boys and other frontline workers have been facing hostility and discrimination. It must be remembered that despite all precautions, if anybody catches the infection, it is not their fault and in any case most people recover from COVID-19. As a fellow member of the community, people should treat COVID-19 positive patients and their family members with empathy and assist the government in disinfection and containment activities and assist the family members in obtaining essential commodities without ostracizing them and causing any mental agony. These are the times when people must look out for each other and tide over this pandemic. People must also appreciate the efforts of all the frontline workers and be supportive of them and their family. They deserve support, praise and appreciation for rendering their services tirelessly in this situation.

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- xii. **Safe and Dignified Burial:** If someone dies of COVID-19 or if a suspected COVID-19 dies, it is the primary duty of the community that the deceased person gets a safe and dignified burial according to their faith and belief. Burial or cremation should be carried out as per protocol prescribed by the Government. The body of the deceased secured in a body bag, exterior of which is de-contaminated with 1% hypochlorite solution poses no risk to the staff transporting the dead body or to the family members. Even though family members and relatives are not allowed to touch the body, they would be allowed to see the face of the deceased one final time. However, large gathering at the crematorium/ burial ground should be avoided.

4. The Commissioner Health & Family Welfare, Principal Secretary (PR&RD), Principal Secretary (MA&UD), CEO-SERP, MD-MEPMA, Commissioner Agriculture, Commissioner Cooperatives, Commissioner Civil Supplies, Commissioner-Information and Public Relations shall instruct and engage their field functionaries to ensure that the public knows these instructions and behave accordingly. The District Collectors, Superintendents of Police, Municipal Commissioners, DMHOs, DPROs shall also give wide publicity to these measures so that the public is aware of the necessary precautions to be followed inside their home as well as in public space in the context of COVID-19.

**(BY ORDER AND IN THE NAME OF THE GOVERNOR OF ANDHRA PRADESH)**

**NILAM SAWHNEY  
CHIEF SECRETARY TO GOVERNMENT**

To

All the District Collectors in the State.

The DGP, A.P., Mangalgi.

The Police Commissioner of Vijayawada & Visakhapatnam.

All the Superintendents of Police in the State.

All the Municipal Commissioners in the State.

All the HoDs under the control of HM&FW Department.

All the DM&HOs in the State.

Copy to:

All the Special Chief Secretaries/ Principal Secretaries/Secretaries to Government.

PS to Addl. C.S. to CM.

OSD to Dy. CM (H, FW&ME).

PS to Spl.CS to Government, HM&FW Department.

PS to Prl. Secretary (Poll).

PS to Commissioner, I&PR.

SF/SC.

**//FORWARDED BY ORDER//**

**SECTION OFFICER**