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## Guidelines

# Social Distancing during COVID 19 Outbreak

### Objective

To provide public with the guidelines regarding social distancing to break the transmission chain of the epidemic through person-to-person contact, thus reducing the risk of becoming infected during outbreak.

### Rationale

Preventive measures play an important role in limiting the spread of a communicable disease. Such measures can help reducing the infection transmission and unnecessary burden on acute care facilities.

### Procedure

- Stay home when there is no urgent need to go out.
- Avoid physical contact with others as much as possible e.g. handshakes.
- Do not give your mobile to any of the household member. In case there is a need to share it someone, clean it with a disinfectant.
- If going out is necessary, keep a distance of two arm's length (about 6 feet) from others.
- Do not leave home even when you are sick:
  - First call your doctor and follow his advice.
  - Stay in contact with others by phone or email.
  - Keep away from others when you or they are sick.
  - If you decide to stay home and one or more of the following symptoms appear, immediately report to your doctor:
    - Fever or
    - Cough or
    - Shortness of breath or trouble breathing
    - Persistent pain or pressure in the chest
    - New confusion or inability to arouse
    - Bluish lips or face
  - Make sure you have access to several weeks of medications and supplies in case you need to stay home.
  - Closely monitor your symptoms, if they prolong, immediately reach out to your health care provider for guidance.
  - If you become suspected for COVID 19, ensure home quarantine till there is a confirmed lab diagnosis. (Separate guidelines for Home Quarantine and Home Isolations)
- Stay informed about the local outbreak situation.



- Avoid large and small gatherings in public spaces like restaurants, parks, libraries and other such venues to reduce the occurrence of transmission.
- Avoid gatherings with friends and family within the home premises. Avoid having any unnecessary visitors.
- Avoid unnecessary use of public transport.
- Work from home using digital media sources.
- Take care of the emotional health of your household members, including yourself.
- Take everyday preventive steps:
  - Wash your hands frequently with soap and water for 40-60 seconds. If soap and water are not available, rub your hands for 20-30 seconds with an alcohol-based hand sanitizer that contains 60-80% alcohol.
  - Avoid touching your eyes, nose, and mouth.
  - Cover your cough or sneeze with a tissue, then throw the tissue in the bin.
- Clean and disinfect frequently touched objects and surfaces within home e.g. door handles, switch boards etc. (Separate Guidelines on Surface Disinfection)

*Note: The above recommendations are being regularly reviewed by the Ministry of National Health Services, Regulations & Coordination and will be updated based on the international & national recommendations and best practices.*

*The Ministry acknowledges the contribution of Irfan Mirza and HSA/ HPSIU/ NIH team to compile these guidelines.*

## References:

1. Public Health England, Guidance on social distancing for everyone in the UK  
([www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people](http://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people))

### **For more information, please contact:**

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