

### **Advisory for the persons travelling into Meghalaya State for official purposes:**

- Get yourself registered with the competent authority/ Department before your entry into the state.
- Report any symptoms/ disease you are suffering from at the entry point. Any false information provided by you will lead to penalty/ legal action(s).
- Avoid going to crowded areas, gatherings where large number of people are congested together as far as possible.
- Person must avoid direct physical contact with any other person (like handshake/ hug) and try to maintain at least 2 metres physical distance from other people.
- If you are to stand in a line/ queue, stand in a single file (straight line) pattern, keeping at least 2 metres distance from each other.
- Person should use triple layer (3-ply) medical mask in place of work or in public places at all times. Discard the mask after 6 hours of continuous use or earlier if it becomes moist/ wet or gets visibly soiled. Never re-use the disposable masks. Cloth masks can be re-used after washing with soap and warm water and drying in the sun.
- Masks should be discarded only after cutting and disinfecting it. Masks should be stored in a zip lock plastic pouch till it can be safely disposed.
- Hands must be washed often with soap and water for at least 40 seconds or cleaned with alcohol based sanitizer (containing  $\geq 70\%$  absolute alcohol content). This is mandatory before/ after eating, use of washrooms, use of elevators, touching of railings, visiting public places, etc.
- Avoid touching your eyes, nose or mouth as much as possible. If needed, ensure proper hand hygiene before touching your face.
- Follow respiratory etiquettes all the time. This includes covering your mouth with tissue/ handkerchief/ covered part of the crook of your elbow when coughing/sneezing. Disposal of the used tissues must be done in a covered bin only. Avoid coughing/ sneezing at or being coughed/ sneezed at by any person near or around you.
- Don't share your personal items with other people like clothes, towels, mobile phone, pen, etc.
- Don't borrow/ share bidis/cigarettes, betel nut/ leaf, chewing tobacco, etc. with others.
- In the place of stay, ensure that you are staying in single room with separate toilet facility. If sharing the room, there should be at least 2 metres distance from your bed with other beds.
- If sharing the same toilet facility, keep your own bucket and mug. Avoid using the toilet for 30 minutes after it has been used by other person. Clean toilet with bleaching solution (30 grams dissolved in a litre of water, prepared freshly and daily).
- The person will self-monitor his/her health with daily temperature monitoring and report to the nearest health facility promptly if they develop any symptoms like fever, uneasiness, weakness, sore throat, cough, or difficulty in breathing, etc.