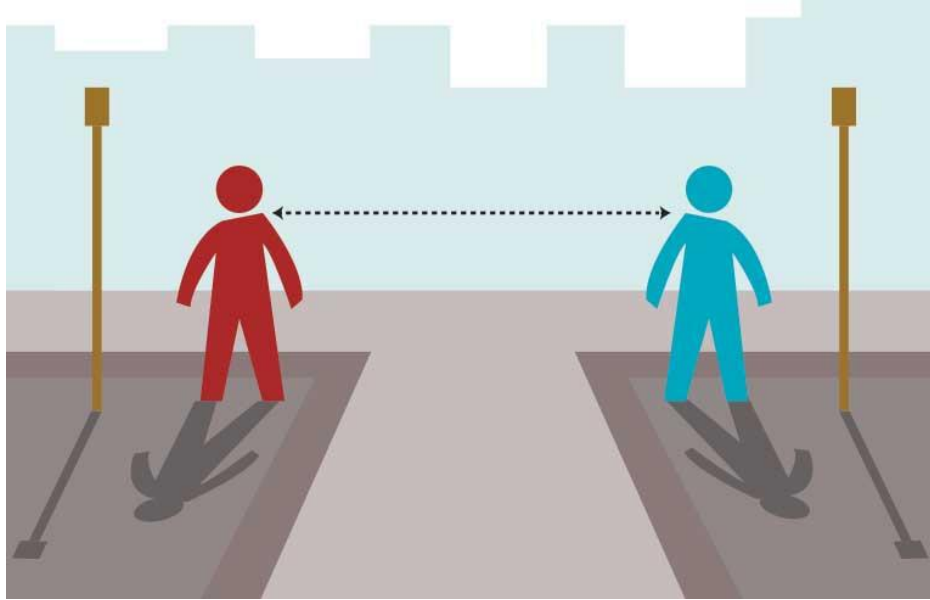


## COVID-19 : Social Distancing



**Presented By**

**BANGALORE APARTMENTS' FEDERATION (BAF)**

22<sup>th</sup> March, 2020

***Disclaimer:*** Bangalore Apartments' Federation (BAF) has compiled this note based on inputs from government advisory documents as well as reading various global examples and the concept on subject. as well as secondary information available. BAF advises its Members and readers of this note to adapt the guidelines in consultation with their communities. Most of the information is practical and doable, and may exceed the mandate set by authorities, but if this helps combating situation effectively, does not cost much and is practical – then we do urge to take support of this document to establish your best practices as well. BAF will not assume any liability for any implications of decisions taken by anybody, based on this document.

BAF also urges Members to share their experiences / views based on practical ground level successes. Depending on inputs from Members, this document might be further updated and made more comprehensive.

**Members can reach out to : [covid19@baf.org.in](mailto:covid19@baf.org.in) / [info@bafonline.org.in](mailto:info@bafonline.org.in)**



[info@bafonline.org.in](mailto:info@bafonline.org.in)



[baf.org.in](http://baf.org.in)



+91 99003 95000



[fb.com/BangaloreApartmentsFederation](https://fb.com/BangaloreApartmentsFederation)



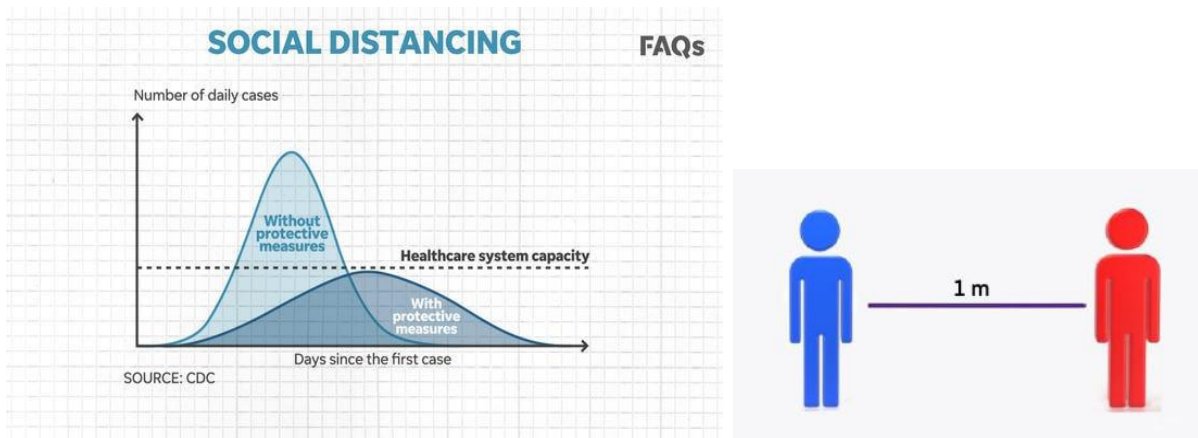
[@bafblr](https://twitter.com/bafblr)

## SOCIAL DISTANCING

SOCIAL DISTANCING IS A WAY TO SLOW DOWN THE SPREAD OF INFECTIOUS DISEASE BY LIMITING CONTACT BETWEEN YOU AND OTHER PEOPLE. BY REDUCING INTERACTIONS WITH PEOPLE AND THINGS & VARIOUS OTHER TOUCHPOINTS - THE CHANCES OF INFECTION & SUBSEQUENTLY SPREAD OF INFECTION REDUCES SIGNIFICANTLY.

The idea of slowing a virus' spread so that fewer people need to seek treatment at any given time is known as "flattening the curve." Hence many countries are implementing "social distancing" guidelines.

SOCIAL DISTANCING HELPS FLATTEN THE COVID CURVE, ALONG WITH PERSONAL (PERIMETER RULES & SANITIZATION) & ENVIRONMENTAL ( DISINFECTING) HYGIENE MEASURES .



THIS ADVISORY IS CREATED BY BAF FOR THE APARTMENT MANAGING COMMITTEES AND RESIDENTS AS AN ADVISORY BASED ON PREVAILING GUIDELINES BY MINISTRY OF HEALTH AND FAMILY WELFARE AS WELL AS THE BBMP. WHILE THE ADVISORY HAVE AN OVERALL VIEW ON SOCIAL DISTANCING, WE HAVE EXTENDED THE GUIDELINES FOR EASY UNDERSTANDING AND IMPLEMENTATION KEEPING IN MIND THE PRACTICES POSSIBLE THAT WOULD HELP MITIGATE THE CURRENT COVID EMERGENCY.

### OFFICIAL REFERENCES:

1. <https://www.mohfw.gov.in/pdf/SocialDistancingAdvisorybyMOHFW.pdf>
2. <http://bbmp.gov.in/en/web/guest/covid-19>
3. <https://www.who.int/#>

BAF urges Apartment Association Managing Committees and Residents to visit these websites periodically as it is being updated on a daily basis.

THE BAF ADVISORY ON SOCIAL DISTANCING IS DIVIDED INTO FOLLOWING FOUR PARTS:

- SOCIAL DISTANCING GUIDELINES
- FAMILY ENGAGEMENT
- COMMUNITY CONTACT REDUCTION (THINGS)
- COMMUNITY CONTACT REDUCTION (PEOPLE)



## GUIDELINES – SAFE DISTANCE, NO TOUCH & SANITIZATION PROTOCOLS

1. Closure &/or Restrictions of areas of social gatherings- within apartments – like community halls, clubhouse, temples, parks, sit-outs/ gazebos, swimming pools etc.
2. Closure of all in-house/ within apartment tuitions, satsangs, hobby and other classes.
3. No group gatherings of more than 4/5 people.
4. **Keep SAFE Distance from anyone – 1 meter/ 3 feet.**
5. No handshakes, No hugs, contact sports etc. NAMASTE will do!
6. Follow due sanitization steps (washing hands/ not touching face or things, wiping packet if required, maintaining distance etc) while & after accepting any deliveries
7. Special scenarios- marriages/ demise in family/ emergencies etc. Extreme care to be exercised by the affected resident in ensuring to maintain social distance. By keeping the functions and gathering personal and make it very closed family affair.
8. Play in small groups of 2 or 3 (2/3 close knit families non affected, non travel history, safe) – **“FAMILY RING CONCEPT”** i.e If some kids / residents have been interacting regularly with others, keep such groups small and closed. No contact across groups to ensure non-overlapping circles.
9. Observe health of the circle of contacts we come in connect with before interacting
10. Social distance even when we go for a walk etc. It may be okay to walk with your spouse or family member, but larger groups should be completely avoided. **Keep a healthy 1m/ 3feet distance. Any sneeze / cough.....move away.**
11. No shared transport/ Use personal vehicles if at all to go out. (HOW TO **FUMIGATE / DISINFECT YOUR VEHICLE or A CAB** IN CASE YOU HAVE TO TAKE or say you are picking up someone from airport? Chk containment guidelines)
12. **No Touch / No Fiddling** - things, animals and other humans when outside the house unless and until it is essential. Virus spreads from surface, and we never know who may have touched that surface before us. **PERSONAL SPACE/ DISTANCE** – no touching railings/ lift handles / door knobs etc)

## FAMILY ENGAGEMENT – BE OCCUPIED CONSTRUCTIVELY AT HOME / USE THE ME & WE TIME

1. Stay at home routine activities – Cook, Clean utensils, run the washing machine/ dishwashers, water the plants, Get all family members involved in the chores and help each other out.
2. Physical – In-house walks/ outside – if asymptomatic adhering to distancing guidelines, light exercises, dining table Table tennis, Arm wrestling, yoga & aerobics, Short walks on terraces if accessible, DIY exercise videos, On the spot jogging etc.
3. Mental – Board games, floor puzzles, Reading the books – you never did/ Borrow books from “safe neighbor”, meditation etc.
4. **Extend To Social Engagement- NECESSITY BECAME MOTHER OF INVENTION!.A WHOLE NEW WORLD OF ONLINE ENGAGEMENT.** Examples
  - a. 1<sup>st</sup> virtual BAF EC meeting with XX members
  - b. Multiple Office & Taskforce meetings via Go2Meeting & Zoom Meetings, Concalls etc
  - c. Kids exams and lessons and answer keys online
  - d. 1<sup>st</sup> virtual scrabble tournament with 30 players to be conducted online!(KSSA)
  - e. Many first timers to online line tests, webmeetings, teleconferencing, yoga classes, first page newspaper ads by many on online vendors- Amarchitra katha, others etc.
  - f. Whole list of website and activity circulating on whatsapp (Attach this list)
  - g. BAF-ki-BAAT & Upcoming BAF-WWF design of activity encouraging online activity



## **CONTACT REDUCTION – THINGS**

- **LIFTS, RAILINGS, DOOR KNOBS, ATM, DELIVERY ITEMS ETC.**
  - Don't touch anything not necessary
  - Avoid touching face consciously...wait to sanitize before you scratch that muscle memory itch
  - Use of elbow for touch buttons, use of non dominant hand etc. is useful as that does not touch face
  - Optional – but use stairs if possible and feasible – good as exercise cum non contact. (without touching railings!)
  
- **COMMON AREAS INSIDE FLAT**
  - Reduce contact as much as possible for common areas inside flat like tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks
  - Clean and disinfect them periodically
  
- **DELIVERED ITEMS / PURCHASES**
  - Milk packets and delivery boxes can be washed or wiped clean with disinfectants. However basic hand hygiene: Do not touch face, mouth, nose, eyes with unwashed hands still holds true.
  - Wash your hands often when cooking, including: before, during, and after preparing any food; after handling raw meat, poultry, seafood, and eggs; before eating; after touching garbage; after wiping counters or cleaning surfaces with chemicals; after touching pets, pet food, or pet treats; and after coughing, sneezing, or blowing your nose. Wash kitchen cloths in hot water.
  - Wash fruits and vegetables well.
  - Follow sanitization protocols once you come from outside/ intermittently/ periodically/ Carry & Use sanitizer wherever.
  - Delivery boxes may be wiped by surface disinfectant solutions. Note some of the delivery services (eg.Bigbasket) are also offering “**contactless service**”. These are all new measures that are voluntarily being practiced without much advisory. Do read their guidelines on respective service provider web pages.

**Note on Disinfectants** : Common household disinfectants, including soap or a diluted bleach solution, can deactivate corona viruses on indoor surfaces. Disinfectant most commonly used outdoors is a diluted solution of sodium hypochlorite, or household bleach. Limit outdoor cleaning to items people are commonly in contact with, like railings and knobs. Please note those exposed to sprayed disinfectants— especially the workers who spray them—are at risk of respiratory troubles. More info on disinfectants: <https://www.epa.gov/coronavirus>



## CONTACT REDUCTION - PEOPLE

- **PEOPLE - DELIVERY ITEMS, PAPER, MILK, VISITORS , MAIDS / STAFF ETC, CABS**
  - It is advisable to Cook at home – Parents and kids can share the house work.
  - Reduce ordering out – No Swiggy/MacD/etc.
  - Reduce all non essentials & deliveries from e-commerce sites- Amazon/ Flipkart/
  - Essential deliveries – follow distancing guidelines for collection and sanitization protocols
  - Special services like waste collection etc- all follow distancing norms
  - Voluntarily ask residents to give up non essential services- visitors, deliveries, cabs, maids/ drivers etc. Monitor the visitor logs to see results (Gate management software like mygate/ apnacompex/ NB etc will have all stats).
  - And if mandated – there may be need to impose restrictions on visitors including maids and other help (with exceptions of course) in future, if necessitated.
  - Residents who have immune compromised family members (elderly or ill members) must strictly follow social distancing. Domestic help who are pregnant, old or are immune-compromised (have other health issues), should ideally remain at home.
  - If it is essential to have support of house-help (caregivers / nurses/ physios etc) they MUST wash hands while coming in and while going out to each household.

**Note on Paid Leave:** Consider giving paid leave to all house help especially those who need to travel by public transport. Their health and safety is also our responsibility. If it is essential to have the support of househelp (like caregivers), they MUST wash hands while coming in and while going out of EACH household & at home and NOT touch face / mouth / hands / eyes. And maintain SOCIAL DISTANCE. All residents must educate their house help – maids, drivers, attendants, etc. on all above aspects.

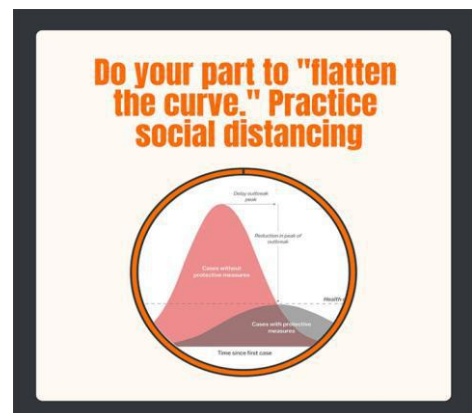
**Note on Visitor BAN :** RWA management may have to take a call on restricting deliveries & couriers til the gate to avoid too many visitors inside the apartment. In such situations we ask residents to co-operate with RWA MCs/Covid Teams and ensure they go to gate at designated times & pick up their delivery. And in general co-operate with any such logical restrictions as situation mandates. Exceptions can be discretely handled without compromising safety of the community

**FOR ANY SYMPTOMS OF ILLNESS- CONSULT THE FAMILY DOCTOR ONLINE/TELECON/WHATSAPP FIRST AND FOLLOW INSTRUCTIONS FOR SELF MEDICATION. VISIT THE CLINIC ONLY ON DOCTORS ADVICE ON PHONE.**

**THIS IS NOT THE TIME FOR "I AM SUPERMAN or NOTHING CAN HAPPEN TO ME" syndrome. ALL ARE RESPONSIBLE** for keeping the society safe and free from COVID-19. Every resident (kids, adults and elderly alike) should follow the precautions-operate with their managing committees and keep themselves safe.

## STAY DISTANT... STAY SAFE!

Refer Annexure 1 and 2 for additional reading



#### **ANNEXURE 1 : READING & VIEWING MATERIALS ON SOCIAL DISTANCING**

1. [https://en.wikipedia.org/wiki/Social\\_distancing](https://en.wikipedia.org/wiki/Social_distancing)
2. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
3. <https://www.thenewsminute.com/article/malls-pubs-theatres-shut-parties-banned-week-across-karnataka-over-covid-19-120138?amp>
4. Flattening the Outbreak Curve: <https://timesofindia.indiatimes.com/india/what-we-can-do-to-flatten-the-coronavirus-curve/articleshow/74574441.cms>
5. <https://www.usatoday.com/story/news/health/2020/03/11/coronavirus-flattening-curve-quarantine-stop-spread/5021564002/>
6. Social Distancing: <https://www.buzzfeednews.com/article/davidmack/social-distancing-coronavirus>
7. <https://www.mangalorean.com/govt-issues-karnataka-epidemic-diseases-covid-19-regulations-2020/>

#### **ANNEXURE 2 : KEEPING FAMILIES ENGAGED AT HOME**

\*Scholastic has created a free learn-from-home site with 20+ days of learning and activities.

<https://classroommagazines.scholastic.com/support/learnathome.html>

\*Pretend to travel the world..Go on a virtual tour of these 12 famous museums.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

\* Everything from preschool activities to 12th grade is here!

<https://allinonehomeschool.com/>

\*More awesome free learning websites that we like to use\*

<https://www.starfall.com/h/>

<https://www.abcya.com/>

<https://www.funbrain.com/>

<https://www.splashlearn.com/>

<https://www.storylineonline.net/>

<https://pbskids.org/>

<https://www.highlightskids.com/>

<https://kids.nationalgeographic.com/>

<https://www.coolmath4kids.com/>

<http://www.mathgametime.com/>

<https://www.uniteforliteracy.com/>

<http://www.literactive.com/Home/index.asp>

<http://www.sciencekids.co.nz/>

<https://www.switchzoo.com/>

<https://www.seussville.com/>

<https://www.turtlediary.com/>

<https://www.e-learningforkids.org/>





# BANGALORE APARTMENTS' FEDERATION

## **BrainPop**

- Curiosity Stream
- Tynker
- Outschool
- Udemy
- iReady
- Beast Academy (Math)
- Khan Academy

- Creative Bug
- Discovery Education

## **YouTube Channels:**

- Crash Course Kids
- Science Channel
- SciShow Kids
- National Geographic Kids
- Free School

- Geography Focus
- TheBrainScoop
- SciShow
- Kids Learning Tube
- Geek Gurl Diaries
- Mike Likes Science
- Science Max
- SoulPancake



[info@bafonline.org.in](mailto:info@bafonline.org.in)



[baf.org.in](http://baf.org.in)



+91 99003 95000



[fb.com/BangaloreApartmentsFederation](https://fb.com/BangaloreApartmentsFederation)



[@bafblr](https://@bafblr)