

Date: 5th June 2021

Containment Zones and Protocols for apartment complexes

BAF along with BBMP Mahadevapura team had a meeting with all RWAs on 28th May 2021. As a result of this meeting BAF, with the permission of BBMP Mahadevapura Zone has made a consolidated document by combining several advisories and orders.

(This advisory has been collated by referencing the following:
BBMP Advisory for RWA (COMM/CWR/AEISORY-RWAs/36/2021-22) dated 1-May-2021
Corrigendum - RWA Advisory dated 04-May-2021
KA Containment Plan-Covid 19 Z4 04 20.pdf dated 24-Apr-2020
Revised Guidelines for Containment & Buffer Zone.pdf
(HFW 311 ACS 2020)dated 18-Aug-2020
BAF-BBMP Mahadevapura - Online Zoom Meeting @8:30pm on28-May-2021)

PROTOCOLS AND SOP FOR RESIDENT WELFARE ASSOCIATION/HOUSING SOCITIES/RESIDENTIAL PREMISES.

1) Instructions to RWA President and Office Bearers

- No Mass gathering on the premises should be held.
- Common area floor, railings, surfaces, etc. likely to be touched by residents to be cleaned using Sodium Hypochlorite, bleaching power, or any effective disinfectant for maintaining the highest level of sanitation and hygiene.
- Care and attention need to be given to housekeeping staff and ensure to provide them with necessary soap/sanitizer / liquid soap dispenser for periodic hand washing.
- Common areas like walkways and parks used for walking or jogging can be used subject to the strict maintenance of social distancing (1 meter). These places should not get converted into socializing / meeting point defeating the purpose of preventive measures put in the place.
- Residents to be screened before entering the campus using thermal Scanner by a designated person by holding the thermal scanner 3 to 15 cm



info@bafonline.org.in



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+91 99003 95000



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away from the forehead. If the temperature is $>37.5^{\circ}\text{C}$ ($>99.5^{\circ}\text{F}$) and or with flu symptoms like cold, cough, sore throat, and headache such residents shall be isolated and referred to the nearest fever clinic / hospital for medical check-up or call Apthamitra (14410). All outsider like visitors, divers and helpers should be screened on entrypoint and handwash / sanitizers are to be provided at entry and exit.

- RWAs are advised to conduct testing camps periodically for their residents, helpers and staff to help tackle the pandemic effectively.
- The housing societies should follow segregated waste disposal with one fixed place identified and used for dumping waste in separate bins by the residents.
- Gymnasiums, Sports Facilities, Swimming pools, Recreational and club facilities are to be closed.
- No summer camp activity / outdoor activities are allowed within the premises.
- Lifts are closed spaces and a potential source of infection to others, so the RWA should ensure the following.
- Sanitization of the Lift Operating buttons by regular cleaning. People using the lift to wash hand using soap water or hand sanitizer after every usage necessarily. Not to touch eyes or nose or face after touching these surfaces without washing hands.
- In case a positive case is detected in the locality, a “Containment Plan” will be put in place for which the RWA’s co-operation would be required by the health authorities.
- Informative, Educative & Communicative materials approved by the Government shall be made available in soft copies, which can be printed and displayed on the premises to create awareness (don’t print flex banners)
- The associations or societies should not yield to any rumours creating panic and problems in the community and instead inform health



authorities for any kind of necessary action required.

- It shall be the duty of the Resident Welfare Association (RWA) / Society to ensure that all those people who have been advised home quarantine stay indoors in their homes and do not move around in the society, community spaces or in the city casually.
- Health officials will stick the Home Quarantine posters for those who are recommended to do so. Any breach of quarantine of the suspect can cause an uncontrolled spread of the infection in the entire community.
- The RWA should ensure that any suspected COVID case is reported by the resident to the health/municipal authorities and co-operate with them to take the required action of transferring the resident to the hospital/ensuring home quarantine.
- The RWA should see that no COVID positive resident is stigmatized by others in the society and there is no abuse/harassment of the affected resident. Neighbours can keep in touch with the affected resident/family through mediums like phone, WhatsApp, video call, etc.

2) Instructions to all Residents.

If any resident or his/her family members have undertaken interstate travel and are under mandatory Home Quarantine as per the latest directive and strictly follow the quarantine guidelines.

If any resident develops symptoms of Acute respiratory illness like Fever, Cough, Running Nose, difficulty in breathing, he/she should call immediately 104 helpline, further assistance for testing and arrangement for further care will be provided by Health Department at identified hospitals, the patient will be transported using Ambulance services.

Details of all persons who had close contact with the suspected case shall be shared with the health department and who have to be subjected to Home Quarantine for observation.

If any resident has COVID symptoms, he/she should self-declare



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the condition to the RWA or neighbours so that he/she doesn't get any visitor during such a period.

If a resident comes into contact with suspected/confirmed COVID patient and show certain symptoms, he/she should go for self-quarantine till the lab results are negative.

All residents should not visit or come in contact with anyone who has a recent history of having travelled back from a new area/location.

3) Taking care of Children

Kids should be discouraged from playing outside in a group.

Parents are requested to engage children with indoor creative activities.

Kids should be educated on Physical Distancing, Cough Etiquette, and Hand Hygiene to prevent the spread of illness to others in the community as well as to inculcate healthy practices in children.

Nutrition plays an important role in the development of Immunity and the ability to fight diseases because of which it is advised to provide homemade food to children's.

Engage children through online educative/ recreational modules of learning.

Parents are advised to counsel their children on the situation of COVID 19 and the importance of preventive measures so that children understand the reason behind the limits imposed on their activities.

4) Travelling

Travelling to distant places must be avoided and undertaken only if necessary and you are the best judge on this.



5) Mass Gathering

Mass Gatherings are places with high risk for the spread of infection and visiting such places poses a serious risk in spread and transmission of infectious diseases. The RWAs are advised to avoid gatherings.

Do not organize / attend birthday parties, kitty parties, social meetings, etc. and put risk on the health of your friends and family members.

6) Elderly Care

✓ Elderly People in the house (above 60 years) Patients suffering from cancer, severe diabetes people with the weak immune system should be encouraged to stay indoors and take adequate precautions like hand wash, avoiding crowded places, taking their medicines regularly and consuming nutritious food.

✓ COVID-19 presents as mild diseases in the majority of cases and it is only the spread of disease that is a matter of concern for public health. Support and co-operation from the citizens are highly necessary to reduce the transmission of the infection in the community.

Persons above 65 years of age, persons with comorbidities, pregnant women, and children below the age of 10 years are advised to stay at home and avoid any unnecessary movement/travel as much as possible.

The National Directives about Face Coverings / Physical Distancing / No spitting / No urinating in Public Places shall be followed as a matter of Social Responsibility and for Personal Safety. Your Health and Safety is our prime concern. Let us adapt to the New Norm to stay safe and strive sincerely to keep Namma Bengaluru Safe in this fight against the COVID-19 pandemic.



**PROTOCOLS AND SOP FOR RESIDENT WELFARE ASSOCIATIONS
REGARDING CONTAINMENT ZONES WITHIN /HOUSING
SOCITIES/RESIDENTIAL PREMISES.**

1. Overview:

This document is created with reference to the advisory provided by BBMP to RWA, dated 01-May-2021. Further this document elaborates specific details to bring this to purview Residents. The document has been prepared based on our understanding of the guidelines issued by the authorities as well as presentations given by BAF in various forums. The advisories and best practices provided are to help and protect the residents, and in case of any clarifications, the resident can reach out to their Management Committee.

2. Notification of Containment Zone:

Guidelines to classify Containment Zone arise when there are more than 5 covid affected members in an apartment complex. Since for larger apartment society this causes major complexity for managing, BBMP further provided leeway for Containment Zone with below Classification.

Containment Zone Area classification

- Apartment Level: If an apartment has 1 block with more than 5 cases – whole apartment classified as containment zone. If the blocks/wings/towers are adjacent or interconnected the whole Apartment will be treated as Containment Zone
- Block Level: If an apartment has more than 1 block, and if an individual block has more than 5 cases, the block is classified as containment zone. (Subjected to Point 1 conditions)
- Floor Level: If a block/Wing/Tower has less than 5 cases but apartment has more than 5 cases, specific Covid affected floor + 1 above floor + 1 below floor is classified as containment zone.
- Row Houses / Villas: If there are more than 5 cases on a street/Road the whole street is considered as Containment Zone

BBMP Authority/health inspector shall determine the containment zone area based



on their assessments of Apartment complex. The final call will be taken by BBMP/ Health Inspector based on latest guidelines and prevailing situation.

3. De-Notification of Containment Zone:

Containment Zone returns to normalcy if no new COVID-19 case is reported for at least 14 days after the last COVID-19 case was reported, and all the contacts of the confirmed case have been followed up for 14 days. These guidelines will be reviewed from time to time by BBMP based on the prevailing situation and the final assessment for de-notification will be taken by BBMP and Health Inspector.

4. Containment Zone Advisory

Apartment/Blocks/Floors/Street which fall under containment zone must strictly follow the guidelines stipulated by the Govt of Karnataka and RWA

1. Stepping Out of Apartment/floor/flat

- a. C+ flats/Quarantine flats/ Villas - must not step out of their flats till the quarantine period (for other than only medical emergencies)
 - i. Any essential deliverables/medicines will be supplied by Security/Maintenance team to their doorsteps.
- b. For non-C+/Quarantine flats, who are in containment zone, should adhere to following guidelines.
 - i. Step out between 6:00am – 10:00am for any essentials (groceries, medicines), and exercise (walking /jogging or cycling)
 1. Kids should be always accompanied by adults.
 - ii. During non-relaxed hours, residents can step out only for medical emergencies, Vaccination and collecting essentials/online deliverables near the gate.
 - iii. Pet Care- Residents having pets, can take pets for walk during relaxed time. Other hours restrain and only if situation is challenging can step out. Pls. follow the guidelines as per pet policy.

2. Services Allowed/Not Allowed during Containment

- a. Move-in/Move-out
 - i. Strictly no move-in or move-out to flats in the containment zone.
 - ii. Unless have approval from local authorities – BBMP or Police



Station

b. Vendor Services

- i. Strictly no vendor services to individual flats in containment zone
- ii. Services associated to emergency are allowed as approved by MC & Covid Task Force
 1. Plumbing, Electrical, Gas Leakages, Internet
 2. Milk Vendor & Water Supply, Gas supply
 3. any other essential services can be considered on a case by case basis by Covid Task Force and Management Committee.

c. Medical Services

- i. All Medical services (doctor visit, testing, Physiotherapy) are allowed.

d. Online services

- i. Online delivery to the gate is allowed. Residents need to collect the deliverables on the same day. Resident will be informed (only once), if they do not collect the parcel on the same day.
- ii. Parcels left overnight by resident (even after the first caution), will get disposed with garbage.

e. Maid/Helper Services

- i. During lockdown (till June 14 2021), domestic help do not have right of movement on the roads for the purpose of work. If we do a strict interpretation of lockdown rules: Domestic help is not under essential services category which means they are not a class of workers who are permitted to go for work during lockdown
- ii. For flats where resident require assistance due to medical conditions or only Sr. Citizens are staying – for them Maid/Helper & other personal Services can be allowed (Suggested to have a valid test report taken less than 72 hours to their report day) during relaxed hours of 6am to 10am .
- iii. Recommend in home stay of such maid/helpers.
- iv. There is no rule for testing domestic help every 15 days. Please do not discriminate maids and force them for repeated testing.

Note: Residents and Vendors, shall strictly follow Vendor Guidelines - C19



Precautions appropriately

3. Covid appropriate behaviour Protocol during Containment
 - a. No social gathering within premise
 - b. Residents should maintain at least 2m social distancing whenever they meet.
 - c. Mask is must for any residents stepping out of the flat
 - d. No Socializing / Partying allowed in flats.

4. Amenities Operations during Containment
 - a. No Amenities will be operated or open during Containment period includes – Swimming Pool, Badminton Court, Cricket Ground, Gym, Indoor Games in Clubhouse, Tennis Court and BB Court etc.
 - b. Cycling, walking, or Jogging - is allowed only in the relaxed hours 6:00am – 10:00am.

Request all the residents to help each other and cooperate with MC, BBMP authorities to stop the spread of COVID 19. These advisory and best practices are prepared to protect us.



Stay Home, Stay Safe, Stay Healthy

Thank You



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