

Government of Punjab
Department of Health & Family Welfare
(NHM, Punjab)

No. 3051(R)-3054(R)

Dated, Chandigarh the 21st April, 2020

To

1. Additional Chief Secretary (Home), Punjab.
2. Director General of Police, Punjab.
2. All Deputy Commissioners, Punjab.
3. All Commissioners of Police/ Senior Superintendents of Police, Punjab.

Subject : Advisory with regard to the safe celebration of the holy month of Ramadan in the wake of COVID-19 pandemic.

Sir/Madam,

Coronavirus Disease 2019 (COVID -19) is a systemic disease caused by a novel Coronavirus (SARS-CoV-2), transmitted in most instances through respiratory droplets, direct contact with cases and also through contaminated surfaces/objects. Though the virus survives on environmental surfaces for a varied period of time, it gets easily inactivated by chemical disinfectants. Thus, correct and timely information and knowledge about the coronavirus is the key to control the pandemic.

The Government of Punjab with the objective of containing the human transmission of the virus has imposed restrictions on free movement of its residents as also has banned the congregations. The celebrations of the holy month of Ramadan during this COVID-19 pandemic with restrictions in place requires careful adherence to certain preventive measures.

The Government of Punjab thus appeals to all to meticulously adhere to the following specific and general guidelines:

Specific Guidelines

1. All Masjids/Dargahs/Imambaras and other religious institutions shall remain closed and there will be a complete prohibition of congregational prayers (Nimaz-e-Bajamaat) including the Jumma and Taraweeh prayers. People are advised to offer prayers from their respective houses only.
2. All types of celebrations including Urs, public and private Iftar parties/functions, Dawat-e-Sehri and any other religious function involving assembly of devotees shall be strictly avoided.
3. Public distribution of items like Juices, Sharbat or any other cooked food items at the Masajid premises or their door to door distribution shall be strictly prohibited. Further eatery shops/Rehri shall not be allowed to be installed near the Masajid.
4. Persons with pre-existing health conditions like Diabetes, Heart ailments etc should undertake fast only after proper medical advice.
5. COVID-19 positive patients may consider religious licences in consultation with their doctors before observance of fasting, as would have been done in case of any other disease.
6. Since the days are already hot and further heat wave is expected to be intensified an appeal is made to maintain proper nutrition and hydration for those who are fasting.
7. Public address system in the Masjid should be used only for any announcements requested to be made by local authorities and, if required, for announcing the end of Sehri and start of Iftar time.
8. People should abide by the social distancing norms of maintaining 1 metre distance from any other individual at the time of purchase of groceries/other essential items etc. for the purpose of celebrating the holy month of Ramadan. People are advised to carry cloth bag to buy any items/groceries and wash it with soap and warm water after use.
9. In case anybody intends to donate any amount/groceries then necessary directions laid down by the Government should be followed.

10. The Government appeals to all the religious leaders not to hold any kind of common gatherings on the occasion and also discourage others to do the same. The religious leaders are requested to encourage and motivate their followers to meticulously follow the guidelines issued by the government from time to time.
11. The Government also appeals to all the religious leaders to appeal to their followers/disciples to download "COVA APP" developed by the Government of Punjab for keeping themselves updated with correct, timely and authentic information as also to discourage gossip/rumours with regard to COVID-19.

General Guidelines

1. Stay at home and strictly adhere to the social distancing norm of maintaining a distance of at least 1 metre from any other individual, including the relatives, friends, neighbors etc. at all times and during all days.
2. Hugging for the purpose of celebrating and greeting the other person must be avoided. Even the handshakes should be avoided.
3. Alternate means of communication and expression such as placing the hand over the heart, waving, nodding etc. may be used for the purpose of greeting each other.
4. Mobiles and other electronic media should be used to exchange greetings by the people.
5. Wear cloth mask, in case one has to go out of the house, from before leaving the house to the time when one returns to the house.
6. The cloth mask should be washed with soap and water daily after use.
7. Wash the hands with soap for at least 40 seconds by applying the soap gently on the palm and back of the hand including web spaces between the fingers and space as well as between the finger and the thumb and the wrist before leaving the house.
8. Avoid touching the surfaces unnecessarily while away from the house. Do not roam and try to be back to the house as soon as the work finishes.
9. Do not spit in open. In case of cough/sneeze, handkerchief should be used which shall then be kept back in the pocket/purse in a manner that the surface of the handkerchief shall not touch the other parts of the belongings directly.

10. In case one is not carrying the handkerchief he/she should cough/sneeze into the *flexed elbow*.

11. In either case, one should immediately handwash with soap in the manner prescribed his hands/other exposed surfaces to cough/sneeze.

12. One should refrain from touching face, mouth, nose and eyes with his hands at all times.

13. Prefer carrying a pocket-based hand sanitizer (minimum 70% ethyl alcohol v/v) while away from the house and use it immediately before and after touching any surface. Use a minimum of 3ml of the sanitizer (approximately 2 pushes of sanitizer dispenser) on DRY HANDS for at least 30 seconds for good hygienic hand disinfection.

14. Sanitize the hands even if they appear the hands appear to be apparently clean.

Let's all pray to the Almighty during the holy month of Ramadan for the safety and wellbeing of the mankind.



**Secretary Health &
Mission Director, NHM, Punjab**

No. 3055(R) - 3056(R)

Dated, Chandigarh the 21st April, 2020

1. A copy is forwarded to OSD to Chief Secretary, Punjab for the kind information of Worthy Chief Secretary please.
2. A copy is forwarded to PS to PSHFW, Punjab for the kind information of Principal Secretary, Health & Family Welfare.




**Secretary Health &
Mission Director, NHM, Punjab**

No. 3057(R)

Dated, Chandigarh the 21st April, 2020

Copy forwarded to :

1. All Civil Surgeons, Punjab for necessary action please.



**State Programme Officers (IEC)
NHM, Punjab**