



# GOOD HEALTH MATTERS

## Content

### Page1

#### The "NEW NORMAL" POST LOCKDOWN

- Moving from Physical to Digital
- Work From Home
- Handwashing
- Following social distancing seriously

### Page2

- Wearing Face Mask
- Clean & disinfect surfaces and your fresh produce.
- Avoid gathering in groups and social events
- Stop eating or drinking in public places
- Limit your travel or travel with more precaution
- Self-quarantine if sick



## The "NEW NORMAL" POST LOCKDOWN

In the era of globalization and interconnectivity, the disruption, discontinuity and upheaval due to COVID-19 have impacted all our lives and continues to push us towards a 'NEW NORMAL'. The World Health Organization has warned that coronavirus "may never go away" as its experts predicted. Therefore it is important for all of us to learn to navigate the NEW NORMAL (temperature checks, space rearrangements, mask requirements, regular disinfection.) Below mentioned are some of the "New Normals" for safe and healthy sailing during COVID-19 pandemic.



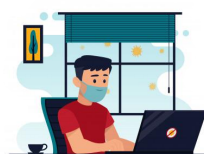
### Moving from Physical to Digital



As **COVID-19** impacts every aspect of our work and life, we have seen 2 years' worth of digital transformation in 2 months. On one end the irreversible shifts in habits and behavior like social distancing, self-isolation, clean hands and face masks are time-tested and low-tech ways to help mitigate the viral spread. On the other end, rapid diagnostic tests, mobile-first telehealth and computational simulation systems for drug development are complex use-cases of tech that have strengthened our pandemic response. Additionally we are telecommuting to our friends, spending time with friends and family on video calls as well, in order to not completely isolate. Ordering on demand food and services and virtual events are more likely taking place.

### Work From Home

WFH (Work From Home) is no longer something only used by start-up even mainstream industry has embraced



the concept as it was forced to find a new normal for millions of employees across the spectrum. Many people in industries - that formerly prohibited it - are now working from home (WFH). From bankers, aerospace engineers, to almost every teacher - work-life has changed for most of us. We have shifted to e-learning to ensure social distancing norms.

### Handwashing

Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose,



coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol. Avoid touching your eyes, nose and mouth with unwashed hands.

### Following social distancing



If you are carrying the SARS-CoV-2 virus, it will be found in high amounts in your spit (sputum). This can happen even if you do not have symptoms. Social distancing means staying home and working remotely when possible. If you must go out for necessities, keep a distance of 6 feet from other people.

## Avoid gathering in groups and social events

Being in a group or gathering makes it more likely that you will be in close contact with someone. This includes avoiding all religious places of worship, marriages, public events as you may have to sit or stand too close to another congregant. It also includes congregating at parks or beaches.

### Wearing Face Mask



Some parents don't have the option of a separate space, but for those who do a designated spot to spend your working day can help boost productivity and focus. Clear a space in your house and make it the dedicated office/school work area, ideally somewhere you can shut the door on, doing so can make the transition from work or school time to home time much easier and ensure that your house "still feels like a home that you can relax in."

### Clean & disinfect surfaces and your fresh produce.



Use alcohol-based disinfectants to clean hard surfaces in your home like countertops, door handles, furniture, and toys. Also clean your phone, laptop, and anything else you use regularly several times a day. Disinfect areas after you bring groceries or packages into your [home](#). Use white vinegar or hydrogen peroxide solutions for general cleaning in between disinfecting surfaces. Soak all raw, whole fruits and vegetables in a solution of food-grade [hydrogen peroxide](#) or white [vinegar](#). Let dry before putting them away in your fridge and cupboards. You can also use vegetable antibacterial wash to clean produce. Wash your hands before and after handling fresh produce.

### Stop eating or drinking in public places

Now is not the time to go out to eat. This means avoiding restaurants, coffee shops, bars, and

other eateries. The virus can be transmitted through food, utensils, dishes, and cups. It may also be airborne from other people in the venue. You can still get delivery or takeaway food. Choose foods that are thoroughly cooked and can be reheated.

### Limit your travel or travel with more precaution

We need to follow new protocols for check-in at train stations and airports involving digital technology; hand sanitizer stations at frequent points including where luggage is stored; contactless payment instead of cash; using stairs more often than lifts where the 2 meter rule can be harder to maintain. Travelers at airports will find themselves tested before they fly and upon arrival at their destination airport. They can expect to see social distancing measures at the airport and during boarding, as well as wearing masks while onboard. Aircraft will also be subject to intensive cleansing regimes. These measures will be combined with contact-tracing, via mobile app, that will allow flights to leave airports COVID-19-free.

### Self-quarantine if sick



Call your doctor if you have any symptoms. Stay home until you recover. Avoid sitting, sleeping, or eating with your loved ones even if you live in the same home. Wear a mask and wash your hands as much as possible. If you need urgent medical care, wear a mask and let them know you may have COVID-19.

#### Disclaimer

We believe the sources we have used to compile this document are reliable but we do not warrant the correctness or completeness of any information contained in this document. No statement in this document is intended as advice to any person. This document is for information purpose only. The information given in this document is general in nature. Before acting on any advice, news or statement contained in this document you should obtain appropriate medical advice. This newsletter is a free email service and does not contain any advertisement, promotional material or content having any specific commercial value.

Know that there is an Energy that is always there for you, caring for you & guiding you.  
With this faith, a happiness & strength comes in you which no one can take away. —  
Sri Sri Ravi Shankar



Wonders of Wellness