

**GOVERNMENT OF NAGALAND  
DIRECTORATE OF HEALTH AND FAMILY WELFARE  
NAGALAND :: KOHIMA**

No: DHFW/COVID-19/2019-20/

Dated Kohima the ..... March 2020

**PUBLIC NOTICE**

In exercise of the powers conferred by the Nagaland Epidemic Disease (COVID-19) Regulations, 2020 under the Epidemic Disease Act 1897, the under mentioned Authorized Authority hereby issue the following advisories in the interest of public service:

1. Every citizen of the State are advised to watch for development of acute onset of following signs and symptoms:- **Fever, Cough and Shortness of breath or Difficulty in breathing with (a). Travel history to affected areas or (b). History of Contact with positive COVID-19 cases.**

If any of the said signs/ symptoms are observed, visit the nearest health facility for further advice and treatment or call Helpline (011-23978046 / 9856071745 / 7005539653) or Toll Free (1075 / 102) and respective **District Helpline Numbers** or Email: [nlssu.idsp@nic.in](mailto:nlssu.idsp@nic.in).

Any persons with such symptoms/ signs shall follow the under mentioned Safe Practices:

- a. Stay at Home and maintain Social Distancing.
  - b. Use Mask at all times.
  - c. Practice Hand Hygiene by frequently washing with soap and water.
  - d. Practice Respiratory Hygiene by using handkerchief while coughing & sneezing and avoid random spitting.
  - e. All contaminated items such as used masks, tissue papers etc should be disposed off safely.
  - f. Adopt healthy lifestyle- proper diet, adequate sleep, exercise and avoid social physical contact instead use electronic means to contact other family and friends as well as avoid smoking, consumption of alcohol and other addictive substances.
  - g. Maintain cleanliness at Home including disinfection of frequently Touched Surfaces and Toilets with standard disinfectants/ detergents.
  - h. Extend full cooperation to Health Personnel and Authorities.
2. Senior citizens (60+ years), children and persons with underlying conditions like Hypertension, Diabetes, Respiratory Diseases, Pregnant Women, Heart & Kidney Diseases, Immunocompromised Patients or those Patients under steroids and immunosuppressants medications are advised to remain at home and avoid crowded areas or places.
  3. Avoid spreading rumors, stay calm and do not panic.
  4. Avoid non-essential travels, crowded places, social gatherings etc.



5. Avoid social visits to hospitals and patients. Furthermore, the public are advised not to go to hospitals except for emergencies.
6. Avoid congestion in public places, offices, hospitals and maintain social distancing etc.
7. Avoid random spitting at home and public places.
8. Do not stigmatize and discriminate suspected COVID-19 case. Support each other, support your neighbours.
9. If you are healthy, No need to wear mask.
10. **No Test for COVID-19 will be done on Demand except for those fulfilling the Case Definition issued by Government from time to time. Suspected persons will be kept in Mandatory Designated Quarantine place(s) till the test results are available.**

Let every citizen pledge to abide by the above advisories.

**“Together We Can- Nagaland Against COVID-19”.**

**(DR. VIZOLIE Z SUOKHRIE)**

Principal Director  
Directorate of Health & Family Welfare  
Nagaland::Kohima

Dated Kohima the 21<sup>st</sup> March 2020

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Copy To:

1. The Commissioner & Secretary to Governor of Nagaland, Kohima for kind information.
2. The Addl Chief Secretary to Chief Minister, Nagaland, Kohima for kind information.
3. The Sr. P.S to Deputy Chief Minister, Nagaland, Kohima for kind information.
4. The Sr. P.S to Minister Health & Family Welfare, Nagaland, Kohima for kind information.
5. The Sr. P.S to all Ministers/ Advisors, Nagaland, Kohima for kind information.
6. The Deputy Secretary to Chief Secretary, Nagaland, Kohima for kind information.
7. All AHoD/ HoD to the Government of Nagaland, Kohima for kind information.
8. **The Director, IPR Department for wide publicity through various media.**
9. **All Deputy Commissioners/ Additional Deputy Commissioners/ Chief Medical Officers in Nagaland for information and necessary action including public announcement**
10. All Faith Based Organizations/ Civil Societies for kind information and wide publicity.
11. Guard file/ Office copy.

**(DR. VIZOLIE Z SUOKHRIE)**

Principal Director  
Directorate of Health & Family Welfare  
Nagaland::Kohima