



COVID-19

FESTIVE SEASON ADVISORY

FOLLOW THE 3 W'S

- Wear your mask properly
- Wash your hands regularly
- Watch your distance

AVOID THE 3C'S

- Crowded places
- Closed or enclosed spaces
- Close contact settings.



Department of Health and Family Welfare
Integrated Disease Surveillance Programme
Kohima: Nagaland





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SOCIAL & RELIGIOUS GATHERINGS

SMALL GATHERINGS ADVISED

Limit number of guest to half the sitting capacity or max limit of 100 people (whichever is less).

AVOID LARGE GATHERINGS

DEVOTIONAL SERVICES

Staggered attendance to minimize crowding.

Physical distancing of 6 ft at all times.

Limit number of choir members with proper physical distancing.

VIRTUAL CHRISTMAS CAROLS ARE ENCOURAGED.

FOLLOW PREVENTIVE MEASURES AT ALL TIMES

Attendees to wear face masks and use hand sanitizers regularly.

Attendees to avoid close contact and maintain physical distance.

TAKE AWAY PACKAGES

Avoid buffet system.

AVOID FEASTS AS FAR AS POSSIBLE.



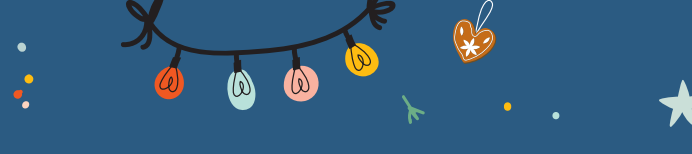
CONFERENCES, JUBILEES ETC.

Postpone large celebrations during this high-risk period.

COMMERCIAL EVENTS

Parties & commercial events to be strictly avoided during this high-risk period.





COVID-19 ADVISORY

THIS CHRISTMAS SOCIALISE RESPONSIBLY

★ HAVE A FAMILY CENTRIC SAFE CHRISTMAS



Celebrate with the people you live with or within the same household.

Do not entertain guests when there are high risk people in your household.

Refrain from visiting other households.



Older people above 60 yrs and those with underlying conditions like diabetes, hypertension, chronic kidney or liver diseases, immunocompromised conditions etc. should stay at home.



LET'S CELEBRATE
safely



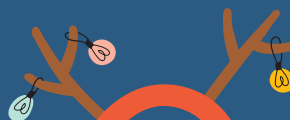
CREATE YOUR SOCIAL BUBBLE

Have a small defined group of people that agree to limit close social contacts to only those within the bubble, follow the 3Ws and avoid the 3Cs.

Pick one or two other families. Ideally, keep your overall pod size to 10 people or fewer.



THE LARGER YOUR BUBBLE, THE HIGHER YOUR RISKS



**DON'T
BE A
SUPER
SPREADER**

In Nagaland, the maximum confirmed cases are between the age of 20-40 years.

Even if young people do not develop complications, they can become super-spreaders endangering the community particularly the elderly and people with co-morbidities.



THE MORE PEOPLE YOU INTERACT WITH AT A GATHERING
AND THE LONGER THAT INTERACTION LASTS, THE HIGHER
THE POTENTIAL RISK OF GETTING COVID-19.

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GOT SYMPTOMS?

SELF ISOLATE &
SEEK MEDICAL HELP IMMEDIATELY

NAGALAND
more than **30%** of
COVID-19 DEATHS
have happened **WITHIN 48HRS**
of admission to a hospital
signifying late arrival to hospitals
with advanced COVID-19 disease.



Treatment of COVID-19 disease is limited but **early reporting** of your symptoms, testing, monitoring and timely critical interventions are vital to survival.

In Nagaland over 90% of the positive cases have recovered. However, COVID-19 is not to be taken lightly. If you have any symptoms or have tested positive you should seek timely healthcare.

NAGALAND COVID-19 HELPLINE: 1800 345 0019

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ORGANISERS & BUSINESS OWNERS

ENSURE SAFETY

Business establishments, Churches & Social Event Organizers to ensure hand washing or sanitizers stations are placed at strategic points

Sporting events to be arranged **only if crowd control is possible**. Spectators should not be encouraged generally.

Indoor sports events without safety precautions to be avoided.

STREET FOOD STALLS

Crowding around street food stalls to be avoided.

Vendors/ servers to properly wear masks at all times and provide handwashing/sanitizer facility.

FOOD IS TO BE SERVED IN TAKE-AWAY PACKAGES.



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FESTIVE SEASON TRAVEL



AVOID TRAVELLING FOR SOCIAL EVENTS

Travelling to towns to villages to attend social events should be avoided.

ASSESS RISKS BEFORE YOU TRAVEL

If you're traveling to visit family this year for Christmas, assess the risks and benefits (such as your family members' age and health conditions).

QUARANTINE YOURSELF



Avoid contact with people outside of your household for two weeks before you're set to travel.

FOLLOW SAFETY PRECAUTIONS WHILE TRAVELLING

In case of emergency travel, ensure maximum safety precautions during the journey and during the course of stay at the destination.

EAT BEFORE YOU TRAVEL



If taking public transportation or flying, eat something before boarding, to avoid taking your mask off during the journey.

GET A COVID TEST

To put friends and family at ease, get a Covid test so you can be sure you won't be putting anyone at risk.

WARNING: DO NOT TRAVEL IF YOU HAVE ANY COVID-19 SYMPTOMS

DO NOT FORGET: extra face masks • hand sanitiser • packed food/water