

COVID-19 Easing the Lockdowns – SOPs Violation and its Solution

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Almost 2 months long country-wide lockdown has been eased for various businesses on condition of strictly following SOPs. These businesses include, but are not limited to, groceries, garments, construction industry, marbles, steel industry, etc.

We must understand the situation here, in the last 24 hours; there was a record number of deaths i.e. 57+. This may be because people are taking it very lightly and not taking enough precautionary measures or following the SOPs even at a minimum level. We want to introduce the minimum level of these SOPs, so that if someone isn't able to follow them completely then he should at least follow the minimum level to avoid any further spread of this disease.

It should be kept in mind that this is a highly contagious disease and its human to human transmission rate is very high and that is the only reason the entire World is under lockdown. The most worrying part about this virus is that if a person is infected, the symptoms may or may not appear within 14 days but that person can transmit the virus in these 14 days without even knowing about his disease.

GENERAL PRECAUTIONS FOR EVERYONE

1. Go outside only for essential work with the least number of people.
2. Don't go outside if you are weak, sick, or older than 60.
3. Do not take children with you.
4. Wear masks if you are in a public gathering.
5. Make sure to keep Social Distancing – Don't shake hands, hug, etc.
6. Make a habit of not touching the nose, mouth, or eyes in any case.
7. Avoid going to crowded places with poor air ventilation.
8. Avoid touching unnecessary items as much as you can.
9. After coming from outdoors, make sure to wash face and hands or make ablution as soon as possible.
10. Make sure to recite protection supplications regularly.

LIMITATIONS OF SANITIZERS

Using Hand sanitizers was opted in the above mentioned SOPs due to some limitations of hand sanitizers which are as follows:

- If your hands are dirty, e.g. with dirt, oil, etc., then hand sanitizers may not work at all.
- By using sanitizer, we think our hands are hygienically cleansed and we are free to touch our nose and mouth. This is not a healthy practice because as soon as you touch another surface your hands are once again contaminated.
- Sanitizers could prove to be harmful to the skin if used for a long duration of time.

The point is, under no circumstances should we touch our nose, mouth, and eyes until we are certain of our hands being washed and clean.

PRECAUTIONS FOR THE SHOP KEEPERS & PUBLIC OFFICES

- Keep good ventilation of your place.
- Make sure that everyone in your shop or office is wearing a mask.
- Take good care of Social Distancing.
- Ask customers to buy or get their work done ASAP.
- All personnel should not touch the nose, mouth, or eyes at any cost.
- Make ablution much often – after every hour or so, if possible.
- Display your contact numbers details outside your shop to schedule customers to avoid congestion.
- Make sure to recite protection supplications regularly.

We must try to follow all of these safety measures and if not all, follow at least 2 most important measures i.e. not to touch your face, mouth, nose, eyes, and make wearing a mask compulsory for yourself.

If we won't act upon these safety measures, then the person who has been infected will also take an example out of it and gradually he will also stop using masks and taking other steps. He will be then spreading the disease unintentionally and unwantedly. So we must show awareness as a nation and taking precautions seriously and wear masks at all times while going out.

The people who are well-off and can afford, should buy these masks and give them to the shopkeepers and other people who find buying masks, on a regular basis, hard on their pocket.

These precautions and safety measures have been written down in the form of cards, brochures and standees and distributed among the shops, offices, mosques nearby. These instructions are available on our website and you are also requested to print these brochures to distribute them in nearby areas to spread awareness.

Lastly, it is worth mentioning here that the SOPs made by the government are the best if followed, otherwise one should at least try to follow the minimum level of SOPs that we have published on our website.

We should consider this as a good deed to spread awareness and guide others to teach them the SOPs. The people who can effectively guide and teach others regarding this are as follows,

- Corona Relief Tiger Forces (CRTF).
- Polio Workers should spread awareness among people as they do for polio vaccinations.
- Tableeghi Jamat workers should guide people as they do for their religious duties.
- Religious scholars and ulema should guide people after every prayer and on Jumma sermon.

We are also registering volunteers for this task and comprising a team to spread awareness in nearby areas. If you also want to be part of our volunteer team then register on our website www.helpinghand.pk

Let us join our hands to save our homes, towns, cities, and country and play our part in being responsible citizens.

The contribution of every single person is important to remain save from the Coronavirus pandemic, for that it is highly recommended that you watch the complete video at youtu.be/IJN3CGK3YXM