

 **Circular on Social Distancing – Need of the hour**

Further to the last advisory sent out by us on COVID- 19 by Age Ventures India, this document aims to support residents health preparedness planning and response activities based upon social distancing measures aimed at minimizing the spread of COVID-19.

The COVID-19 outbreak is an emerging, rapidly evolving situation for which social distancing measures may be justified and implemented as a core component. COVID-19 has become a global concern with World Health Organization declaring it a global health emergency.

So as to prevent and contain the spread of COVID 19, residents are requested not to conduct any meetings or any gathering which has more than 2 people. It advises on social distancing measures we should all be taking to reduce social interaction between people in order to reduce the transmission of corona virus (COVID-19).

***Social distancing measures are steps you can take to reduce social interaction between people. This will help reduce the transmission of corona virus (COVID-19).***

***They are to:***

1. *Avoid contact with someone who is displaying symptoms of corona virus (COVID-19). These symptoms include high temperature and/or new and continuous cough*
2. *Avoid non-essential use of public transport when possible*
3. *Work from home, where possible.*
4. *Avoid large and small gatherings in public spaces, noting that pubs, restaurants, leisure centres and similar venues are currently shut as infections spread easily in closed spaces where people gather together.*
5. *Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media*
6. *Use telephone or online services to contact your GP or other essential services*

*Everyone should be trying to follow these measures as much as is practicable.*

***AVI strongly advise you to follow the above measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible***

***Wishing Best of your health***

***TEAM AVI***