



BRUHAT BENGALURU MAHANAGARA PALIKE

Special Commissioner(Health)office, BBMP, NR Square, Bangalore-560 002

No : Spl.Com(H)/PR/P-1366 /2022-23

Dated: 23-12-2022

Covid-19 Advisory

Sub: Advisory / Guidelines to General Public

Ref: Commissioner, Health & Family Welfare Services, letter

No:NVBDCP/EST-7Z/Covid19/2020-21 Dated:22-12-2022.

Presently, the Covid-19 situation in the State is well under control. However, in the light of emerging Covid-19 situation in few countries and the upcoming festive season of Christmas and New Year caution needs to be exercised. Govt. of India has recently issued guidelines and Hon'ble Chief Minister and Hon'ble Health Minister have also reviewed the emerging Covid-19 scenario in the State.

In view of this, the following advisory / guidelines are issued to the citizens of Bengaluru.

- It is strongly advised to wear face mask in all indoor areas and closed places like pubs, bars and restaurants, cinema halls, buses, flights, trains including metros, shopping malls, offices, etc. (extra care to be taken by the elderly and those with comorbidities)
- All eligible are advised to take the precautionary dose of vaccination at the earliest.
- All symptomatics need to self-isolate and get tested immediately and based on the results, abide by the standard protocol.
- To maintain good physical and mental health, moderate physical exercise, breathing exercise and meditation may be practiced.

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Further the event organizers are expected to follow the below mentioned guidelines.

- As far as possible the social activities / events shall be kept outdoor or in well ventilated areas and preferably avoiding exposure to chill and cold in the early mornings and late evenings.
- It is also advised to ensure face masking for indoor events and ensure maintenance of the basic social distancing norms in such gatherings.
- Congregation of large number of people, more so in indoor areas needs to be strictly avoided.

The Zonal Health Officers, Medical Officers Health, need to ensure that the above mentioned guidelines are properly communicated to General Public / event organizers for compliance, in order to sustain the gains achieved so far in Covid-19 prevention and control.

K. J. H. H. H.
Special Commissioner(Health)

Bruhat Bengaluru Mahanagara Palike

Copy To:

1. Hon'ble Commissioner, BBMP for kind information.
2. All Zonal Commissioners, BBMP for kind information and action.
3. Chief Health Officer(PH / CH), BBMP for kind information and action.
4. All Zonal Health Officers, BBMP for kind information and action.
5. All Medical Officers of Health, BBMP for kind information and action.
6. Office copy.