



Govt of Assam
Assam State Disaster Management Authority
Dispur, Guwahati-781006

ASDMA.20/2020/pt./187

Dated: 20-05-2020

REVISED ADVISORY FOR ENGAGEMENT OF DOMESTIC HELP

(Do's and Don'ts for domestic help to prevent the risk of COVID-19 infection)

1. Teach your house help/ domestic help about COVID 19: What the virus is, how it spreads and the precaution to be taken.
2. Check for orders from local authorities- Police station/ D.C office/Circle Office, if your house is located in Containment zone. In containment zones the household may not be able to engage domestic help or if domestic help stays in containment zone, he/she may not be allowed to work. But even if you don't take their services during this period, it is advised that their wage should not be deducted for this period.
3. He/she should sanitise properly before entering the house. Keep soap and water handy at the entrance.
4. He/she should wear face mask at all times.
5. Ask him/her to wash their hand / sanitise every time you send them out for essential items.
6. When they are sent to buy essential items they should wear proper masks, plastic washable slippers, and a sanitizer (to use in case if she/he touches anything suspicious in the market/shop.
7. Instruct the house help to maintain a safe physical distance of 6 feet from others.
8. Try to keep away the material from your body when carrying from market. It is better to have a plastic basket/bucket with you when going to the market. Put the material in bucket and carry it to your home.
9. Tender exact money for the products purchased. In case you pay more and remaining is returned by the shop keeper, currency notes/coins given by shopkeepers/vendors.
10. If you have a full-time house help, ask him/her to wash her/his hand thoroughly and frequently with soap and running water throughout the day.
11. Maintain physical distancing (6 feet) with domestic help. Don't stay close to him/her at the time for giving instructions.
12. If he/she shows any symptom(s) of COVID-19, s/he should be asked to isolate/home quarantine.
13. If he/she shows any symptom of COVID-19, s/he should be taken for testing and medical check-up immediately. Provide him/her with necessary support for getting medical help immediately.
14. He/she should be advised to refrain from consumption of Betel-nut, Gutkha, Tobacco, Alcoholic beverages or any other such intoxicating substances.
15. He/she should be advised to wash hands with soap and water or sanitize hands with sanitizer before coming in contact with elderly persons or children at home.
16. He/she shall ensure personal hygiene at all times
17. If he/she is suffering from other chronic illness should be taken to nearest health centre for treatment and allowed to take rest.