* **GENERAL INSTRUCTION FOR DARBAR SAHIB**

***STAY SAFE AND HEALTHY***

1. **Hand Hygiene**

* Hands should be washed thoroughly with soap and water using hand-washing technique at least for 20seconds before entering to Darbar Sahib or after touching any surface or performing any activity.

1. **Follow Cough Etiquettes**

* Take appropriate action as flexed elbow or cover your mouth, nose with disposable tissues or cloth while coughing or sneezing. Disposable tissues should be disposed off immediately.
* Avoid touching yours eyes, nose and mouth with unwashed hands.

1. **Social Distance**

* Maintain adequate Social distance of1- 2meter while sitting or dealing with others in Darbar Sahib.

1. **Miscellaneous**

* The mat or sheet, which is placed under Golak, should be replaced twicw a daily. All other sheets, which are placed in Darbar Sahib, should be washed once in a week and keep outside in sunlight .
* Head covering clothes which are kept outside at the entry of Darbar Sahib should be washed on daily basis and used head covering should be kept in separate bin.
* All mikes & speakers (Sound System) should cover with cloth and change after each session (Periodic Basis).
* All Golaks and steel railing should be disinfected with disinfectant twice a day.
* Use a scoop or serving spoon, cover mouth and wear gloves while serving Parshaad.
* Bowl containing Parshaad should be cleaned daily and kept under sunlight.
* Avoid sharing any items used for personal purpose.
* Clean all handles and door knobs daily with disinfectant ( sodium hypochlorite)
* Mopping of floor twice a day around the darbar sahib.

(***Initiative taken by Akal College of Nursing and Akal Charitable Hospital Baru Sahib)***

* **GENERAL INSTRUCTION FOR LANGER HALL**

***STAY SAFE AND HEALTHY***

1. **Hand Hygiene**

* Hands should be washed thoroughly with soap and water using hand-washing technique for at least 20 seconds before and after eating food in Langar Hall
* Sevadars should wash their hands thoroughly with soap and water using hand-washing technique for at least 20 seconds after touching any surface or performing any activity such as before and after serving food.

1. **Follow Cough Etiquettes**

* Take appropriate action as flexed elbow or cover your mouth, nose with disposable tissues while coughing or sneezing.
* Disposable tissues should be used in coughing/blowing nose, sneezing and disposed off immediately.
* Avoid touching yours eyes, nose and mouth with unwashed hands.

1. **Social Distance**

* Maintain adequate Social distance of 2meter while sitting in Langar Hall.

1. **Miscellaneous**

* Maintain adequate Environmental and personal hygiene while performing Langar and Parshaad Seva and clean cloths to be worn by food handling daily
* Disinfect Langar Hall and serving areas after each meal , more if needed.
* Use a scoop or serving spoon and wear gloves to serve Langar.
* Always cover the food properly preferably with steel lid.
* Wash utensils under running water, rinse in potassium permanganate Avoid washing in stored water.
* Avoid sharing any items used for personal purpose.
* Ensure are utensils and their racks should be cleaned with hot water and kept under sunlight once a day.
* Mats used for sitting in Langar Hall should be washed every week and exposed to sunlight daily
* Disinfect the langar hall with disinfectant sodium hypochlorite by Mopping
* Clean all handles, door knobs, chairs and frequently touched surfaces with disinfectant.

***(Initiative taken by Akal College of Nursing and Akal Charitable hospital Baru Sahib)***

* **GENERAL INSTRUCTION FOR RESIDENTIAL AREA**

***STAY SAFE AND HEALTHY***

1. **Hand Hygiene**

* Hands should be washed thoroughly with soap and water using hand-washing technique at least 20 Seconds after every 40-60mins.

1. **Follow Cough Etiquettes**

* Take appropriate action as flexed elbow or cover your mouth, nose with disposable tissues while coughing or sneezing.
* Disposable tissues should be used in coughing/blowing nose, sneezing and disposed off immediately.
* Avoid touching yours eyes, nose and mouth with unwashed hands.

1. **Social Distance**

* Maintain adequate Social distance of 2 meter while sitting or dealing with others in Hostel, Darbar Sahib and College.

1. **Seek Medical Advice**

* If someone suffering from any minor symptoms such as cough, cold, Sore throat, Fever etc, please visit for doctor advice.

1. **Miscellaneous**

* Adequate spacing (Min. 1meter) should be maintained between the beds in Hostel Rooms.
* Adequate maintenance of Environmental hygiene such as cleaning of Bathroom and Toilet areas twice a day.
* Under cloths to be washed daily and dried in sun light .
* All washing areas to have soap and running water .
* Wash handing labels should be displayed at all areas.
* Avoid sharing any items used for personal purpose. Clean used instruments regularly.
* Washed and Wet clothes along with stands should be kept outside in Sunlight on daily basis.
* Maintain social distance of 1-2 meter for prayer in Darbar Sahib and for eating food in Langar Hall.
* Use a scoop or serving spoon and wear gloves to serve Langar.
* Always cover the food properly to prevent from contamination.
* Wash utensils under running water. Avoid washing in stored water.
* Clean all handles, door knobs, chairs, common telephone used by all for conversation and frequently touched surfaces with disinfectant.

***(Initiative taken by Akal College of Nursing , Baru Sahib)***

* **GENERAL INSTRUCTION FOR A-BLOCK(BOYS)**

***STAY SAFE AND HEALTHY***

1. **Hand Hygiene**

* Hands should be washed thoroughly with soap and water using hand-washing technique at least 20 Seconds after every 40-60mins.

1. **Follow Cough Etiquettes**

* Take appropriate action as flexed elbow or cover your mouth, nose with disposable tissues while coughing or sneezing.
* Disposable tissues should be used in coughing/blowing nose, sneezing and disposed off immediately.
* Avoid touching yours eyes, nose and mouth with unwashed hands.

1. **Social distance**

* Maintain adequate Social distance of 2 meter while sitting or dealing with others in Hostel, Darbar Sahib and School.

1. **Seek Medical Advice**

* If someone suffering from any minor symptoms such as cough, cold, Sore throat, Fever etc, please visit for doctor advice.

1. **Miscellaneous**

* Adequate spacing (Min.1 meter) should be maintained between the beds in Hostel Rooms.
* Adequate maintenance of Environmental hygiene such as cleaning of Bathroom and Toilet areas on regular basis.
* Avoid sharing any items used for personal purpose. Clean used instruments regularly.
* Washed and Wet clothes should be kept outside in Sunlight daily.
* In Langar Hall, maintain social distance of 2 meter while sitting for prayer in Darbar Sahib and for eating food in Langar Hall.
* Wash utensils under running water. Avoid washing in stored water.
* Clean all handles, door knobs, chairs, common telephone used by all for conversation and frequently touched surfaces with disinfectant.

***(Initiative taken by Akal College of Nursing , Baru Sahib)***