

# Celebrate ONAM, Stay away from COVID!

## Tips for Celebrating ONAM safely

Theme	What precautions shall I take?	Why Shall I do these?
Onam Shopping	<ul style="list-style-type: none"><li>• Go for shopping with a proper plan.</li><li>• Get everything you want at a single go.</li><li>• Go to the nearest place for shopping.</li><li>• Elderly above 60 years, children &lt;10 years, people with vulnerability- stay away from shopping.</li><li>• Minimise time spent inside shopping malls/ supermarkets</li><li>• Always wear Masks</li><li>• Maintain 2-meter distance from everybody while out.</li><li>• Observe queue to avoid overcrowding</li><li>• Sanitise your hands every 30 minutes while being outside and after touching frequently touched surfaces like door knobs, switch, hand rails etc.</li><li>• Minimise time spent indoor in public places</li><li>• Minimise (reduce the number of visits and time spent) visiting public places and using public toilets.</li><li>• Wash with soap and water if the hands are visibly dirty</li><li>• Avoid spitting in public places</li><li>• Prefer cash less transactions</li><li>• Take your own shopping bags</li></ul>	<ul style="list-style-type: none"><li>• If you plan properly, it will help you to complete your shopping timely and reduces your chance of getting COVID</li><li>• Your chance of getting disease depends on number of people inside the shop per square area, amount of time you spent inside the shop, how closely you interact with people and what all precautions you took.</li><li>• Lesser time you spend inside a shop, lesser chance that you get COVID</li><li>• Smaller the number of people inside the shop per sq. km area, lesser the chance of you getting COVID</li><li>• You may become a high-risk primary contact and may need to go to quarantine for 14 days if you come within 1-meter distance of a person</li></ul>

	<ul style="list-style-type: none"> <li>• Carry extra masks and hand sanitizers along with you.</li> <li>• After visiting shops/malls etc remove your clothes after coming back home and wash them</li> <li>• If you have symptoms like fever, cough, sore throat, diarrhoea, loss of smell/taste call DISHA for further guidance; do not go out for shopping</li> </ul>	<p>who turns out to be COVID later. So better physically stay away from other people.</p> <ul style="list-style-type: none"> <li>• Washing hands and using face mask minimises your risk of getting COVID</li> </ul>
ONAM Visits to friends and relatives	<ul style="list-style-type: none"> <li>• Better avoid too many visits during ONAM</li> <li>• Restrict your physical interaction only with one family whom you trust most.</li> <li>• Never visit / permit visits of more than one family during ONAM days</li> </ul>	<ul style="list-style-type: none"> <li>• Too many people coming together can aggravate spreading of COVID. Restrict physical interaction with only one trusted family- who can be your neighbour/relative/ friends.</li> </ul>
Stay Connected Online	<ul style="list-style-type: none"> <li>• Connect with all your friends and family using online platforms especially elderly and celebrate ONAM.</li> </ul>	<ul style="list-style-type: none"> <li>• This will help to alleviate psychosocial stress especially for elderly</li> </ul>
Plan Pookkalam within house premises.	<ul style="list-style-type: none"> <li>• Plan your pookkalam within your house compound. You can involve your trusted family in the neighbourhood, but not more than one family.</li> <li>• Ensure physical distancing, wear masks and practice hand hygiene, take turns in doing the flower arrangements.</li> <li>• Share the photos of the flower arrangements with friends and family online</li> <li>• Institutional festivities are not permitted</li> </ul>	<ul style="list-style-type: none"> <li>• Congregations and social interactions can increase transmission.</li> </ul>

<p>Avoid Melas, Exhibitions, Processions</p>	<ul style="list-style-type: none"> <li>• Avoid melas and exhibitions</li> <li>• (They are not to be conducted as per the government order)</li> <li>• Avoid processions</li> </ul>	<ul style="list-style-type: none"> <li>• Melas and exhibitions have too much crowds that could facilitate transmission.</li> </ul>
<p>Have Onam games with your trusted neighbour / family</p>	<ul style="list-style-type: none"> <li>• Avoid Onam sports and games where too much people participate.</li> <li>• Restrict your physical interaction with one family whom you trust most.</li> <li>• Institutional festivities are not permitted (eg: resident's association festivities)</li> </ul>	<ul style="list-style-type: none"> <li>• Sports and games with too much participants increases chances of transmission.</li> </ul>
<p>Sing &amp; Dance in Social Media</p>	<ul style="list-style-type: none"> <li>• Record your onam song or dance and share to your close relatives and friends</li> <li>• Plan celebrations through online platform</li> </ul>	<ul style="list-style-type: none"> <li>• Lesser chance of close contact</li> </ul>
<p>Enjoy movie at home/ online platforms</p>	<ul style="list-style-type: none"> <li>• Enjoy the movie at home/online platforms.</li> </ul>	<ul style="list-style-type: none"> <li>• Movie theatres are not yet open as the potential for transmission inside closed spaces are high</li> </ul>
<p>Dining Out – Create ambience at Your House</p>	<ul style="list-style-type: none"> <li>• Avoid sitting inside restaurants and having food.</li> <li>• Rather order food online or get parcel and have it at your house. Plan it at your roof top / balcony / sit out with candle light if you are in search of ambience.</li> </ul>	<ul style="list-style-type: none"> <li>• Risk of surface transmission is high from restaurants especially table tops/ taps etc. Also, we can't wear masks while eating.</li> </ul>
<p>Offer Onam feasts at old age homes/orphanages/ marginalised communities</p>	<ul style="list-style-type: none"> <li>• If you are capable, celebrate this Onam by transferring cash online for Onam feasts at old age homes/ orphanages/ marginalised communities.</li> </ul>	<ul style="list-style-type: none"> <li>• It is our responsibility to take care of them also.</li> </ul>
<p>Ensure your neighbour is having Onam feast</p>	<ul style="list-style-type: none"> <li>• Please check whether your neighbour is also having</li> </ul>	<ul style="list-style-type: none"> <li>• It is our duty to ensure that our</li> </ul>

	Onam feast. If not offer them support	neighbour is also having Onam feast.
Contact DISHA 1056 if you are sick	<ul style="list-style-type: none"><li>• Monitor for symptoms (fever, cough, running nose, loose stools, loss of smell). If you develop any of these symptoms, stay in isolation &amp; call DISHA 1056 immediately.</li></ul>	<ul style="list-style-type: none"><li>• Department of Health is working 24*7 during ONAM</li></ul>

**Wish you all a Happy & Safe ONAM!**