

DURING LOCKDOWN FOLLOW
THE RULE OF ONE

Follow these ONES: Identify one adult in a family for going out.
Only he/she should go out. **NOBODY ELSE.**



ONE dress:

Use only one dress and same dress every time you go out. Use full length dress. Don't mix this dress with your other dresses.

ONE wallet:

Use only one wallet. Don't mix these currency, coins and cards with other which already are there at home.



ONE shopping bag:

Use only one & same shopping bag every time.

ONE vehicle:

Use same vehicle and key. Avoid public transportation.



ONE go:

Avoid going out multiple times. Finish all your work in one go.

- Avoid taking **mobile phone** or restrict using it.
- Avoid **crowding** and come back immediately once you finish your work.
- Use your **non-dominant hand** or elbow to open the door or push the buttons.

Once you come back: Keep your dress, wallet, bags, keys in a separate bag.
Wash your hands and face immediately. Clean your mobile phone surface with sanitizer.

Remember, we **CAN'T AVOID** exposure but **CAN REDUCE** exposure