



Life Continues

Life After Corona

Life Continues..

Life goes on, but to reach safety,
We will have to follow some directions
to facilitate **Life After Corona.**

General Behaviors

For Life After Corona

- Maintain behaviors that prevent infectious diseases and turn them into habits and a way of life, such as washing and sterilizing hands, and sneezing etiquette.
- Improve your body's immunity to prevent communicable and non-communicable diseases.

- ① Sleeping enough hours. ② Eating healthy food. ③ Exercising daily.

- Educate yourself on how to deal with diseases and protect yourself and your community from them, and make sure to get vaccinated.



The General Rule

For Life After Corona

Do you feel sick or have symptoms
of respiratory disease?

YES

Request medical
assistance and do not
leave your house until you
receive instructions.

NO

Continue with your life
as normal and follow the
necessary instructions.

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Daily Life Continues

Every Night
& Every Day



Daily Life Continues

Back To Public Transportation

Bus or taxi
Driver

Do you feel sick or have
symptoms of respiratory disease?

YES

Request medical
assistance and do not
go to work.

NO

Follow the following instructions:

- Wear a mask while working.
- Avoid transporting too many passengers.
- Ask the passenger to sit in the back seat.
- Leave at least six feet between yourself and passengers while outside the car.
- Ask passengers to carry their bags and belongings.
- Keep passengers six feet away in large vehicles such as trucks and buses.
- It is preferable to use a barrier between the driver and passengers.
- Open the car windows to allow fresh air to enter the vehicle.
- Avoid providing water bottles or anything similar to passengers.
- Sterilize and sanitize surfaces that are frequently touched.

Daily Life Continues

Back To Public Transportation

Bus or taxi
Passenger

Do you feel sick or have
symptoms of respiratory disease?

NO

YES

Follow the following instructions:

- Leave a safe distance between you and the driver.
- Do not take the front seat.
- Wear a cloth mask.
- Avoid touching surfaces that are frequently touched in the car as much as you can.
- Do not touch your face before washing or sterilizing your hands.
- Open the car windows to allow fresh air to enter the vehicle.
- Do not take a car or bus with a large number of passengers.
- Avoid paying in cash.

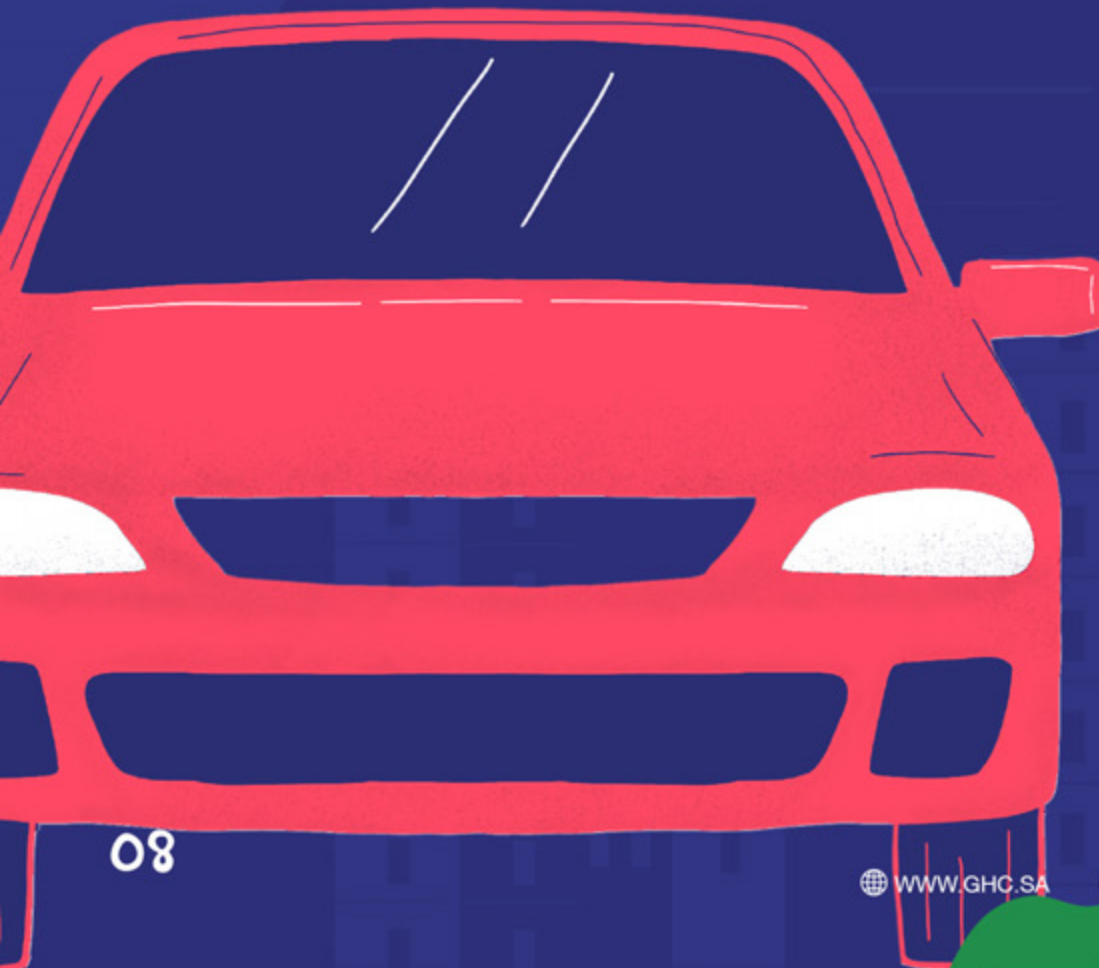
Request medical
assistance and do not
go out.



Daily Life Continues **Back To Cars**

When entering your private car:

- Avoid riding in the same car with others as much as possible.
- Make sure you have the sterilizer in on hand.
- Sterilize your hands before riding in the car after returning from public places, such as the market, parks and others.



Daily Life Continues

Back To Markets

Do you feel sick or have symptoms of respiratory disease?

YES

Request medical assistance and do not go out to public places.

NO

Follow the following instructions:

- Avoid entering crowded shops.
- Use the stairs instead of elevators.
- Stick to a distance of two meters between you and the people around you.
- Avoid touching surfaces unnecessarily.
- Wear the mask.
- Wash and sterilize your hands before returning to your car and home.

Daily Life Continues **Back To Parks**

Do you feel sick or have
symptoms of respiratory disease?

YES

Request medical
assistance and do not
go out to public places.

NO

Follow the following instructions:

- Keep a safe distance of at least 2 meters between you and others.
- Do not touch your face before washing your hands.
- Avoid going out in groups as much as possible.
- Do not use swings and slides in public places.
- Wash and sterilize your hands before returning to your car and home.

Daily Life Continues Back To Gatherings

Do you feel sick or have symptoms of respiratory disease?

YES

Request medical assistance and do not go out to to gatherings.

NO

Are you among the vulnerable category (elderly, suffer from respirator or chronic diseases)?

NO

Follow the following instructions:

- Try to reduce the number of times you join gatherings.
- Reduce number of invitees to a minimum.
- Clean frequently touched surfaces.
- Ask individuals who are suspected of being infected or who feel sick to stay home and not attend.

YES

Avoid gatherings.

Daily Life Continues

Back to Restaurants

Restaurant Owners

- Distribute pamphlets to raise awareness about the importance of washing hands and maintaining a safe distance in your restaurant.
- Educate your staff on the importance of washing hands and following safe practices.
- Follow the hygiene protocols issued by the relevant authorities in your country.
- Distribute hand sanitizers in the main locations in the restaurant.
- Adopt a flexible system to assign leaves and distribute work among your staff to maintain quality.
- Avoid overcrowding your staff in a small workspace and maintain safe distances.
- Keep the place well-ventilated.
Urge the staff to avoid hand-shaking.



Daily Life Continues **Back to Restaurants**

Restaurant Staff

- Wear disposable gloves, face masks, and plastic coveralls.
- Change your gloves regularly.
- Avoid touching your face before washing your hands.
- Stay home if you feel unwell and inform your manager immediately.
- Sterilize frequently touched surfaces.



Daily Life Continues **Back to Restaurants**

Restaurant Visitors

- Keepn a safe distance between yourself and other visitors.
- Avoid touching public surfaces.
- Sterilize your hands on a regular basis.
- Wear a face mask.



Daily Life Continues

Back to Gyms and Fitness Centers

Gym Management

- Provide a safe environment to protect gym members and workers.
- Educate gym members and workers regarding coronavirus transmission and prevention methods.
- Urge workers to stay home if they are feeling unwell.
- Clean sports equipment, mobile devices, and computers.

Daily Life Continues

Back to Gyms and Fitness Centers

Trainers

- Wash and dry your uniform after each use.
- Avoid involving a large number of gym members in a single workout.
- Send any gym members that have wounds to get treatment from the gym's medical staff.

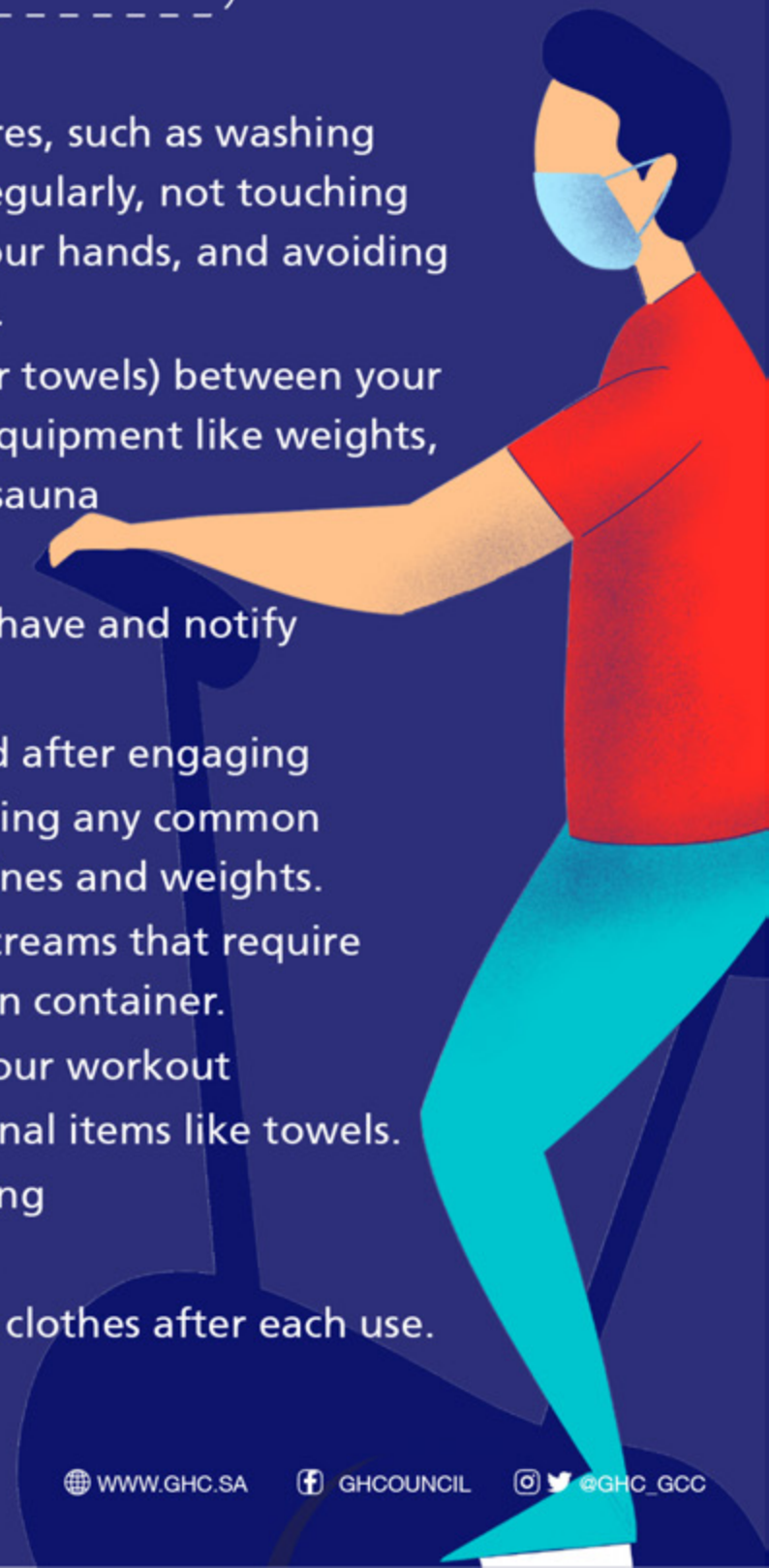


Daily Life Continues

Back to Gyms and Fitness Centers

Gym Members

- Maintain prevention measures, such as washing and sterilizing your hands regularly, not touching your face before washing your hands, and avoiding frequently touched surfaces.
- Use a barrier (i.e. clothing or towels) between your skin and common training equipment like weights, and common areas like the sauna and steam room seats.
- Cover any wounds you may have and notify the gym's care providers.
- Wash your hands before and after engaging in any sporting activity or using any common equipment like sports machines and weights.
- Avoid using ointments and creams that require placing your hand in an open container.
- Shower immediately after your workout and avoid sharing any personal items like towels.
- Shower before and after using a jacuzzi or swimming pool.
- Wash and dry your workout clothes after each use.



Work Life Continues

Diligence is the mother of good luck.



Work Life Continues Workplaces

Employer

- Review the human resources policies to ensure that they are in line with public health recommendations.
- Ensure that sick leave policies are flexible and consistent with public health guidelines and that employees are aware of them.
- Implement flexible worksites, for example telework.
- Implement flexible work hours, for example shifts between the employees or other ways.
- Consider safe distance policies for at least 2 meters.
- Increase ventilation in the workplace.
- Ensure the availability of protective materials at the workplace, such as sterilizers, soap and water, in multiple locations for employees, customers and visitors to encourage hand hygiene.

Work Life Continues Workplaces

Employer

- Emphasize refraining from shaking hands and encourage other forms of greetings.
- Conduct meetings via phone or in open and well-ventilated places.
- Avoid large meetings and stay 6 feet or 2 meters away from others.
- Be aware that some employees may be at higher risk such as older adults and those with chronic medical conditions.
- Consider minimizing face-to-face contact for those employees or assign work tasks that allow them to maintain a distance of six feet from other workers.
- If a sick employee is suspected or confirmed to have COVID-19, you should start cleaning and disinfection instructions after 24 hours of evacuating the places.

Work Life Continues Workplaces

Employee

Do you feel sick or have symptoms of respiratory disease?

YES

Request medical assistance and do not go to work.

NO

Do you have a sick family member or roommate?

NO

Follow the following instructions:

- Follow work procedures on disinfection, sterilization, meetings and travel.
- Avoid using other people's phones, desks or tools, and if necessary clean and disinfect them before and after use.
- Keep hands sterilized periodically and keep a distance of 6 feet or 2 meters during meetings.
- Avoid shaking hands completely.
- Clean AND disinfect frequently touched objects and surfaces such as your desktop, keyboards, telephones, handrails, and door handles.

YES

Inform your supervisor and wait for instructions.

School Life Continues

Where there's a will, There's a way

School Life Continues

Schools and Universities

Director of Educational Facility

- Provide sterilizers and soaps everywhere inside the facility.
- Encourage teaching staff and students to stay at home when they feel sick.
- Decrease student gatherings.
- Provide support to students suspected of having Corona.
- Plan the times for breaks and for leaving the classroom at the end of the day to avoid crowds.
- Plan to increase the safe distance between students, which is estimated at 2 meters.



School Life Continues

Schools and Universities

Student

Do you feel sick or have symptoms of respiratory disease?

YES

Request medical assistance and do not go to the educational facility.

NO

Do you have a sick family member or roommate?

NO

Follow the following instructions:

- Follow the disinfection and sterilization procedures set by the educational facility.
- Avoid using others' tools.
- Keep your hands sterilized periodically and
- maintain a distance of 6 feet or 2 meters away from others.
- Avoid shaking hands completely.
- Sterilize frequently touched objects and surfaces like your table and door handles.
- Avoid gatherings at break times and during entry and exit.
- Tell the teacher or director of the facility, if you experience fatigue and respiratory symptoms.

YES

inform your school or university and wait for instructions.



Tourism Life Continues

Safe Travels

Tourism Life Continues Travel

- Keep following the usual health precautions recommended for your destination.
- Use masks when in crowded places, such as airports.
- Keep your hands clean and wash them with soap and water, if available, or use sterilizer.
- Avoid touching your face before making sure your hands are clean.
- Be sure to have sanitizer wipes on board to clean armrests, table and entertainment system.
- Stay away from gatherings.
- Make sure to maintain safe distance at the passport point at the airport. When symptoms such as fever, cough, and shortness of breath appear, inform the officials.
- To minimize the risk of passing on infections, travelers who are unwell, particularly if they have a fever, should delay their journey until they have recovered.
- Avoid eating raw or undercooked animal products, raw meat, raw milk or animal organs to avoid the contamination of pollutants from uncooked foods.
- Avoid contact with people who have a fever or shortness of breath or who are coughing or sneezing.
- Avoid close contact with farm or wild animals, whether alive or dead, and don't touch the surfaces these animals touch.





Spiritual Life Continues

May Allah Accept from You

Spiritual Life Continues

Mosques and Places of Worship

Do you feel sick or have symptoms of respiratory disease?

YES

Request medical assistance and do not go out to mosque.

NO

Do you have a sick family member or roommate?

NO

Follow the following instructions:

- Avoid shaking hands.
- Make sure to sterilize your hands before and after holding the Quran and other books in the mosque.
- Avoid direct contact with people suffering from any respiratory infection.
- Make sure to cover the mouth and nose when coughing or sneezing with paper tissues and dispose of them immediately in the trash can.
- Be careful not to touch the face (eye, nose, or mouth) unless necessary.
- Avoid sharing your mobile device.
- Clean and disinfect items and surfaces that are constantly touched.
- Wash your hands well with soap and water or use an antiseptic.

YES

Inform your supervisor and wait for instructions.





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Gulf Health Council

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