

OFFICIAL COVID-19 STATEMENT:

The Latika Roy Foundation is working continuously to develop our response plan to the COVID-19 public health concerns.

Based on local health recommendations and government declarations, all LRF programs and centre activities will remain suspended until March 31st. Staff have been instructed to work remotely, stay indoors, self-isolate, and keep social distance during this period.

We continue to be guided by the recommendations from the World Health Organization, the India Ministry of Health and Family Welfare, and the Uttarakhand Government. We are doing our best to listen to all reliable sources of information in regard to this public health situation.

At a meeting on March 14th, the Uttarakhand government declared novel coronavirus an epidemic and shut all multiplexes, cinema halls, degree colleges and technical institutes across the state till March 31.

At this point in time (March 19th), there has been one reported case in the state of Uttarakhand, according to the Ministry of Health and Family Welfare. There has been no activity at the Foundation that would warrant the perception of greater risk in our community.

That said, we are continuing to take safe, healthy and sensible precautions to do our part to reduce the incidence and spread of COVID-19. We are in a special circumstance, as we serve a population that has a high incidence of underlying conditions that would qualify as being in the high-risk category. We are very sensitive to that fact and guided by the responsibility that comes with it.

So why is it crucial for us to stay at home?

- Because we can spread the COVID virus without even knowing we have it!
- People start shedding the virus (being contagious) up to 14 days before having any symptoms.
- And it's not just about spreading it to someone you see in-person. If you touch something (a doorknob, a light switch, a grocery cart, etc) the virus stays alive on the object for hours to days after that touch, just waiting to infect someone else.

So what can you do to protect yourselves and others?

- Stay home
- Separate children from old people in your homes
- If you work in someone else's house (cleaning, cooking, caregiving) tell them you cannot work until this crisis is over.
- If you have staff coming in to your home, give them paid holidays until the crisis is over.
- Frequently wash hands, use hand sanitiser, clean surfaces with antibacterial wipes, avoid touching your face.
- Use your non-dominant hand to open doors, etc. You are less likely to touch your face with this hand.
- Again, STAY HOME even if you feel well.

For more information on how to protect yourself and others during this period, please visit the World Health Organization coronavirus advisory page: <https://www.who.int/.../novel-coronavirus-2.../advice-for-public>

For more India-specific updates and information regarding the virus, please visit: <https://www.mohfw.gov.in/>

For now, we are hopeful you are all staying safe and healthy out there. Please look after yourself and each other, as able. These are odd moments in time. But we are isolated together.

Have a great day and please don't hesitate to reach out to our team with questions, comments, suggestions or concerns. Let's keep our community safe.