

Niapela Pasin



**World Health
Organization**

Representative Office
for Papua New Guinea

17 July 2020

Niupela Pasin

Papua New Guinea's "New Normal"
in the time of the COVID-19 Pandemic



National Department of Health

What is Niupela Pasin?

Niupela Pasin

A new way of living that makes basic hygiene and safe distancing a part of our new culture – as individuals, as families, as communities.

It means adopting behaviours and actions that are consistently practiced to reduce risk of COVID-19 and other infectious diseases.

A society where people take responsibility for their own health and their families.

This booklet provides basic guidance on how Niupela Pasin can be done by everyone in Papua New Guinea.

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Message from the Prime Minister

Call for everyone to be a CHAMPION of Niupela Pasin



From the time coronavirus disease (COVID-19) was reported in Papua New Guinea on 20 March 2020, the Government and our development partners have been working hard to prepare the country in managing a large-scale pandemic. The focus of the Government throughout our management of COVID-19 has been the health and wellbeing of Papua New Guineans and ensuring we are positioned to emerge as a strong and resilient country.

Whilst we continue to respond to the pandemic, our thinking must also be directed to how we transition PNG to get back to our daily lives --- in a new normal. This means we will need to adjust measures as required and ease restrictions gradually, whilst constantly monitoring the effectiveness of these actions and the response of Papua New Guineans.

COVID-19 will be here for the long haul. We need to take responsibility for our health, our family and community.

For each citizen, this means practicing appropriate physical distances, frequently cleaning your hands, covering coughs and sneezes, avoiding crowded places and finding creative ways to keep in touch.

For schools, this means extra protection for the children and students; and for places of worship, this would entail consideration for protocols related to mass gathering and delivery of religious services.

For the private sector, this means adopting new ways of working, such as enabling staff to work from home where possible, and other measures to reduce the risk of infection in the workplace. For the businesses to operate, this would mean putting in place measures for basic hygiene facilities, considering physical distancing in the delivery of services and ensuring care and protection of staff.

For governments, this means preparing for the worst—having systems that work in every corner of the country to detect and care for people, in case of large-scale community transmission. Another important job for the government, under this “new normal” is to bring back and sustain regular health services and economic activities.

COVID-19 is unforgiving and does not discriminate. It is only by taking individual and community responsibility, working as a team across sectors, and practicing the guidance of our public health officials that we can manage the impact of this pandemic in our communities.

I understand that our people have been anxious about this outbreak and I thank each and every one of you for listening and responding. I call on everyone to continue to work together and be a champion of Niupela Pasin in your life, in your family and in your community.

God Bless

Hon. James Marape, MP

Prime Minister, Papua New Guinea

Message from the Minister of Health and HIV/AIDS

Message from the Minister for Health and HIV/AIDS



Niupela Pasin is the “new normal way of life”. It is making basic health precaution our new culture – as individuals, as families, as communities. It is the new culture in health facilities, schools, workplaces, churches and other places of worship, business, transport, Governments and in all places of interaction.

As the Government continues to respond to COVID-19, we cannot do this alone. We need everyone’s help and cooperation. This means accepting COVID-19 as part of ‘normal living’ and adjusting our expectations and lifestyle accordingly. We need to remain committed to each other and the development of PNG. We need to make responsible decisions to protect ourselves and others from harm. Vigilance against COVID-19 is our niupela pasin.

I also urge every Papua New Guinean to remain compassionate and support each other in this time of crisis. Let us rally behind our health workers and front liners – we need to be responding to this threat as one country.

Stay safe and remember the virus doesn’t move people, people move the virus. If we work together, we can overcome this crisis and be a stronger nation.

God Bless Papua New Guinea.

Hon. Jelta Wong, MP

Minister for Health and HIV/AIDS

Message from the Controller



The purpose of this Niupela Pasin guide is to provide specific actions for individuals, families, communities, schools, businesses, places of worship, work and transport on the basic precautions to protect themselves and those they love from COVID-19. As Papua New Guinea transitions to the new way of living, we want to make sure that every citizen and resident of the country shares the responsibility for our collective health and safety.

As Controller of the COVID-19 response, I thank our partners and stakeholders from the public and private sectors, World Health Organization and other UN agencies and NGOs for the collaboration and partnership in the response. I want to thank every Papua New Guinean for your cooperation, support and for doing your share.

But the work is not done yet – the threat remains and now more than ever that we need to be vigilant. We should never let our guard down. The key to this collaboration is knowing what to do and helping one another live in communities where we look after each other's health – this entails preventing and limiting the spread of the virus and saving lives.

Let us continue to work together and take on the public health measures outlined in "Niupela Pasin".

God bless Papua New Guinea.

David Manning, MBE, DPS, QPM

Controller

Commissioner of the Royal Papua New Guinea Constabulary

Message from Deputy Controller and A/Secretary of Health



Papua New Guinea is known for our sense of community and solidarity. Our collective work in fighting outbreaks and emergencies in the past, has shown our resilience that was made possible by working together as one country. The COVID-19 pandemic is an unprecedented public health and development emergency – it puts to test not only our health system, but also our capacity as a nation to unite and to look after each other.

This is indeed an extraordinary moment of our history. And extraordinary times require putting in place extraordinary measures that would require a “niupela pasin”. This would mean individuals, families, communities, and the whole country would adapt a new way of living, a new normal in the time of pandemic.

As we transition to the next phase of our response, we need to acknowledge that COVID-19 will change the way we behave in the family, community and society. This Guide will provide some basic precautions against COVID-19 while we can continue with our lives under this extraordinary time.

The National Department of Health will continue to work day and night to ensure we deliver our health programs and look after the health of the people. But health is everyone’s responsibility -- we need to work together to build a healthy and prosperous nation that upholds human rights and our Christian and traditional values, and ensure affordable, accessible, equitable, and quality health services for all citizens.

Papua New Guinea is a strong and resilient country. I am sure we can prove our strength and resilience once again.

God Bless Papua New Guinea.

Dr. Paison Dakulala
Acting-Secretary for Health

**Papua New Guinea
Alert Levels in
Niupela Pasin
in the Time of
COVID-19
Pandemic**

Papua New Guinea Alert Level in the Time of COVID-19 Pandemic

Restrictions are cumulative (e.g. at Alert Level 4, all restrictions from Alert Levels 1, 2 and 3 apply)

Essential services including supermarkets, health services, emergency services, utilities and goods transport will continue to operate at any level. Employers in those sectors must continue to meet health and safety obligations.

ALERT LEVEL

SCENARIO AND RISK ASSESSMENT

Level 1: Prepare

- COVID-19 is uncontrolled overseas.
- The risk is high for importation, especially in air, sea and land borders.
- Isolated household transmission could be occurring in Papua New Guinea.

Level 2: Reduce

- Single or isolated cluster outbreaks

Level 3: Restrict

- Community transmission might be happening.
- New clusters may emerge but can be controlled through testing and contact tracing.

Level 4: Lockdown

- Community transmission is occurring.
- Widespread outbreaks and new clusters.

Alert Level 1: Prepare

COVID-19 is contained, but the risk of community transmission remains.

SCENARIO AND RISK ASSESSMENT

- COVID-19 is uncontrolled overseas.
- The risk is high for importation, especially in air, sea and land borders.
- Isolated household transmission could be occurring in Papua New Guinea.

Public health and social measures (can be applied nationally or locally)

- Enhanced border entry measures and flight/travel restrictions to minimise risk of importing COVID-19 cases (airport, seaport and land crossing)
- Intensive testing for COVID-19.
- Rapid contact tracing of any positive case.
- Self-isolation and quarantine required.
- Schools and workplaces open, and must operate safely, with appropriate hygiene and health measures.
- Physical distancing encouraged.
- No restrictions on gatherings in private residences or public recreational facilities, with safe distancing measures in place.
- Churches and places of worship are open, with appropriate hygiene and health measures.
- Stay home if you're sick, report flu-like symptoms.
- Wash and dry hands, cough into elbow, don't touch your face.
- No restrictions on domestic transport – avoid public transport or travel if sick.
- Sports competitions may resume with phased approaches to physical distancing measures and contact.

Restrictions are cumulative

Essential services including supermarkets, health services, emergency services, utilities and goods transport will continue to operate at any level. Employers in those sectors must continue to meet health and safety obligations.

Alert Level 2: Reduce

COVID-19 is contained, but the risk of community transmission remains.

SCENARIO AND RISK ASSESSMENT

- Single or isolated cluster outbreaks

Public health and social measures (can be applied nationally or locally)

- Keep physical distancing of 1.5 metres. Wearing of mask is encouraged.
- No more than 100 people at gatherings (to be reviewed PERIODICALLY), including funerals and haus krai.
- Businesses can open to the public if following public health guidance including physical distancing and record keeping.
- Alternative ways of working are encouraged where possible.
- Churches and religious gatherings can congregate but must be done with distancing and hygiene measures in the venue, maximum of 100 people at a time.
- Schools, early learning services and tertiary education can operate with appropriate measures in place.
- Hospitality businesses must keep groups of customers separated, seated, and served by a single person. Maximum of 100 people at a time.
- Sport and recreation activities are allowed, subject to conditions on gatherings, record keeping, and – where practical – physical distancing.
- Public venues such as museums, libraries and pools can open if they comply with public health measures and ensure 1.5 metres physical distancing and record keeping.
- Event facilities, including cinemas, stadiums, concert venues and other recreational facilities have a limit of 100 customers in each workplace at any time, with 1.5 metres physical distancing and record keeping.
- Health and disability care services operate as normally as possible.
- People at higher-risk of severe illness from COVID-19 (e.g. those with underlying medical conditions, especially if not well-controlled, and seniors) are encouraged to take additional precautions when leaving home. They may work, if they agree with their employer that they can do so safely.
- People can connect with friends and family, and socialise in groups of up to 100, go shopping, or travel domestically, if following public health guidance.

Restrictions are cumulative (Level 2 restrictions include those from Alert Level 1)

Essential services including supermarkets, health services, emergency services, utilities and goods transport will continue to operate at any level. Employers in those sectors must continue to meet health and safety obligations.

Alert Level 3: Restrict

High risk that COVID-19 is not contained

SCENARIO AND RISK ASSESSMENT

- Community transmission might be happening.
- New clusters may emerge but can be controlled through testing and contact tracing.

Public health and social measures (can be applied nationally or locally)

- People instructed to stay home other than for essential personal movement – including to go to work, school if they have to, or for local recreation.
- Physical distancing of 1.5 metres at all public places. Wearing of mask is required.
- People must stay within their immediate household, but can expand this to reconnect with close family, or bring in caregivers, or support isolated people. This extended bubble should remain exclusive.
- Children should learn at home if possible.
- People must work from home unless that is not possible.
- Businesses can open premises, but cannot physically interact with customers.
- Low risk local recreation activities are allowed.
- Public venues are closed (e.g. bars, clubs, cinemas, food courts, gyms, pools, playgrounds, markets).
- Gatherings of up to 10 people are allowed but only for wedding services, funerals and haus krai. Physical distancing and public health measures must be maintained.
- Churches and religious gatherings can congregate but must be done with safe distancing and hygiene measures in the venue, maximum of 10 people at a time.
- Healthcare services use virtual, non-contact consultations where possible.
- Inter-provincial travel is highly limited (e.g., for essential workers, with limited exemptions for others).
- People at high risk of severe illness (older people and those with existing medical conditions) are encouraged to stay at home where possible, and take additional precautions when leaving home. They may choose to work.

Restrictions are cumulative (Level 3 restrictions include those from Alert Levels 1 and 2)

Essential services including supermarkets, health services, emergency services, utilities and goods transport will continue to operate at any level. Employers in those sectors must continue to meet health and safety obligations.

Alert Level 4: Lockdown

COVID-19 is widely spreading in the community

SCENARIO AND RISK ASSESSMENT

- Community transmission is occurring.
- Widespread outbreaks and new clusters.

Public health and social measures (can be applied nationally or locally)

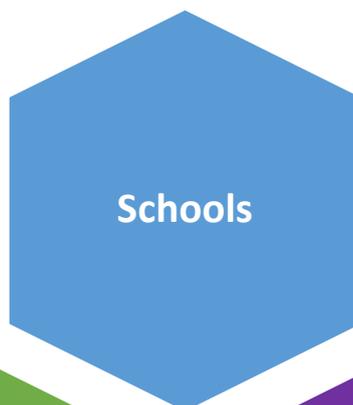
- People instructed to stay at home in their villages other than for essential personal movement.
- Travel is severely limited.
- All gatherings including churches cancelled and all public venues closed.
- Businesses closed except for essential services (e.g. supermarkets, pharmacies, clinics, petrol stations) and lifeline utilities. Health measures strictly imposed.
- Educational facilities closed.
- Reprioritisation of healthcare services.

Restrictions are cumulative (Level 4 restrictions include those from Alert Levels 1, 2 & 3)

Essential services including supermarkets, health services, emergency services, utilities and goods transport will continue to operate at any level. Employers in those sectors must continue to meet health and safety obligations.

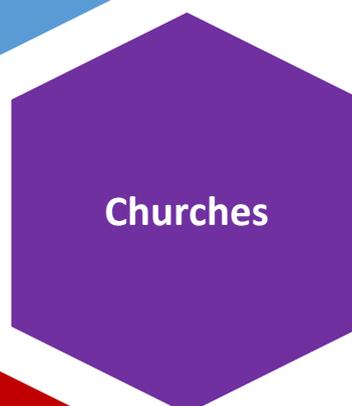
Roles of the Various Sectors in Niupela Pasin

Adapt and provide feedback;
support every part of affected
communities

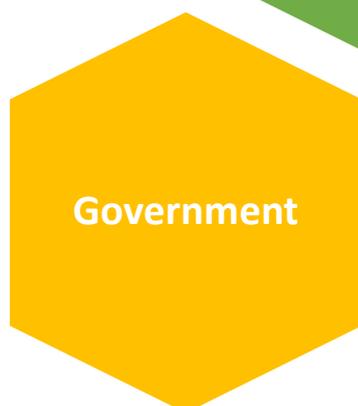


Comply to
measures and have
systems in place to
protect students,
teachers and staff

Protect themselves and
others by adopting
behaviours such as basic
hygiene, distancing, and
compliance to movement
measures



Comply to
measures on mass
gathering, and
have systems in
place to protect
members



Leads and coordinates the
response across party lines
to enable and empower all
individuals and communities
to own the response

Ensure the continuity of essential
services such as the food chain,
public utilities,, logistics and
distribution of important goods
and the manufacture of medical
supplies.

Niupela Pasin

**Public health advice to
reduce risk of COVID-19
and other infectious
diseases**

The threat of COVID-19 remains in Papua Guinea.
Protect yourself, your family and your community.



Clean your hands often. Wash with soap and water or use an alcohol-based sanitizer.



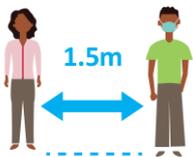
Cough or sneeze in your bent elbow - not your hands!



Avoid touching your eyes, nose, mouth.



Limit social gatherings and time spent in crowded places.



Keep a physical distance of at least 1.5 meters between you and others.



Wear a face mask if physical distancing is not possible to protect yourself and others.



Greet each other with a smile, a nod or a simple hello – no handshakes, no first or elbow bumps and no high-fives!



Clean and disinfect frequently touched objects and surfaces



If you're sick, stay home. Don't socialize.



If you have fever, cough and shortness of breath, call the **COVID-19 Hotline 1-800200. If you are told to self-isolate, you must do so immediately.**

LEAVING HOME

- Take a bath 
- Prepare and bring your own food to work. 
- Bring your own alcohol-based hand sanitizer 

If you're sick, stay home. Don't go out. Don't socialize. 

If you have fever, cough and shortness of breath, call the COVID-19 Hotline 1-800200. If you are told to self-isolate, you must do so immediately. 

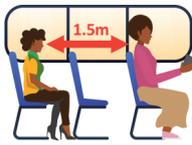
OUTSIDE YOUR HOME

- Greet each other with a smile, a nod or a simple hello – no handshakes! 
- Maintain at least 1.5 meters between you and others. 
- Wash your hands frequently or use an alcohol-based sanitizer or hand rub. 
- Sneeze and cough into your elbow, or use a tissue and dispose into bin immediately. 
- Clean and disinfect frequently touched surfaces such as door handles, phones, keyboards, elevator buttons, handrails. 
- Reduce public gathering. Limit large in-person meetings or hold meetings via phone or over the internet. 
- If you talk to different people and physical distancing is not possible, wear a mask. 

RETURNING HOME

- Leave your shoes outside your home 
- Take a bath and change your clothes immediately and before you hug, kiss or touch family members. 
- Wash your clothes or put in laundry bins if immediate washing is not possible. 

WHEREVER YOU ARE:

- Maintain physical distance of at least 1.5 meters between you and another person – including in public transport. 
- Use an alcohol-based sanitizer or hand rub after holding surfaces and objects frequently touched by people like door handles and elevator buttons. 
- Sneeze and cough into your elbow, or use a tissue and dispose into bin immediately.
- Avoid touching your face, eyes, nose and mouth. 

Stay vigilant. There is still a global pandemic going on.

People have different experiences in the time of the pandemic. Whatever you're feeling — it's okay. Be supportive and kind to others. Be kind to yourself.



Mass gatherings should be avoided during the pandemic. If it is unavoidable, the organizer should comply with the maximum number of participants imposed by the National Control Centre for COVID-19 and health measures such as temperature screening and hand hygiene facilities should be made available at the venue.



If you're sick, stay home. Don't socialize and don't attend any mass gathering.



Greet each other with a smile, a nod or a simple hello – no handshakes, no first or elbow bumps and no high-fives!



Wear a face mask to protect yourself and others.



Avoid talking loudly, shouting and singing as these activities can spread respiratory droplets.



Upon entry, get your temperature checked. Go home immediately if denied entry due to a temperature of more than 37.5°C.



Avoid touching your eyes, nose, mouth.



Keep a physical distance of at least 1.5 meters between you and others.



Clean your hands often – wash hands with soap and water or use an alcohol-based sanitizer.



Cough or sneeze in your bent elbow - not your hands!



Avoid touching surfaces and areas in the venue. Wash hands or use alcohol hand rub after touching frequently touched surfaces.

Stay vigilant. Watch out for symptoms in yourself and others in the venue and report immediately.



If you get unwell at any point of the mass gathering, inform the organizer **immediately**.

If you have fever, cough and shortness of breath, call the **COVID-19 Hotline 1-800200**. If you are told to self-isolate you must do so immediately.



Protect yourself, your loved ones and the members of your community.

1 If you are sick, stay home. Do not go out.



6 If you are unwell, find someone to run errands or buy you supplies.



2 If you have fever, cough and shortness of breath, call the COVID-19 Hotline 1-800-200. If you are told to self-isolate, you must do so immediately.



7 Find creative ways to socialize with neighbors – no hugging, no handshake and avoid gatherings.



3 Keep a physical distance of at least 1.5 meters between you and others.



8 Participate in community initiatives – building community quarantine facility, conducting awareness about COVID-19.



4 Clean your hands often. Wash with soap and water or use an alcohol-based sanitizer.



9 If you can, help your community, especially the elderly, people with disability or anyone in need of assistance.



5 Wear a face mask if physical distancing is not possible to protect yourself and others.



10 Be an example to your neighbors on physical distancing, personal hygiene practices, keeping your house and surrounding clean.



Stay vigilant. Look after the health and welfare of one another.

People have different experiences in the time of the pandemic. Whatever you're feeling – it's okay. Be supportive and kind to others. Be kind to yourself.



Protect yourself and others when in health facilities

1 Wear mask.



2 Go to COVID-19 triage facility immediately if you are having difficulty of breathing.



3 Tell the truth if you are experiencing COVID-19 symptoms (fever, cough and respiratory symptoms).



4 Bring only necessary items when confined in the hospital, including medical records, laboratory results, prescriptions or records of medicines being taken.



5 Do not hesitate to ask the healthcare provider any concerns you might have about COVID-19.



6 Get sufficient prescription refills to avoid unnecessary multiple clinic visits.



7 Wash hands thoroughly with soap and water or use an alcohol-based sanitizer when you touch anything.



8 Comply with health facility guide in preventing and controlling COVID-19.



9 In-patients must bring their own utensils, plates, drinking glass and cups, towels and other personal items.



10 Maintain at least 1.5 meters distance from others:



- for triage screening
- for your out-patient consultation
- when attending your regular check-up
- for immunization of your child/children
- when getting medicines at the pharmacy

Stay vigilant. Look after the health and welfare of one another.

People have different experiences in the time of the pandemic. Whatever you're feeling – it's okay. Be supportive and kind to others. Be kind to yourself.





The threat of COVID-19 remains in Papua Guinea. Protect yourself, your colleagues and clients in the workplace.

- 1 If you're sick, stay home. Don't go to work. Don't socialise.



- 6 Wash your hands frequently with soap and water or use an alcohol-based sanitizer.



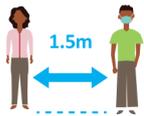
- 2 If you have fever, cough and shortness of breath, call the COVID-19 Hotline 1-800200. If you are told to self-isolate, you must do so immediately.



- 7 Sneeze and cough into your elbow, or use a tissue and dispose into bin immediately.



- 3 Maintain at least 1.5 meters between you, colleagues and clients.



- 8 Reduce gathering in the offices. Limit large in-person meetings or hold meetings via phone or over the internet.



- 4 Greet each other with a smile, a nod or a simple hello – no handshakes!



- 9 Wear a face mask if physical distancing is not possible to protect yourself and others.



- 5 Clean and disinfect your workplace regularly – particularly door handles, phones, keyboards, elevator buttons, kitchens and bathrooms.



- 10 If you're concerned about your wellbeing or have underlying health conditions, work with your doctors to understand how best to stay healthy.



Stay vigilant. Look after the health and welfare of one another.

People have different experiences in the time of the pandemic. Whatever you're feeling – it's okay. Be supportive and kind to others. Be kind to yourself.



The threat of COVID-19 remains in Papua Guinea. Protect yourself, your family, friends and other church-goers or worshippers.

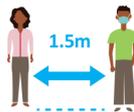
- 1** If you are sick, stay home. Don't attend the church service.



- 2** If you have fever, cough and shortness of breath, call the COVID-19 Hotline 1-800200. If you are told to self-isolate, you must do so immediately.



- 3** Maintain at least 1.5 meters between you and others in the church.



- 4** Greet people with friendly words and smiles – no handshakes, no hugging and no other forms of physical contact.



- 5** Use peace sign, sign language or eye contact and a bow as response to "sign of peace" during service - no hugs, no kisses and no handshakes!



- 6** Talking loudly and singing can spread respiratory droplets, so avoid these activities in the church service.



- 7** Receive a blessing from 1.5 meters distance and avoid the distribution of Holy Communion that involves dipping in a cup nor drinking from a common cup.



- 8** Bow in front of sacred statues or symbolic icons - no touching nor kissing!



- 9** Wear a mask to protect yourself and others.



- 10** Reduce gathering after the church service.



Stay vigilant. Look after the health and welfare of one another.

People have different experiences in the time of the pandemic. Whatever you're feeling – it's okay. Be supportive and kind to others. Be kind to yourself.



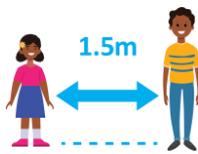


Protect yourself and your friends in school.

- 1 If you are sick, do not go to school. Tell your parents what you feel and stay at home.



- 2 At the school, maintain physical distancing of at least 1.5 meters between you and your classmates and playmates.



- 6 Avoid touching your face. Wash your hands with soap and water every time you touch your face.



- 7 Sneeze and cough into your bent elbow, or use a tissue and dispose into bin immediately.



- 3 Wear a mask to protect yourself and others.



- 8 Avoid sports activities that involve physical contact with other players and others.



- 4 Wash your hands with soap and water or use an alcohol-based sanitizer.



- 9 If you feel scared or worried about the pandemic, talk to your teacher and parents immediately.



- 5 Upon entry in the school, have your temperature checked. Tell your teacher if you are not feeling well.



- 10 Explore home schooling options where possible.



Note to parents



If your child and any family member has fever, cough and shortness of breath, call the COVID-19 Hotline 1-800-200. If told to self-isolate, you must do so immediately.



Protect yourself and others when shopping in the market.

- 1 If you are sick, stay home. Delay your marketing.



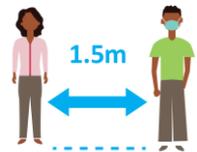
- 6 Wear a face mask to protect yourself and others..



- 2 Find someone to run errands if you need to buy something necessary on that day.



- 7 Comply with physical distancing requirement of at least 1.5 meters apart from other customers. Minimize talk with vendors and other customers.



- 3 If you have a fever, cough and shortness of breath, call the COVID-19 Hotline 1-800-200. If you are told to self-isolate, you must do so immediately.



- 8 Wash hands thoroughly with soap and water or use alcohol-based hand sanitizer, especially after handling baskets, fresh produce, and money during payments.



- 4 Make a list of essential items that you will buy from the market to avoid multiple runs.



- 9 Avoid touching surfaces and areas in the market.



- 5 Bring your own reusable bags and wash them immediately upon returning home.



- 10 Designate a clean area at home to sort out your market items.



Stay vigilant. Look after the health and welfare of one another.

People have different experiences in the time of the pandemic. Whatever you're feeling – it's okay. Be supportive and kind to others. Be kind to yourself.





Protect yourself and others while shopping.

- 1 If you are sick, stay home. Do not go to shopping malls.



- 6 Wear a mask to protect yourself and others.



- 2 If you have fever, cough and shortness of breath, call the COVID-19 Hotline 1-800-200. If you are told to self-isolate, you must do so immediately.



- 7 Upon entry, submit for temperature checks. Go home immediately if denied entry due to temperature of more than 37.5°C.



- 3 Go to malls only if it is necessary. Make a list of essential things you need to do or buy from the mall.



- 8 Keep at least 1.5 meters distance between you, store staff and other customers, especially at counters, cashiers and other waiting areas.



- 4 Do not enter mall if there is visible crowding. Avoid stores that do not comply with physical distancing measures.



- 9 Minimize talk with store staffs and other clients. If cannot be avoided, keep at least 1.5 meters distance and wear a mask.



- 5 Bring your own reusable bags and wash them immediately upon returning home.



- 10 Wash hands thoroughly with soap and water or use an alcohol-based sanitizer, especially after holding store items and handling money and receipts.



Stay vigilant. Look after the health and welfare of one another.

People have different experiences in the time of the pandemic. Whatever you're feeling – it's okay. Be supportive and kind to others. Be kind to yourself.





Protect yourself and others when shopping at grocery stores.

- 1 If you are sick, stay home. Delay your shopping. Find someone to run errands if you need to buy something.



- 2 If you have fever, cough and shortness of breath, call the COVID-19 Hotline 1-800-200. If you are told to self-isolate, you must do so immediately.



- 3 Make a list of essential items you need to buy from the grocery to avoid multiple runs.



- 4 Bring your own reusable bags and wash them immediately upon returning home.



- 5 Wear a mask to protect yourself and others.



- 6 Upon entry, submit for temperature checks. Go home immediately if denied entry due to temperature of more than 37.5°C.



- 7 Keep at least 1.5 meters distance between you, store staff and other customers, especially at counters, cashiers and other waiting areas. Minimize talk with store staffs and other clients.



- 8 Opt for contactless payment methods if possible.



- 9 Wash hands thoroughly with soap and water or use an alcohol-based sanitizer, especially after holding baskets, carts, freezer handles, and handling money and receipts.



- 10 Designate a clean area at home to sort out your shopped items.



Stay vigilant. Look after the health and welfare of one another.

People have different experiences in the time of the pandemic. Whatever you're feeling – it's okay. Be supportive and kind to others. Be kind to yourself.





Protect yourself and others when in the pharmacy.

- 1** If you are sick, stay home.
Delay your shopping.



- 6** Bring your own reusable bags
and wash them immediately
upon returning home.



- 2** Find someone to run errands if
you need to buy your
medicines and other supplies.



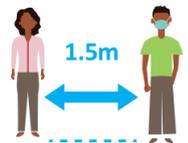
- 7** Wear a mask to protect
yourself and others.



- 3** If you have fever, cough and
shortness of breath, call the
COVID-19 Hotline 1-800-
200. If you are told to self-
isolate, you must do so
immediately.



- 8** Keep at least 1.5 meters distance
between you, store staff and
other customers, especially at
counters, cashiers and other
waiting areas. Minimize talk with
store staffs and other clients.



- 4** Buy only your maintenance
medicines (e.g., for diabetes,
hypertension and other
existing conditions). If
possible, stock at least one
month supply. Avoid panic
buying.



- 9** Wash hands thoroughly with
soap and water or use an
alcohol-based sanitizer,
especially after holding baskets,
carts; and after handling money
and receipts.



- 5** Make a list of essential
medicines to buy to avoid
multiple runs.

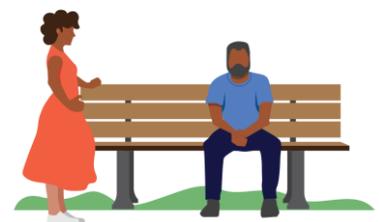


- 10** Help a friend or a neighbor.
Maximize your visit to
pharmacy by also shopping for
a friend or neighbor who are
unable to leave homes.



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Protect yourself, your loved ones and others when in restaurants and dining places.

- 1** If you are sick, stay home and dine at home. Cancel any dining out commitments.



- 2** If you have fever, cough and shortness of breath, call the COVID-19 Hotline 1-800-200. If you are told to self-isolate, you must do so immediately.



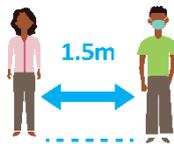
- 3** Bring your own alcohol-based hand rub or sanitizer.



- 4** Upon entry, comply with temperature checks. Go home immediately if denied entry due to a temperature of more than 37.5°C.



- 5** When queuing, follow the physical distancing requirement of at least 1.5 meters apart in waiting lanes, ordering and take-out counters, cashiers and lobby premises.



- 6** In selecting seats, occupy marked seats when labeled to keep at least 1.5 meters distance. If no markings, take the seat in alternating positions.



- 7** Order your own food and drinks and avoid sharing. If not possible, use serving spoons or ladles and use own drinking glasses.



- 8** Wash hands thoroughly with soap and water or use alcohol-based sanitizer after holding the menu, before and after eating and handling money and receipts.



- 9** Transfer leftovers to be taken away into home containers.



- 10** Avoid dining in places where visible cleanliness and physical distancing measures are not observed.



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Protect yourself and others when in salons and barbershops

1 If you are sick, stay home. Postpone your visit to salon or barbershop.



2 If you have fever, cough and shortness of breath, call the COVID-19 Hotline 1-800-200. If you are told to self-isolate, you must do so immediately.



6 Bring your own cape if possible.



7 Wear mask if close interaction cannot be avoided. Limit chats with your stylist or barber to essential information about the salon or shop service.



3 Greet your stylist or barber with a smile, wave or hello – no hugging, kissing or handshake.



8 Wash hands thoroughly with soap and water or use an alcohol-based sanitizer after holding salon magazines, brochures, and handling money and receipts.



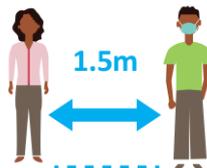
4 Upon entry, submit for temperature checks. Go home immediately if denied entry due to temperature of more than 37.5°C.



9 Wash immediately products that were bought from the salon or barbershop upon reaching home.



5 Keep at least 1.5 meters distance from other clients and staff. Minimize talk with staff and other clients.



10 Avoid going to salons and barbershops where visible cleanliness and physical distancing measures are not observed.



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Protect yourself and others when in hotels

- 1** If you are sick, inform the hotel management immediately.



- 2** If you have fever, cough and shortness of breath, call the COVID-19 Hotline 1-800-200. If you are told to self-isolate, you must do so immediately.



- 3** Make arrangements with the hotel for proper medical referral when needed.



- 4** Pay attention to frequently touched surfaces and areas in your room. Wash hands or use alcohol-based sanitizer after touching:

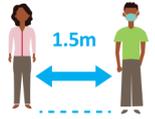
- Main door and cabinet door knobs
- Safety deposit box
- Lamp and light switches
- Toilet and bath amenities
- Phone handset and dial pads
- TV and aircon remote controls
- Iron, kettle, and refrigerator handle



- 5** Opt for contactless payment methods if possible.



- 6** Keep at least 1.5 meters distance between you and hotel staff.



- 7** When dining in the hotel restaurant:

- wash hands or use alcohol-based hand sanitizer after handling the menu
- observe 1.5 meters distancing
- order own dish or use serving spoons and ladles for shared dishes
- do not share drinking cups, glasses and utensils.



- 8** Avoid areas in the hotel where visible cleanliness and physical distancing measures are not observed.



- 9** Wash hands thoroughly with soap and water or use alcohol-based sanitizer after:

- using hotel key or keycard
- touching elevator press-pads
- using common areas
- handling money and receipts



- 10** Greet people with friendly words and smiles – no handshakes, no hugging and no other forms of physical contact.



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Protect yourself, your loved ones and others while riding any public land transportation

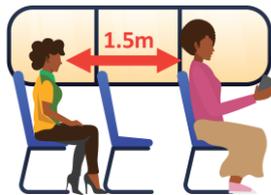
- 1** If you are sick, stay home. Do not ride any public transportation.



- 2** If you have fever, cough and shortness of breath, call the COVID-19 Hotline 1-800-200. If you are told to self-isolate, you must do so immediately.



- 3** Maintain physical distancing of at least 1.5 meters apart when riding a:



- Taxi: maximum of three people in the cab plus driver
- 25-seater bus: sit on alternating spaces
- 15-seater bus: occupy only one seat per row

- 4** Wear mask when physical distancing is not possible.



- 5** Tie your long hair to avoid touching your face or other passengers when vehicle is moving.



- 6** Cover your cough and sneeze with flexed elbow or use tissue.



- 7** Sanitize your hands frequently, especially after touching surfaces such as seats, doors, windows and waiting areas.



- 8** Avoid touching your eyes, nose, mouth.



- 9** Talking loudly can spread respiratory droplets, so avoid these activities in the public places.



- 10** Ensure to have a travel companion if you will need special assistance – wheelchair, carrying bag or heavy items.



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Protect yourself, your loved ones and others while riding any public water transportation

Check any travel restrictions and requirements before making any travel arrangements.

- 1** If you are sick, stay home. Do not travel!



- 5** Cover your cough and sneeze with flexed elbow or use tissue.



- 2** If you have fever, cough and shortness of breath, call the COVID-19 Hotline 1-800-200. If you are told to self-isolate, you must do so immediately.

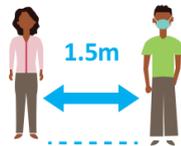


- 6** Sanitize your hands frequently, especially after touching surfaces such as seats, doors, handrails and waiting areas.



- 3** Maintain physical distancing of at least 1.5 meters apart at all times, especially at:

- Biosecurity check
- Check-in counter
- Immigration
- Waiting lounge
- Boarding
- Onboard the ship – if possible, to take one seat apart
- Baggage collection area
- Customs check



- 7** Ensure to have a travel companion if you will need special assistance.



- 8** Pack your own food, utensils and drinking cups or glasses.



- 9** Talking loudly can spread respiratory droplets, so avoid these activities in the public places.



- 4** Wear mask when physical distancing is not possible.



- 10** Fill out travel and health forms as accurate, truthful and as detailed as required.



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Niupela Pasin

New Normal in the time of the COVID-19 Pandemic

COVID-19 remains a threat in Papua New Guinea.
Protect yourself, your family and community.

Bihainim Niupela Pasin

Keep at least 1.5 meters distance between you and others. Limit social gathering and time spent in crowded places.



Greet each other without touching -- no handshake, no fist or elbow bumps. Greet with the smile, bow, nod or a simple hello.



Wear a face mask if physical distancing is not possible.



Clean and disinfect frequently touched objects and surfaces.



Clean hands frequently – wash with soap and water or alcohol-based sanitizer.



Cough or sneeze into your bent elbow – not your hands. Avoid touching your mouth, eyes and nose.



If you have the COVID-19 symptoms such as fever, dry cough, shortness of breath, call toll-free hotline 1-800200 immediately.

Fighting COVID-19 is our shared responsibility.

Let us all be vigilant and look after each other.



World Health Organization

Representative Office for Papua New Guinea

