



PRECAUTIONS GUIDELINES FOR LIFTING OF COVID-19 RESTRICTIONS

PHASE-1

JUNE, 2020



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1. SHOPPING MALLS

PHASE-1



AIM

To provide research-based guidance on how best to facilitate the safe and gradual restoration of the use of Shopping Malls, and have measures in place to protect the health of customers and employees by reducing the risk of COVID-19 transmission during visits to the malls as much as practicable.

REGULATING ENTRY AND EXIT

- Open 50% of entry points only to ensure premises do not become overcrowded (considering floor plan and emergency and fire safety).
 - Reduce numbers of people to 30% of maximum capacity of the mall.
 - Thermal screening of employees and customers (entry prohibited for those over 38 degrees).
 - Ehteraz App to be downloaded by all employees and customers, and check that the status is green to allow entry.
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PHYSICAL DISTANCING

- Reduce Mall capacity to 30% (to include shops that are already permitted to trade).
 - No shop under 300 meters square will be opened (NOTE: Exception for shops that are already permitted to trade, e.g., pharmacies).
 - Restrict the capacity of customers and employees in shops, and in malls in general, to ensure 9 meters square minimum of space per person.
 - A minimum distance of 1.5 meters between customers should be kept (except for family groups), including in queues.
 - Remind customers of social distancing requirements - Clear and visible signage.
 - Use floor markings to maintain social distancing.
 - No sales, or activities that draw large crowds are permitted.
 - Decrease lift capacity.
 - Each shop should have a sticker or poster at its entrance indicating the maximum occupancy.
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INFECTION PREVENTION AND CONTROL

- Masks to be worn by all staff and customers.
- Employees must undergo regular testing as per MOPH guidance (at employers' cost).
- Disposable gloves may be worn by managers and employees during Mall operations if needed. However, frequent hand sanitization may be a better option than gloves, which can be a source of contamination if not appropriately used, and should be replaced as per MOPH policy and guidance).
- All regularly touched surfaces should be disinfected frequently using standard disinfection products.

INFECTION PREVENTION AND CONTROL

- Provision of hand sanitizer at entrances and promote hand hygiene practice.
- Use physical barriers between staff (e.g., cashiers) and customers where practical.
- Salespersons and other mall staff must remain conscious all the time about maintaining the minimum safe distance from customers as face masks may cause people to relax their guard about the safe distance).
- All Mall employees should be educated about not going to work if they develop respiratory symptoms or fever and should report sick to their employer.
- Public toilets shall be cleaned and disinfected regularly after each use.
- Disinfection and cleaning of malls should be done at night after closing hours to minimize the interaction of housekeeping with customers and sales persons.

HANDLING OF PRODUCTS

- Minimize handling of products by employees and customers – product lists on display, pre-bagged orders for on-line pick-up.
- Eliminate samples of products to reduce the risk of contamination.
- Discontinue the use of display items that cannot be cleaned and sanitized.
- No test products/ reusable samples (along with any tools to apply makeup) will be permitted.
- Customers are not allowed to try on items such as earrings, rings, etc.

SHOPPING BAGS

- Re-usable bags: should not be used – recyclable paper bags or single-use plastic should be used instead.

MONEY HANDLING

- Shops should minimize cash transactions and encourage the use of cards for payments.
- Clean and disinfect the card payment equipment after each use.

EDUCATION & AWARENESS

- Keep employees and customers updated on COVID-19 safety and prevention information and guidelines. The emphasis that protecting public health is paramount to the Mall. Use MOPH health messages and materials. Let customers know what steps you are taking to keep them safe.

ONLINE ORDERS

- Implement and encourage taking orders online and deliver or use pick-up services.
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OPENING HOURS AND PARKING

- Opening hours restricted to 8 am – 8 pm daily.
 - No weekend opening.
 - Parking spaces shall be restricted by controlling the number of customers and ensure the cars are parked away from each other.
 - Customers limited to 3 hours inside the Mall.
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TO REMAIN CLOSED

- Service areas such as prayer rooms.
 - Leisure centres such as gyms, beauty salons, children's salons, cinemas, play areas.
 - Food courts remain closed except for delivery or pick up.
 - Public toilets, except for employees, older visitors, and emergencies only.
 - Changing Rooms.
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VULNERABLE GROUPS

- Special considerations should be made for vulnerable groups to keep them safe and protected, e.g., fast track access and service.
- Children aged 12 and below are not allowed to enter the shopping Malls.
- Vulnerable groups are advised to stay home.



2. MOSQUES

PHASE-1



AIM

To provide research-based guidance on best practices to facilitate a gradual and safe restoration to mosques and the development of effective measures to protect the health of worshipers and mosque workers by reducing the risk of Covid-19 transmission during the performance of the prayer in the mosque.

PRE-OPENING PROCEDURES

- Disinfect the mosques listed to open on phase one based on their location and readiness to implement the precautionary measures.
 - Establishment of an admin group to manage and oversee the compliance with the precautionary measures.
 - All mosques employees must be to assure their health status prior to the opening of mosques.
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OPENING AND CLOSING TIMES

- Opening the mosque 5 minutes before the call for prayer and closing it 5 minutes after the prayer.
 - The mosques' doors will close once the prayer starts or when the mosques agreed capacity is reached.
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INFECTION PREVENTION AND CONTROL

- Ensure hand sanitizing before entering the mosque.
- The toilets and ablution places are closed.
- The temperature of all workers should be checked (entry prohibited for those over 38 degrees).
- Ehteraz App to be downloaded by all employees and customers, and check that the status is green to allow entry.
- Masks to be worn by all, the worshipers and mosques' employees and workers.
- Worshipers and the mosques' employees and workers are encouraged to use a tissue when coughing or sneezing and dispose of it directly into a waste bin. Otherwise, the elbow can be used to prevent the spread of germs.
- Avoid physical contact, e.g., handshakes, etc.
- Provide sanitizers at the entrance and multiple locations within the mosque.
- Advise worshipers, employees, and workers to avoid touching their nose, eyes, and mouth.
- Surfaces, carpets, corridors, and areas where shoes are kept should be cleaned and disinfected regularly and after each prayer.
- A housekeeping record log must be maintained.
- Worshipers are encouraged to bring their own Qur'an or use their phone application to read it.
- At least half of the windows and doors should be kept open

INFECTION PREVENTION AND CONTROL

during prayer time to ensure proper ventilation inside the mosque. They can be closed after the prayer ends, and worshipers leave the mosque.

- Packs of tissue papers should be available and accessed when needed.
 - Waste bins should be distributed throughout the mosque.
 - Worshipers will not be allowed to enter the mosque without wearing a mask and bringing their prayer mat.
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PHYSICAL DISTANCING

- Maintaining a minimum safe distance of 1.5 meters between worshipers should be encouraged by the Imam.
 - Floor markings should be used on the mosque's carpets to guide the worshipers' position and maintain physical distancing.
 - Provide enough space on the sides of the mosque to allow for worshipers' exit from the first rows without the need to go through the others.
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REGULATING ENTRY AND EXIT

- Open an entrance 5 minutes before the call for prayer to regulate the entry of worshipers and ensure the proper implementation of precautionary measures.
 - Doors should be opened after the end of each prayer to facilitate the exit of worshipers. They will be closed 5 minutes after each prayer.
 - Worshipers are urged to avoid crowding during entering and exiting the mosques.
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MOSQUE EMPLOYEES

- A response procedure in alignment with MOPH guidance should be in place to deal with suspected cases.
 - An isolation room should be assigned at the mosque, and the residency of workers to separate suspected cases until the medical team from MOPH is alerted.
 - All employees are encouraged not to go to work if they developed respiratory symptoms or fever and should report sick to their employer.
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VULNERABLE GROUPS

- Vulnerable groups are advised to pray at home.
- Children aged 12 and below are not allowed to enter the mosques.

EDUCATION & AWARENESS

- Regular awareness of precautionary measures.
- Urge those with high fever, coughing, and those with respiratory infections not to go to the mosque.
- Posters are distributed in the mosque to remind worshipers, and mosques' employees of the precautionary measures and the process of reporting discrepancies or violations.
- Each mosque should have a sticker or poster at its entrance indicating the maximum occupancy.



3. MARITIME TRANSPORT

PHASE-1



AIM

To provide research-based guidance on how best to facilitate the safe and gradual restoration of personal boat/sea cruiser use, and boat rentals for family groups, and at the same time reducing the risk of COVID-19 transmission during leisure sea travel as much as practicable.

SIZE OF GATHERING

- Limit the number on board to those family members who share the same household
 - No guests allowed on the boat.
 - If staff works on the boat, ensure that the same infection prevention and control measures are applied to them as the family member.
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INFECTION PREVENTION AND CONTROL

- Measure the temperature of the family members who will rent the boat by the renting company to ensure boarding only for those with body temperature less than 38 degrees.
 - Masks to be worn by employees and clients at the rental point and during the cruise.
 - Ehteraz App to be downloaded by all renting company's employees, and a process should be in place for the management of the health status checks daily. The health status should be green to allow entrance.
 - Employees must undergo regular testing as per MOPH guidance (at employers' cost).
 - Boats, including the equipment and surfaces, should be cleaned and disinfected prior, and after use.
 - It is mandatory to provide cleaning and disinfection materials on the boats.
 - Frequently clean and disinfect commonly touched objects and surfaces like the gates or the fuel pump.
 - Ensure the availability of facilities for handwashing/ or hand sanitizing is maintained on the boat and at the rental company.
 - Handwashing or hand sanitizing before and after boarding/ unboarding the boat/ sea cruiser is recommended.
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PHYSICAL DISTANCING

- Maintain at least 1.5 meters (9 m²) per person at any point in time at the marina or when fueling the boat.
- Rafting up with other boats must refrain.
- Beaching up the boat next to others should be ceased.
- Limit the contact with others on the way to and from the marina.



EDUCATION & AWARENESS

- Keep staff and customers updated on COVID-19 safety and prevention information and guidelines.
 - Use MoPH health messages and materials.
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WASTE

- Ensure that waste bins with covers are available and distributed sensibly on the boat.
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VULNERABLE GROUPS

- Family members above the age of 60 and children under the age of 12 years are advised not to be on board.
- Employees with chronic conditions should be advised not to be onboard.



4. RETURN TO WORK

PHASE-1



AIM

To provide research-based guidance on how best to facilitate the safe and gradual return of employees to work and have adequate measures in place to protect their health by reducing the risk of COVID-19 transmission as much as practicable when they join.

COMPLIANCE OFFICER

- Appoint a designated employee to act as a Compliance Officer to ensure implementation and monitoring of all guidance, including social distancing and infection prevention and control.
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COVID-19 RISK ASSESSMENT AND RESPONSE PLAN

- Develop and update a COVID-19 response plan to deal with suspected/confirmed cases of COVID-19 in the workplace and specify what is to be done if an employee displays symptoms during working hours.
 - Conduct a risk assessment on health and safety before any return to the workplace, and put in place relevant measures to ensure the health and safety of employees in line MOPH guidance. The assessment should cover risks posed by facilities, services, working conditions, and the composition of the workforce.
 - Based on the conducted risk assessment, develop a plan for resumption of services, and staff return to work in line with the phases.
 - A log of all participants in any group activity or service that require multiple staff is kept to facilitate contact tracing if needed.
 - Consider completing a return to work form for all employees before resuming duties.
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PHYSICAL DISTANCING

- 1.5 meters minimum distance between staff during their work, or 9 meters square per person is recommended. In cases where distance cannot be maintained, the physical barriers must be used to separate employees.
- Reduce numbers of staff working onsite as per the guidance in each phase.
- Meetings during phase 1 should not have more than 5 people in the same room.
- Use floor and furniture markings to maintain appropriate social distancing.
- Avoid hot desking (i.e., use of the same desk by multiple employees).
- Remind employees of distancing requirements using clear and visible signage.

INFECTION PREVENTION AND CONTROL

- All employees must undergo regular testing as per MOPH guidance (at employer cost).
- Hand sanitizer to be provided for employee use at several locations within the facilities
- Measure the temperature of employees and patients on arrival. Set up a separate pathway for patients with temperature more than 38 degrees as per COVID-19 protocols.
- Frequent hand washing/sanitizing should be promoted.
- Face masks to be worn by employees at all times.
- Wearing disposable gloves is not routinely recommended as per MOPH protocol and need to be replaced after every patient encounter.
- Avoid handshakes and all forms of physical greetings that requires touching or coming close.
- All regularly touched surfaces should be cleaned and disinfected frequently using standard disinfection products.
- Toilets are cleaned and disinfected after each use.

REGULATING ENTRY AND EXIT

- Regulate entry to ensure premises does not become overcrowded.
- Thermal screening of employees and visitors (entry prohibited for those with body temperature of 38 degrees or higher).
- Etheraz App to be downloaded by all employees, and visitors, and check that the status is green to allow entry.

WORKING HOURS AND REMOTE WORKING

- 20% of employees work on-site, while 80% work remotely where applicable.
- Consider working in split teams, alternating shifts, or alternating days to comply with capacity and social distancing guidance.
- Employees holding non-physical contact jobs (admin staff, secretaries, knowledge jobs, etc.) should continue to work remotely in phase 1, if possible.
- Allow flexible working hours for vulnerable employees or those who are concerned about being present in office locations for health reasons.

VULNERABLE GROUPS

- Employees over the age of 60 should be advised to work from home and delay return to work locations until phase 4, if possible.
- Employees who are pregnant, those with chronic conditions, or those with increased health risks should be advised to work from home and delay return to work locations until phase 4, if possible.
- Consider requiring the completion of a return to Work Form for vulnerable employees.



MENTAL HEALTH AWARENESS

- Advise employees who may be experiencing stress or anxiety related to COVID-19 to contact the mental health hotline 16000.

EDUCATION AND AWARENESS

- Communicate clearly and early with managers and employees on plans to reopen and any new guidance or policies that will be introduced.
- Keep employees updated on COVID-19 safety and prevention information and guidelines.
- The emphasis that protecting public health is paramount.
- Use MOPH health messages and materials. Let customers know what steps you are taking to keep them safe.
- It is important remind workers that wearing face masks does not preclude the need to keep physical distance of at least 1.5 meters from each other.



MONEY HANDLING

- Minimize any cash transactions in work locations.
- Wipe down credit card readers and other payment methods after each use.



5. FLIGHTS AND TRAVEL

PHASE-1



AIM

To provide research-based guidance on how best to facilitate the safe and gradual return of essential international travels and have sufficient measures in place to protect the health of travelers to and from Qatar, by reducing the risk of COVID-19 transmission during their flight as much as practicable.

COMPLIANCE OFFICER

- Appoint a coordinator/officer to ensure the uniform dissemination of preventive measures to all International travelers to and from Qatar.

INFECTION PREVENTION AND CONTROL

Travel should not be undertaken unless in urgent or essential circumstances.

Before Travel:

- Do not go to the airport if you have the following symptoms: Fever, Cough, Shortness of breath, Loss of Taste or Smell, or have a respiratory infection.
- Ensure you have downloaded the Ehteraz App and that your status is green before traveling.
- Ensure you have enough medical face masks for your journey.

At the Departure Airport:

- Be aware that only travelers may enter the airport terminal buildings.
- Leave enough time to allow for checks and new procedures.
- Practice regular hand hygiene and avoid touching your face (nose mouth and eyes).
- Limit your movement and avoid touching common surfaces as much as possible
- Follow cough and sneeze etiquette.
- Check-in online if possible, bring everything you need for your journey, and have all documents ready.
- Make sure to practice physical distancing, by keeping 1.5 meters minimum distance between yourself and others.
- Wear a mask to protect yourself and the other passengers. Boarding will not be allowed without a face mask.
- Comply with thermal screening, if requested.

During the Flight:

- Practice hand hygiene, including frequent hand sanitization, follow cough etiquette and wear a mask.
- Watch the cabin safety demonstration to be aware of specific instructions for your flight.
- If you feel ill while traveling, inform the crew, and seek medical care as soon as possible.
- Limit your movement in the cabin to what is essential for well-being.

GUIDANCE FOR TRAVELERS

At the Arrival Airport:

- Practice physical distancing, hand hygiene, and cough etiquette and wear a mask.
- Collect your bags and leave the terminal building as soon as possible.
- Reduce the risk of virus transmission by minimizing interaction with people in the arrival terminal.
- Comply with thermal screening, if requested.
- Clean your hands with sanitizers after you touch surfaces or handle your luggage.

Before Travel:

- Make sure you have the most up to date airport information by visiting: <https://dohahamadairport.com/covid-19-impact-faqs>
- Orientate yourself, using credible sources of information, such as the relevant embassy website, with the specific COVID-19 rules and regulations of the country of travel and prepare and plan accordingly.

During Travel:

- Abide by physical distancing, by keeping a minimum distance of 1.5 meters between yourself and others when possible.
- Avoid the use of cash to limit the handling of money as much as possible, and make payments using a bank card when possible.
- Wash your hands with soap and water or use hand sanitizer for at least 20 seconds. It is recommended to wash your hands or using sanitizers when being in a public place, and touching surfaces, or after coughing, or sneezing, and before touching your face or eating.
- Avoid touching your eyes, nose, or mouth with unclean hands.
- If you develop symptoms, seek medical help as soon as possible.

QUARANTINE AND BORDER CONTROL MEASURES

- All travelers to Qatar will be required to undergo strict quarantine for 14 days in one of the appointed Quarantine hotels. The cost of quarantine will be at the traveler's expense.
- Ensure you are aware of all the measures specific to the country of travel before traveling and plan and prepare accordingly. Ensure information is acquired through official sources (e.g., Embassy website).

VULNERABLE GROUPS

- Groups at a higher risk of developing complications due to COVID-19, such as the elderly, pregnant, or those with existing chronic conditions, are encouraged to delay any unnecessary travel.



6. PROFESSIONAL SPORTS

PHASE-1



AIM

To provide research-based guidance on how best to facilitate the safe and gradual resumption of professional sports and have effective measures in place to protect the health of athletes, staff and supporting personnel by reducing the risk of COVID-19 transmission during professional sports training sessions as much as practicable.

PHYSICAL DISTANCING

- Limit the occupancy of the training venue/ground at 12-36 meters square per person.
 - A safe distance of 2-3 meters should be maintained between people when exercising.
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VENUE

- Outdoor training sessions are better ventilated than indoor sessions and thus less risk of transmission.
 - Ensure physical distancing advice is followed.
 - Indoor venues should reduce capacity to allow at least 2-3 meters spacing between athletes.
 - Up to 50% capacity of any space used provided minimum safe distance is maintained.
-

FACILITIES

- An isolation room/space identified to hold any symptomatic person found at the venue while awaiting patient transport to a medical facility is necessary.
 - Having a medical post and designated personnel on-site is advisable to help assess cases and potentially other illnesses..
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VULNERABLE GROUPS

- Special considerations made for vulnerable groups to keep them safe and protected.
 - Vulnerable groups are advised to stay at home.
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INFECTION PREVENTION AND CONTROL

- Regular testing for employees as per MOPH guidelines.
- Masks to be worn by all staff and athletes while not training.
- Distribute hand sanitizers at multiple locations in the training facility and accommodation.
- Ensure placement of good hygiene and other measures signage is distributed across all venues, changing rooms, training facilities, etc.
- Athletes and employees are advised to avoid touching surfaces and their nose, eyes, or mouth.
- Towels recommended for use once only.
- Avoid physical contact, e.g., hugging, handshakes, etc.

INFECTION, PREVENTION AND CONTROL

- Cleaning and disinfection of sports equipment mandatory.
 - Players should use their drinking bottles and not share with others.
 - No spitting on the field of play.
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EDUCATION & AWARENESS

- Provide athletes and employees with advice on cough etiquette and hand-hygiene practices.
 - Provide athletes and employees with information on physical distancing.
 - Provide athletes and employees with information on the use of face coverings and medical masks.
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PRE-TRAINING

- Ensure the capacity to isolate suspected cases.
 - Provide disposable gloves to staff handling laundry, towels, etc.
 - Make tissues and containers to dispose of used tissues with lids available on all buses and in all facility changing rooms
 - Consideration of provision of individual prevention packages for athletes containing:
 - Small personal packs of disposable tissues and plastic bags for tissue disposal.
 - Small laminated prevention card with key reporting information.
 - Medical mask to wear if they are ill (any symptoms, including fever, cough, shortness of breath).
 - Small packages of an alcohol-based hand wipes.
 - A small package of disposable plastic drinking cups.
 - Thermometer.
 - Hand sanitizer.
 - Due to participating in training, anyone who feels ill should not come to the venue and be advised on the designated contact online or by telephone.
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DURING TRAINING

- Wash hands with soap and water. Use an alcohol-based hand sanitizer if soap and water not available. Hand sanitizer stations should be available throughout the training facility.
- Athletes should not share clothing, bar soap, or other personal items.

REGULATING ENTRY AND EXIT

- Regulate entry to ensure training premises do not become overcrowded.
- Thermal screening of employees and athletes (entry prohibited for those over 38 degrees).
- Ehteraz App to be downloaded by all employees and customers, and check that the status is green to allow entry.

TO REMAIN CLOSED

- Steam rooms and sauna's.



7. PRIVATE HEALTHCARE FACILITIES

PHASE-1



AIM

To provide research-based guidance on how best to facilitate the safe and gradual restoration of private healthcare sector services and have adequate measures in place to protect the health of patients and healthcare workers by reducing the risk of COVID-19 transmission during treatment as much as practicable.

COMPLIANCE OFFICER

- Appoint a designated employee to act as a Compliance Officer to ensure implementation, compliance, and monitoring of all guidance, including social distancing, hygiene, and infection prevention, and control.
 - The designated Compliance Officer must stay abreast, monitor, and document compliance with all MOPH issued directives, protocols, and guidance.
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COVID-19 RISK ASSESSMENT AND RESPONSE PLAN

- Develop and update a COVID-19 response plan to deal with suspected/confirmed cases of COVID-19 in the workplace and specify what is to be done if an employee displays symptoms during working hours.
 - Conduct a risk assessment on health and safety before any return to the workplace, and put in place relevant measures to ensure the health and safety of employees in line MOPH guidance. The assessment should cover risks posed by facilities, services, working conditions, and the composition of the workforce.
 - Based on the conducted risk assessment, develop a plan for resumption of services, and staff return to work in line with the phases.
 - A log of all participants in any group activity or service that require multiple staff (such as surgical procedures, group therapy sessions, etc.) is kept to facilitate contact tracing if needed.
 - Consider completing a return to work form for all employees before resuming duties.
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PHYSICAL DISTANCING

- The occupancy rate of health facilities should not exceed 40% of the total capacity.
- Maintain 1.5 meters minimum distance between people (staff and patients).
- Protective screens on counters must be used, if a distance of 1.5 meters or more cannot be assured, to separate between employees and patients unless it impacts the delivery of services.

PHYSICAL DISTANCING

- Reduce numbers of employees working onsite as per the guidance in each phase
- Continue to provide telemedicine services as possible.
- Use floor and furniture markings to maintain appropriate social distancing for patients and staff.
- Remind staff of distancing requirements - Clear and visible signage.

INFECTION PREVENTION AND CONTROL

- All employees must undergo regular testing as per MOPH guidance.
- Ehteraz App to be downloaded by all employees and customers, and check that the status is green to allow entry.
- Measure the temperature of employees and patients on arrival. Set up a separate pathway for patients with temperature equal to or more than 38 degrees as per COVID-19 protocols.
- Hand sanitizer to be provided for employees and patients use at several locations that are readily visible and accessible within the facilities.
- Masks to be worn by employees and patients at all times.
- PPE to be provided to all healthcare workers – full PPE for those making interventions that generate splashes or aerosols, such as dental treatment or others.
- Disposable gloves are mandatory for all clinical staff as per MOPH protocol and need to be replaced after every patient encounter.
- Avoid handshakes and all forms of physical greetings.
- Waiting areas and all regularly touched surfaces should be cleaned and disinfected periodically using standard disinfection products.
- Disinfection of examination and treatment rooms after each patient.
- A housekeeping log should be maintained.
- Toilets are cleaned and disinfected after each use.

CAPACITY RESTRICTIONS

- All facilities must comply with capacity restrictions in each phase.
- Consider alternating shifts or alternating clinic days to comply with capacity, 40 minutes per patient appointment, and social distancing requirements.

APPOINTMENTS AND SCHEDULING

- Patients must have pre-booked appointments to be seen. No walk-ins allowed except for emergency and urgent care departments.
 - Patients cannot be scheduled less than 40 minutes apart (i.e., each patient appoint must be at least 40 minutes) to minimize crowding and ensure sufficient time to clean and disinfect clinics/ rooms.
 - Priority given to patients with complex or multiple chronic conditions.
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WAITING AREAS

- Patients attend health facilities only 5 minutes before the scheduled time.
 - Clinic waiting for areas to allow minimum space of 9 meters square per person.
 - Do not mix patients with respiratory infection symptoms or high temperature – provide a separate waiting room.
 - In-facility pharmacy waiting areas must comply with social distancing, floor, and furniture markings. Plastic Shields must be placed between chairs.
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ELECTIVE SURGICAL PROCEDURES

- Elective patients to undergo COVID-19 screening before procedures.
 - Avoid elective cases requiring blood transfusions or intensive care in the post-operative period during phase 1 and phase 2.
 - Full PPE to be worn and replaced after each procedure.
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HOME VISITATION

- Continue to suspend home health services in various medical specialties (doctors, physical therapy, daily nursing, etc.) except for nursing services provided through long-term contracts.
 - Home visitation to prioritize patients with critical and complex conditions.
 - New Full PPE must be worn prior to each visit and properly disposed in specially marked containers following each visit.
 - All surfaces inside vehicles used to conduct home visits must be adequately cleaned and disinfected daily.
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TELEHEALTH CONSULTATIONS

- Telehealth consultations and follow-ups, if established, should continue where it is appropriate, depending on the patient's conditions. Patients at-risk and vulnerable patients (those aged 60 and above, or having complex or multiple chronic conditions) should be prioritized.

MONEY HANDLING

- Minimize any cash transactions.
 - Wipe down credit card readers and other payment methods after each patient/customer use.
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PPE SUPPLIES

- All healthcare facilities must maintain sufficient PPE supplies, including masks, gloves, etc. to cover the needs of both patients and staff.
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TOOLS, SUPPLIES AND EQUIPMENT

- Single-use and disposable tools and supplies must be used whenever possible.
 - Any reusable tools and supplies must be changed after each use, procedure, or patient encounter and properly contained using standard infection prevention and control practices.
 - All reusable tools and supplies must be appropriately sterilized using standard infection prevention and control practices.
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VULNERABLE GROUPS

- Employees over the age of 60 should be advised to work from home and delay return to work locations whenever possible.
 - Employees with chronic conditions should be advised to work from home and delay return to work whenever possible.
 - Require the completion of a return to Work Form for vulnerable or at-risk employees.
-

EDUCATION & AWARENESS

- Communicate clearly and early with managers and employees on plans to reopen and any new guidance or policies that will be introduced.
 - Keep employees updated on COVID-19 safety and prevention information and guidelines.
 - The emphasis that protecting public health is paramount.
 - Use MOPH health messages and materials. Let patients know what steps you are taking to keep them safe.
-

MENTAL HEALTH AWARENESS

- Advise employees and patients, who may be experiencing stress or anxiety related to COVID-19 guidance, to contact the mental health hotline 16000. Refer patients according to MOPH Policy for 'Addressing Mental Health and Psychosocial Aspects of COVID-19 Outbreak'.



8. PARKS, CORNICHE AND BEACHES

PHASE-1



AIM

To provide research-based guidance on how best to facilitate the safe and gradual return of activities at parks, corniche, and beaches, and the same time reducing the risk of COVID-19 transmission during individual physical exercising outdoor as much as practicable.

VENUE

- Individuals are allowed to exercise in parks and open spaces.
 - Exercising in groups is not permitted, but 2 or 3 in a family group who live together is allowed.
 - Any individual sporting activity, such as running and walking for exercise, is allowed.
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INFECTION PREVENTION AND CONTROL

- Individuals must download the Etheraz app, and the status must be green.
 - Avoid physical contact, e.g., hugging, handshakes, etc.
 - Avoid spitting.
 - Wearing masks is not necessary for outdoor exercises; however, 3 meters minimum safe distancing should be followed. You will need to wear a mask if you come within 3 meters from others when exercising.
 - Exercising is not advised when the temperature is 38 degrees or above or if COVID-19 symptoms are present (see MOPH website for details).
 - Outdoor gym equipment should be kept closed (to reduce the risk of transmission of the virus on frequently touched surfaces).
 - Playgrounds and Skate parks should remain closed.
 - Cough or sneeze into a tissue, or if not available into the elbow. Dispose of the tissue paper in the waste bins.
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PHYSICAL DISTANCING

- Ensure a 3 meters minimum distance from others when exercising outdoor.
 - Do not stop and sit on benches or grass.
 - Stopping for food/picnics is not allowed.
 - No groups or social gatherings are allowed.
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TO REMAIN CLOSED

- Outdoor gym equipment.
- Playgrounds.
- Skate Parks.



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