



Let's Listen! DKI Jakarta PSBB Guide

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HumasUPNVJ - Reporting from the TEMPO.CO website, DKI Governor Anies Baswedan issued a guidebook for residents of the Capital City in carrying out activities amid the Jakarta Large-Scale Social Restrictions or PSBB.

Starting from activities that are allowed during PSBB to things that must be considered by residents. Such as public facilities that have been suspended, namely schools, offices and religious activities in houses of worship. Everything is currently being done from home, learning to work, sports to praying.

In the guidebook, residents who cannot work from home are required to comply with health protocols, such as wearing masks and implementing physical distancing. Those who are sick and have a fever are asked not to come to work.

This also includes residents who have to leave their homes for urgent matters required to wear masks. If traveling by car the maximum number of passengers is only three people. If you use public transportation, you must apply physical distancing.

Residents are asked not to leave their homes during the PSBB, so they are not allowed to go to the mall or other places. During the PSBB, residents are also not allowed to eat food in restaurants but take it home. Residents were also asked not to use cash.

Residents can use the delivery service to buy food. This includes shopping for daily staples through PD Pasar Jaya which has prepared a market that serves residents online.

Those who are sick are allowed to go to the hospital, but if the condition is not urgent, they are expected to postpone leaving the house. For elderly citizens it is recommended to use remote counseling. For residents who want to visit the hospital, please contact the hospital first and wear a mask when traveling.

If a family member works at the hospital, please pay attention to the protocol before entering the house. By removing shoes before entering, then bathing to clean the body and separate clothes from other people.

Residents who have elderly family members are asked to reduce physical contact. Residents who work as motorcycle taxis are only allowed to carry goods and are not allowed to carry passengers.

For residents who wish to carry out independent disinfection, please pay attention to health recommendations and WHO. Use gloves and a mask. Do not spray on humans, animals and plants. When finished, clean clothes and body with running water.

If there are residents who experience Covid 19, contact the RT and complaint post at 112. Provide personal data and travel history for the last 14 days. Then live independent isolation and maintain body immunity.

Residents who are self-isolating must be in a separate room with good air ventilation. Dispose of trash and store clothing in a closed area. Avoid using shared tools. Maintain a healthy lifestyle. Measure body temperature every day and report body condition to the health center. If the condition worsens, immediately report to the health center.

Residents who do not receive social assistance can report to the RW and fill out the forms provided. Assistance is given to residents with an income of IDR 5 million per month. Affected by layoffs, closed businesses, decreased income due to the Covid-19 pandemic.

PSBB is enforced for 14 days from 10-23 April 2020. This is regulated in Governor Decree number 33 of 2020.

The complete PSBB guidebook can be seen on the following page:

<https://news.detik.com/berita/d-4976368/lengkap-ini-panduan-resmi-activity-warga-saat-psbb-di-jakarta>

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