



**NASMDA**

North American  
Sikh Medical and Dental  
Association

## Recommendations for Sangat, Sevadars and Gurdwara Management

to institute temporary measures to prevent the spread of  
Corona Virus Disease 2019 (COVID-19)

Special recommendation: all big gatherings, Samagams, Nagar Kirtans etc., should be postponed for now

### 1. Sangat and Divaan

- Wash hands with soap and water when entering the Gurdwara.
- Say Fateh! With folded hands and avoid shaking hands or hugs.
- Hold multiple divaans if possible to stagger the number of people who attend divan.
- Try to attend Gurdwara when it is less busy.
- Sit at least 6 feet apart if possible. Face to face eating is not advised.
- Talk less to minimize coughing, and droplet transmission. When coughing, use your elbow if you do not have a tissue. Throw the tissue in trash after using and wash your hands.
- Do not share your napkin, spoon, plate, glass or any other dish with another person.
- Try to attend live-streamed events online or on radio.
- At-risk population should avoid crowds.
  - Older people
  - Those who are immunocompromised or immunodeficient
  - Those with serious chronic health problems such as
    - Heart disease
    - Diabetics
    - Lung disease (asthma, COPD etc.)

### 2. Sevadars (Langar, Divaan, Parshaad)

- Provide webinar training for Gurdwara management and volunteers.
- Provide running water and soap for all sevadaars to wash hands before serving langar or parshaad.
- Wash hands with soap and water for 20 seconds before any seva.
- Ensure that the sevadaars are hand washing, covering their mouth and nose (disposable mask or hazooria) and they are healthy while doing Seva.
- Wash and change hazooria every day. After using hazooria, put in the laundry right away (do not hang on hooks).
- Excuse people from Seva if they are not well.
- Sanitize aluminum trays and utensils with hot water and soap.



- Do not share your napkin, spoon, plate, glass or any dish with another person.
- Use splash guard to protect food and parshaad from contamination.
- Do not use phone while doing Seva.
- Provide masks or hazooria to cover mouth and nose also gloves for all sevadaars serving langar and parshaad.
- If possible, use a scoop or serving spoon or wear gloves to serve langar and parshaad.
- If needed, Langar may need to be plated for sangat to pick it up from the table "to go".

### 3. Gurdwara Management

- Postpone or cancel any large events such as celebrations, nagar keertans, langar etc., where crowds may gather. Even if healthy people attend, they risk infecting those at home.
- Livestream daily paath and other divaan activities.
- Provide sufficient hand sanitizer which is accessible and conveniently located.
- Provide tissues for when people cough or sneeze.
- Provide food grade gloves and hazooria (parna) for sangat and sevadars.
- Disinfect langar and serving areas once a day, more if needed.
- Clean all handles, doorknobs, surfaces and frequency touched surfaces, often.
- Post flyers indicating:
  - Stay home if sick, except to get medical care.
  - Avoid contact with people who are sick.
  - Cover your cough or sneeze with a tissue, then throw the tissue into the trash.
  - Avoid touching your eyes, nose, and mouth even with gloves or hazooria/parna.
  - Clean and disinfect frequently touched objects and surfaces.
  - Wash your hands often with soap and water for at least 20 seconds.

If you attend the Gurdwara and have been exposed to COVID-19 or are in quarantine, then please notify your Gurdwara management so that they may take addition steps to protect the sangat.

The humble aforementioned recommendations are with the intention of providing our community with tools to protect themselves and the devoted sangat. The suggestions are keeping in mind that the Sikh community is social and deeply vetted in tradition and maryada. Every Gurdwara will need to assess it's capacity and ability to implement the changes.

This educational information is provided by a coordinated effort by numerous Sikh community health care professionals and community based organizations and is supported by: Sikh Family Center (SFC) | Joy of Sewa | IkOnkar Bridges | Bhagat Puran Singh Health Initiative (BPSHI) | Sikh Spirit Alliance | Sikh Religious Society, Palatine, IL | Sikh Healthcare Team, Bay Area | Sikh Mother Physicians Group (SMP) | Sikhs for Humanity | Fremont Gurdwara Sahib | North American Sikh Medical and Dental Association (NASMDA) | Flyer questions to: [VirsaCollaborative@gmail.com](mailto:VirsaCollaborative@gmail.com)



For additional and up to date information, see <https://www.cdc.gov/coronavirus/2019-ncov/>

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

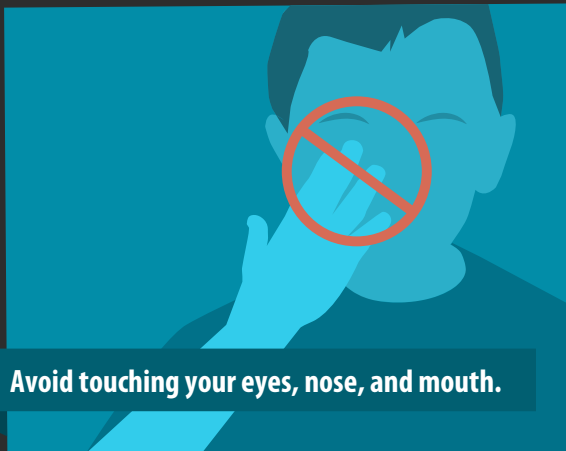
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)