



# LINCOLN LEGAL SERVICES (MYANMAR) LIMITED

CONVENIENCE TRANSLATION - ACCURACY NOT GUARANTEED

## Matters to be complied with by shops, markets, customers and market supervisory committees in all townships, villages and wards in order to prevent COVID-19

(Version 1.0)

21<sup>st</sup> April 2020

### Consumers:

1. Every family should appoint only one person to go to the market. If it is necessary to go by car, only the appointed person and the driver should go to the market. If possible, only go shopping once a week.
2. A person who has the flu, is sick, is older than 50 years, has diabetes, has a liver disease, has a kidney disease or has cancer shall not go shopping.
3. Masks must be worn when going shopping.
4. When going shopping, stay at least 6 feet apart from other customers and the sellers.
5. Before wearing masks and after wearing masks, after payment and after returning from shopping, wash hands for at least 20 seconds using soap and water. If there is no soap and water available, use hand sanitizer with 60% or more alcohol.
6. Touching nose, mouth and eyes without having washed hands must be avoided.
7. After returning from shopping -
  - (a) Transfer the purchased items into a basket or container at the entrance of the house. If possible, wash the items with water and soap.
  - (b) Change the clothes worn during shopping if possible; wash such clothes with soap after they have soaked in soap water for 30 minutes.
  - (c) Take care of personal hygiene; avoid contact with other family members without having changed clothes/taken a shower.

### Sellers:

1. A seller feeling as if he or she had the flu should stay at home, not go out to sell, avoid selling at the market, avoid selling at home and take care of personal hygiene.



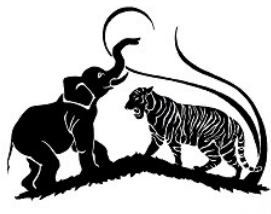
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2. A distance of at least 6 feet must be arranged from and among other sellers and customers (by, e.g., marking the place, specifying the distance).
3. Masks must be worn.
4. Wash hands after payment for 20 seconds using soap and water. If there is no soap and water available, use hand sanitizer with 60% or more alcohol.
5. Touching nose, mouth and eyes without having washed hands must be avoided.
6. Shall arrange water and soap, a place to wash hands and a rubbish bin with a lid for the use by the seller and customers. If possible, shall also arrange hand sanitizer with 60% or more alcohol and tissues.
7. Areas where there is much human contact, e.g., cash counter, door handles, shopping carts, shall be frequently cleaned with detergent with 70% or more alcohol. The floor shall be cleaned with soap in intervals of 10 to 30 minutes.

### **Market supervisory committees:**

1. A washing place, water and soap and hand sanitizer with 60% or more alcohol shall be arranged in the market. If possible, masks shall also be arranged.
2. A distance of at least 6 feet shall be kept between shops or sales points in the market.
3. Shall monitor that there is a distance of at least 6 feet between and among the sellers and customers.
4. Shall monitor that shops and sellers comply with the instructions issued by the Ministry of Health and Sports.

Promotion of Health Knowledge Sub-Department  
21<sup>st</sup> April 2020



## LINCOLN LEGAL SERVICES (MYANMAR) LIMITED

### About Lincoln Legal Services (Myanmar) Limited

Lincoln Legal Services (Myanmar) Limited provides the full range of legal and tax advisory and compliance work required by investors. We pride ourselves in offering result-oriented work, high dependability and a fast response time at very competitive prices. Please do not hesitate to contact us:

- Sebastian Pawlita, Managing Director  
Phone: +95-9-262546284 (English)  
E-Mail: [sebastian@lincolnmyanmar.com](mailto:sebastian@lincolnmyanmar.com)
- Nyein Chan Zaw, Director  
Phone: +95-9-790488268 (Myanmar)  
E-Mail: [nyeinchanzaw@lincolnmyanmar.com](mailto:nyeinchanzaw@lincolnmyanmar.com)

Office address: La Pyi Wun Plaza, Room 409 (4<sup>th</sup> Floor), 37 Alan Pya Pagoda Road, Dagon Township, Yangon

Web: [www.lincolnmyanmar.com](http://www.lincolnmyanmar.com)