

This Guideline or Protocol will be applied to Self Containment Zone identified by Thimphu Dzongkhag.

1. There are 10 Identified Self Contained Zones under Thimphu Dzongkhag as follows:

- a. Chamgang Central Jail
- b. Tango-Cheri-Dodena
- c. Yangphel Real Estate colony
- d. Taba RBA colony
- e. Wangchuk Resort
- f. Tashigang Goenpa
- g. Gida Hospital
- h. Bjimina Industrial Area
- i. Six Senses resort
- j. Talakha

2. The following guideline shall be implemented in self contained zone

- 1. Residents of these Zones will not be allowed to come out of their Zones.
- 2. No movement pass will be made for residents of Self Contained Zones.
- 3. The Administrators of the Zone will determine movement conditions within these Zones
- 4. If required for farming purposes, movement between Gewogs will be allowed.
- 5. Only vehicles for emergency medical cases and supply of essential items will be allowed to and fro from the zone.
- 6. Identify wholesalers and vegetable vendors for these Zones. These Zones can be given passes to pick up their shopping requirements.
- 7. The Administrator of identified self containment zones should develop their SOPs for supply and distribution of goods in their zone as per the unlocking order issued by the Incident Commander.

3. While moving within their Zones the following is recommended:

- a. Wearing mask/cloth over their nose and mouth
- b. Maintaining social distance outside their home and in shops within their Zones
- c. Washing hands before entering a shop
- d. Informing MOH if anyone has flu like symptoms