

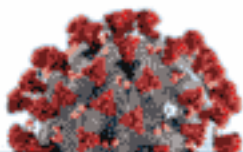
Category: News

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Written by webmaster

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Medidas para regresar a la normalidad tras la COVID-19 en Cuba



- 1 El Plan de medidas se ha concebido en tres fases de una primera etapa para regresar a la normalidad de la vida en el país.
- 2 Evitar un rebrote y desarrollar las capacidades para enfrentarlo, y reducir las vulnerabilidades como consecuencia de la enfermedad.
- 3 Las medidas abarcan varios ámbitos: salud, turismo, cuestiones laborales y tributarias, comercio exterior e interior, transporte, educación, deporte, cultura, y se han previsto las actividades del verano.
- 4 No va a haber una apertura brusca en la primera fase, aunque reinician varias actividades.
- 5 La implementación de todas las medidas que forman parte del Plan está condicionada a protocolos de salud.



Isla de la Juventud is one of the territories of Cuba that from this Monday, October 12, goes through the stage of new normality. The Citizen Portal reminds you of the measures to adopt to avoid a re-outbreak of COVID-19

THE NEW CODE AND LIFESTYLE FOR THE NEW NORMALITY

The new normal implies the application of new lifestyles that favor personal and collective health. More self-care and responsibility are required.

Basic measurements:

- Use the nasobuco correctly.
- Wash hands frequently.
- Incorporate new forms of showing affection.
- Increase disinfection of spaces.
- Maintain physical distancing.
- Self-search.

The Island in a phase of new normality

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- Faced with symptoms, do not attend work or school.
- Promote the ventilation of the premises.
- Carry out the celebrations in a ventilated environment and with a small number of people.
- Practice exercises outdoors.
- Walk and use the bicycle.
- Avoid contact with people in isolation and hospitals if not strictly necessary.

SUSPECT CASE CONTACTS WILL BE ENTERED AT HOME

Among the decisions informed as part of this strategic update, there are some that due to their scope will have a great impact on the national population. One of them is the entry into the domicile of the contacts of suspected cases.

In this regard, the Prime Minister clarified that of the 5 thousand positive cases to COVID-19 that we have had, in round numbers, more than 115 thousand people have been transferred to isolation centers, of which 4.6% have been positive for the disease.

This, and the accumulated experience, allow us to say that we can apply a different isolation protocol to a contact of a positive person, which does not mean that he will remain at home without attention, Marrero clarified.

He also pointed out that this type of home isolation will have exceptions, such as older adults, or people whose behavior does not guarantee that they can have responsible behavior, among others.

OTHER MEASURES OF THE NEW NORMALITY

- The use of a nasobuco or mask is mandatory in all phases
- No one with the least COVID-19-like symptoms can attend workplaces or schools
- Hand disinfection remains a mandatory requirement
- Temporary work group of the Government to monitor the pandemic, will meet Tuesday and Friday to monitor the covid-19
- The Minsap press conference will be only on Fridays
- The provincial and municipal defense councils are deactivated, with the exception of those of territories that are not in the new normality.
- A strengthening of the program that has to do with epidemiology and microbiology in the country will be applied.
- Work will be done on expanding the network of microbiology laboratories. The strategy is aimed at allowing all provinces to have a laboratory, in such a way as to increase the performance of PCR even when there are no positive cases in the territories.
- Security protocols will be maintained at all access points to Cuba.
- All travelers will have to make an affidavit of their state of health. 100% of international travelers will undergo PCR and the isolation protocol will be applied according to the place they are going to.
- Cuban citizens, permanent residents in Cuba, who are abroad and

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those who take 24 months abroad due to COVID-19, should go to the consulates to request the extension of time for one more year, until can return to the country.

- The entire health network in the country is restored, without visits to patients in hospitals
- Labor and salary measures are updated, promoting teleworking.
- Until December 31, payment for results will be maintained in the business sector as established due to the behavior of profits.
- It is ratified that the worker who is abroad, if requested, the administration can extend the leave without pay and protect the job.
- In the event that the owner of a self-employed business is outside the country, the condition that he can be substituted by one of his workers remains.
- The processing of labor processes, which involve claims, among other issues, is resumed.
- Where there is an outbreak and the person must remain in quarantine, 100% salary treatment will be given.
- Access to interprovincial stations is only for passengers
- Urban public transport is restored. Transportation will be provided to those health centers focused on treating COVID-19.
- The restart of the school year is maintained in November
- Return to normality in recreational centers. Bars, nightclubs and parties have specific measures.