



NOVEL CORONAVIRUS (COVID-19)



HAR EK KAAM DESH KE NAAM

Prevention is **BETTER** than CURE



NOVEL CORONAVIRUS (COVID-19)

DO'S

- TO MAINTAIN PERSONAL HYGIENE AND PHYSICAL DISTANCING.
- TO PRACTICE FREQUENT HAND WASHING. WASH HANDS WITH SOAP AND WATER OR USE ALCOHOL-BASED HAND RUB. WASH HANDS EVEN IF THEY ARE VISIBLY CLEAN.
- TO COVER YOUR NOSE AND MOUTH WITH HANDKERCHIEF/TISSUE WHILE SNEEZING AND COUGHING.
- TO THROW USED TISSUES INTO CLOSED BINS IMMEDIATELY AFTER USE.
- TO MAINTAIN A SAFE DISTANCE FROM PERSONS DURING INTERACTION, ESPECIALLY WITH THOSE HAVING FLU-LIKE SYMPTOMS.
- TO SNEEZE IN THE INNER SIDE OF YOUR ELBOW AND NOT TO COUGH INTO THE PALMS OF YOUR HANDS
- TO TAKE THEIR TEMPERATURE REGULARLY AND CHECK FOR RESPIRATORY SYMPTOMS.
- TO SEE A DOCTOR IF YOU FEEL UNWELL (FEVER, DIFFICULTY IN BREATHING AND COUGHING). WHILE VISITING DOCTOR, WEAR A MASK/CLOTH TO COVER YOUR MOUTH AND NOSE.
- FOR ANY FEVER/FLU-LIKE SIGNS / SYMPTOMS, PLEASE CALL STATE HELPLINE NUMBER, OR THE 24x7 HELPLINE NUMBER OF THE MINISTRY OF HEALTH & FAMILY WELFARE AT 011-23978046.

DON'TS

- SHAKE HANDS.
- HAVE A CLOSE CONTACT WITH ANYONE, IF YOU ARE EXPERIENCING COUGH AND FEVER.
- TOUCH YOUR EYES, NOSE AND MOUTH
- SNEEZE OR COUGH INTO PALM OF YOUR HAND
- SPIT IN PUBLIC.
- TRAVEL UNNECESSARY, PARTICULARLY TO ANY AFFECTED REGION.
- PARTICIPATE IN LARGE GATHERINGS, INCLUDING SITTING IN GROUPS AT CANTEENS.
- VISIT GYMS, CLUBS AND CROWDED PLACES etc.
- SPREAD RUMOURS OR PANIC.