

Do's & Don'ts

FOR COVID-19 PREVENTION



- ✓ Wash hands frequently with soap & water for at least 20 seconds or use an alcohol based hand sanitizer having at least 60% alcohol.
- ✓ Maintain personal hygiene. Clean your hands before eating or cooking and after sneezing or coughing.
- ✓ Monitor your health & keep a check on the symptoms of coronavirus.
- ✓ Immediately contact your doctor if you have one or more of the following: persistent fever, difficulty in breathing & cough that lasts for more than 3 days.
- ✓ Cover your nose & mouth with a tissue or your upper arm while sneezing or coughing. Stay isolated if sick.
- ✓ Maintain physical distancing & avoid any sort of gathering.
- ✓ Avoid sharing utensils, water bottle & personal hygiene items.
- ✓ Stay cautious at public places & always wear a mask when going out of your home.
- ✓ Clean & disinfect the surfaces which you touch often.

- Don't touch your face, eyes & mouth without washing/sanitizing hands.
- Don't sneeze or cough without covering your nose and mouth.
- Don't spit in public.
- Don't have close contact with persons who are sick.
- Don't hug and shake hands while greeting.
- Don't go out if you feel sick.
- Don't touch the surfaces like railing, doors, gates used by general public with bare hands.



5 Key Points

Avoid
Gathering



Be Brave
Don't Panic



Clean



Disinfect



Educate
Yourself

