Know more about CORONAVIRUS (COVID-19)
How does CORONAVIRUS spread?
The virus spreads when cough droplets of a sick person gets transferred to a healthy person (eye, nose, mouth).
If you see someone who is **Coughing/Sneezing/Sick**, you must:

1. Maintain a 6 feet distance from the person which will keep you safe from large droplets.

2. Offer them a face mask. They can cough/sneeze into it and protect everyone else nearby.
Avoid large gathering, because you might not know who is sick. Infected people show no symptoms in the initial stages but they still might infect others.
Sometimes a sick person's saliva can get on other things: Door Knobs, Pens, Mouse, Tissue, Cups, Lift Buttons, Digital Devices, Handrails of Stairs & even on the outside of your face mask.
Accidentally touching these things and then touching your eyes, nose or face may make you fall sick.
Viruses can last for up to 48 hours on objects. The only effective way to get rid of them is to wash them off with soap.
How can we AVOID getting infected?

Follow these simple steps
1. Wash your hands frequently and thoroughly with soap and water for at least 20 seconds after touching a suspected contaminated surface.
While coughing, cover your face with a disposable tissue or use a mask and discard them immediately in a waste bin. Don't wear the mask for more than 1 day.
In the absence of disposable tissues, you may cough/sneeze into your folded elbow.
4. Avoid the handshakes and hugs. Most hygienic form of greeting is **Namaste**!
5. Avoid coming into contact with people who are sick.
6. Avoid touching your Eyes, Ears and Nose
7. Use an alcohol based hand sanitiser that contains at least 60% alcohol if soap and water are not available.
Avoid sharing dishes, glasses, bedding and other household items with those with flu like symptoms.
Clean and disinfect frequently touched objects and surfaces
10. And Finally, Seek medical advice if you are sick
For any queries related to health, people may contact on
Ministry of Health & Family Welfare
24*7 Helpline Number:
+91-11-23978046
or email: ncov2019@gmail.com
ADVISORY ON SOCIAL DISTANCING TO FIGHT COVID-19

Restaurants to ensure handwashing protocol & to sanitize frequently touched surfaces. Ensure physical distancing (min. 1 metre) between tables.

Keep already planned weddings to limited gatherings. Postpone all non-essential gatherings.

Local authorities to regulate sporting events, mass gatherings, exhibit Do’s & Don’ts and take up communication drives in marketplace like sabzi mandi, bus depots, railway stations etc.

All commercial activities must keep a distance of one meter between customers.

*Advisory to be in force till 31st March 2020 & will be reviewed as per evolving situation

FOR FURTHER INFORMATION
Call +91 11 23978046 or Email ncov2019@gov.in
Closure of all educational centres, gyms, theatres etc. Online education to be promoted

Private sector organizations to allow employees to work from home wherever feasible

Postponing of exams to be explored. Ongoing exams to be conducted only after ensuring physical distance of one meter amongst students

Meetings to be conducted through Video Conferences. Minimize meetings involving a large number of people

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