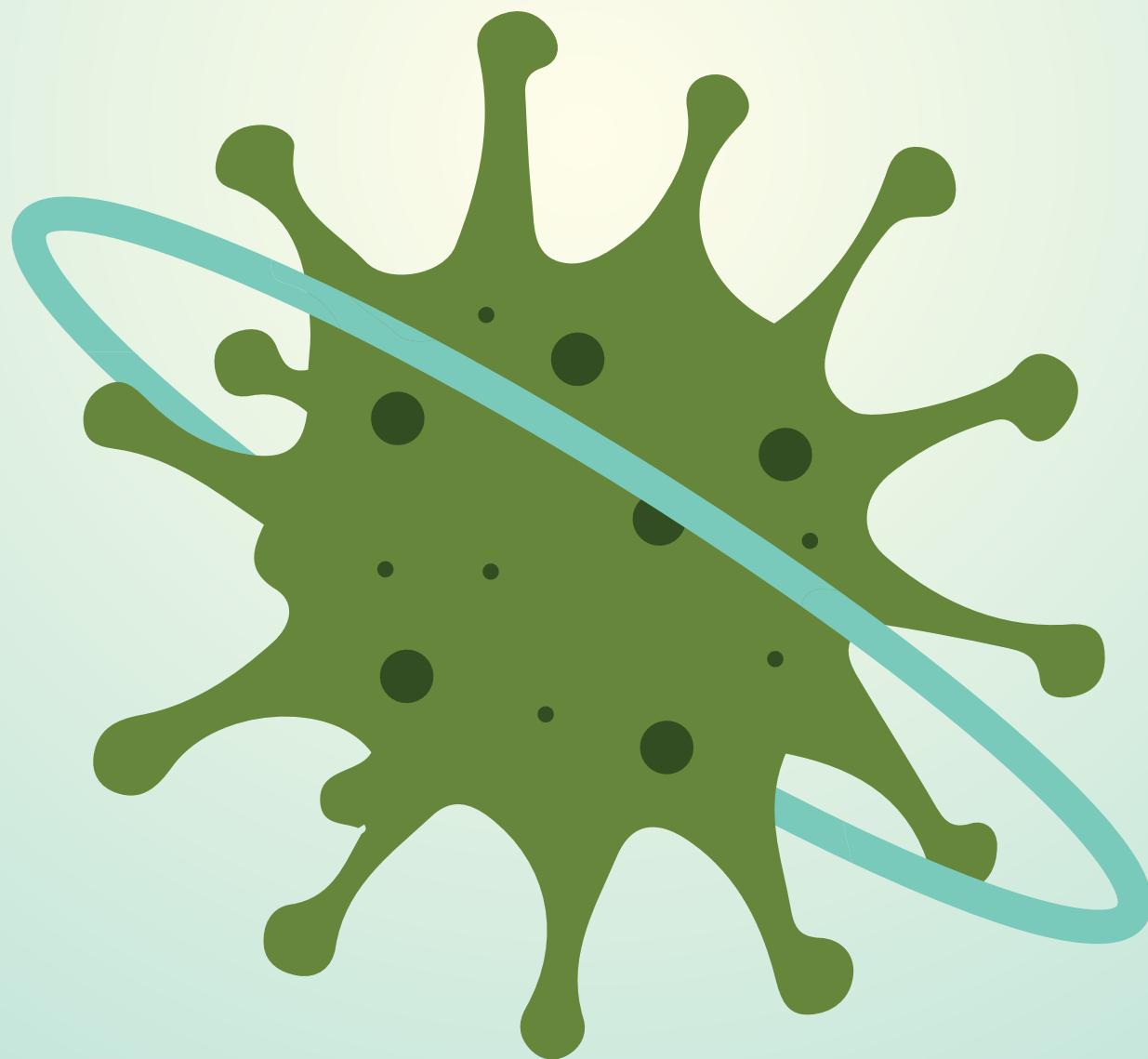
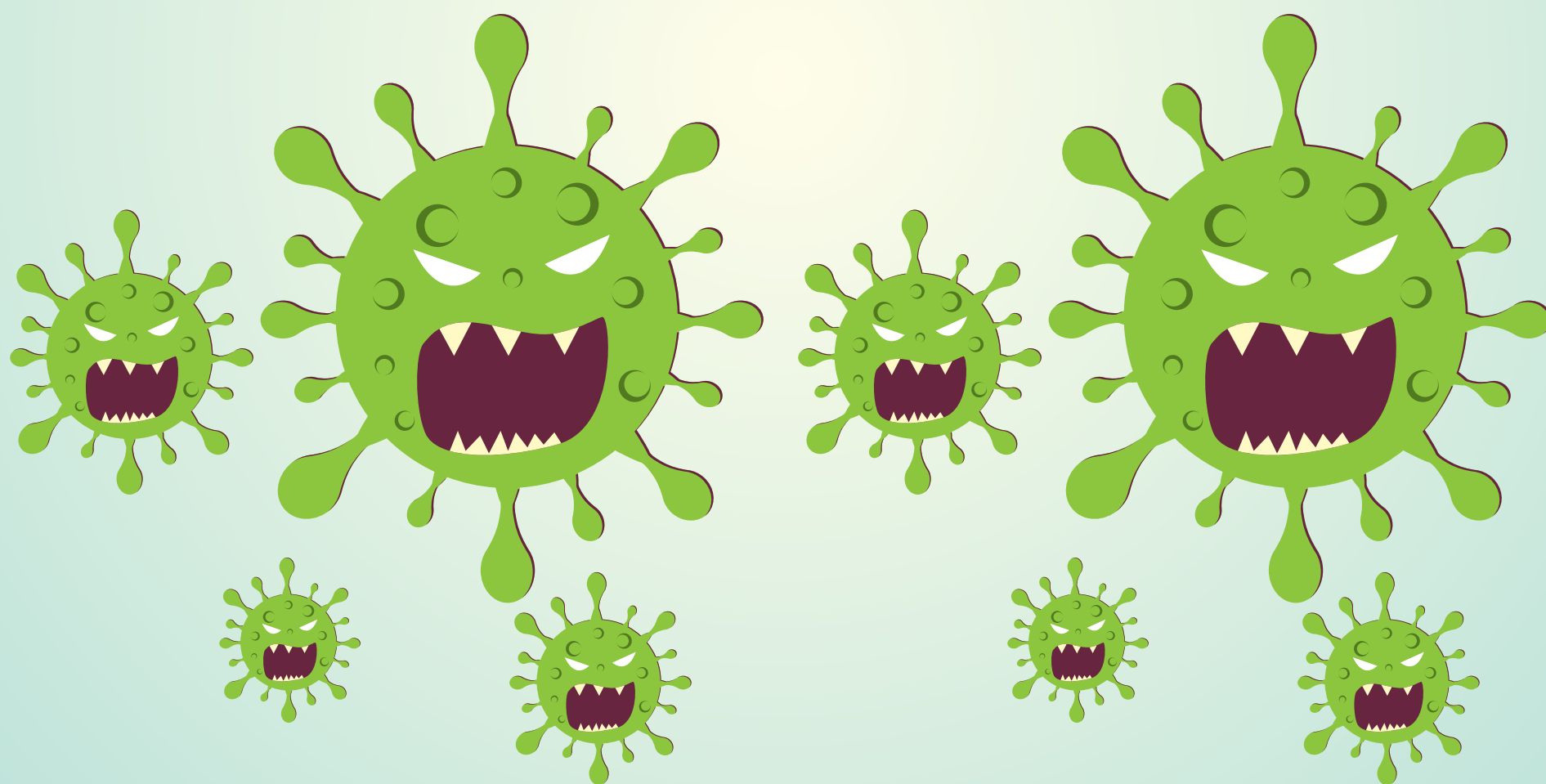


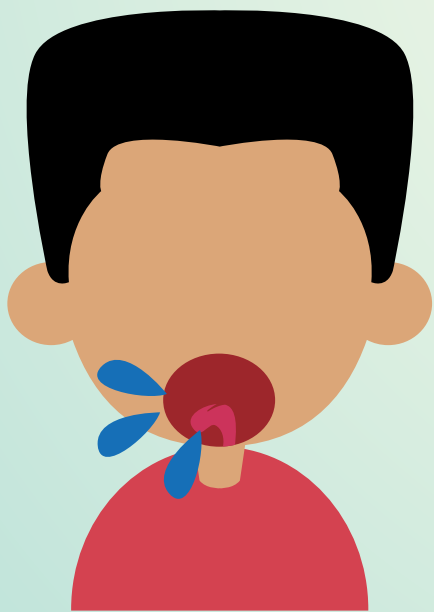
Know more about
CORONAVIRUS
(COVID-19)



How does **CORONAVIRUS** spread?



**The virus spreads when
cough droplets of a sick person
gets transferred to a healthy
person (eye, nose mouth)**



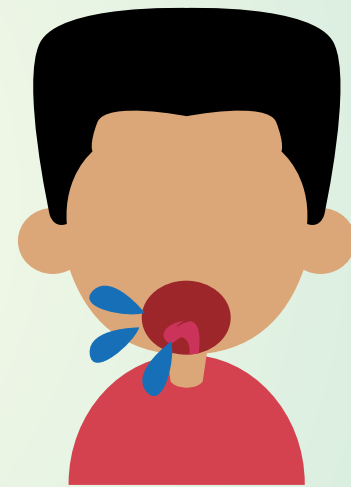
Sick Person



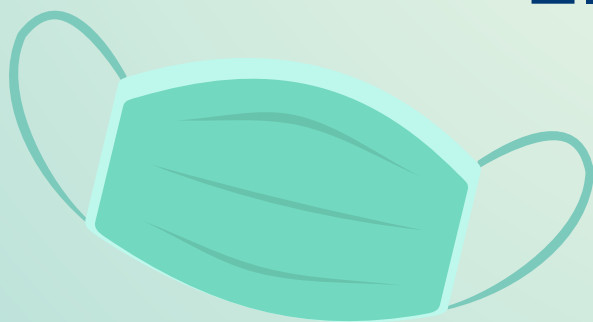
Healthy Person

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 upto
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.



2.

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.



3.

In the absence of disposable tissues, you may cough/sneeze into your folded elbow



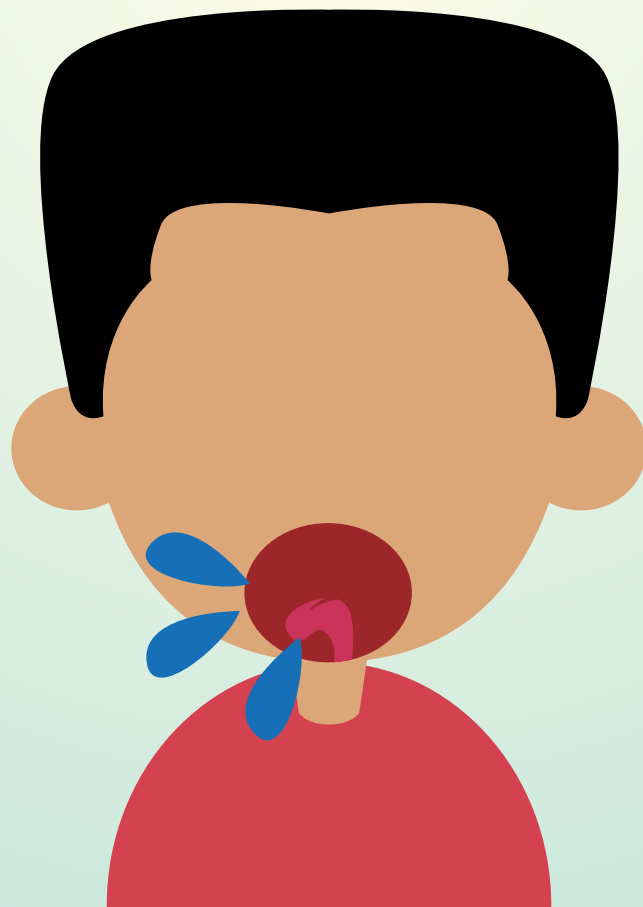
4.

**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**



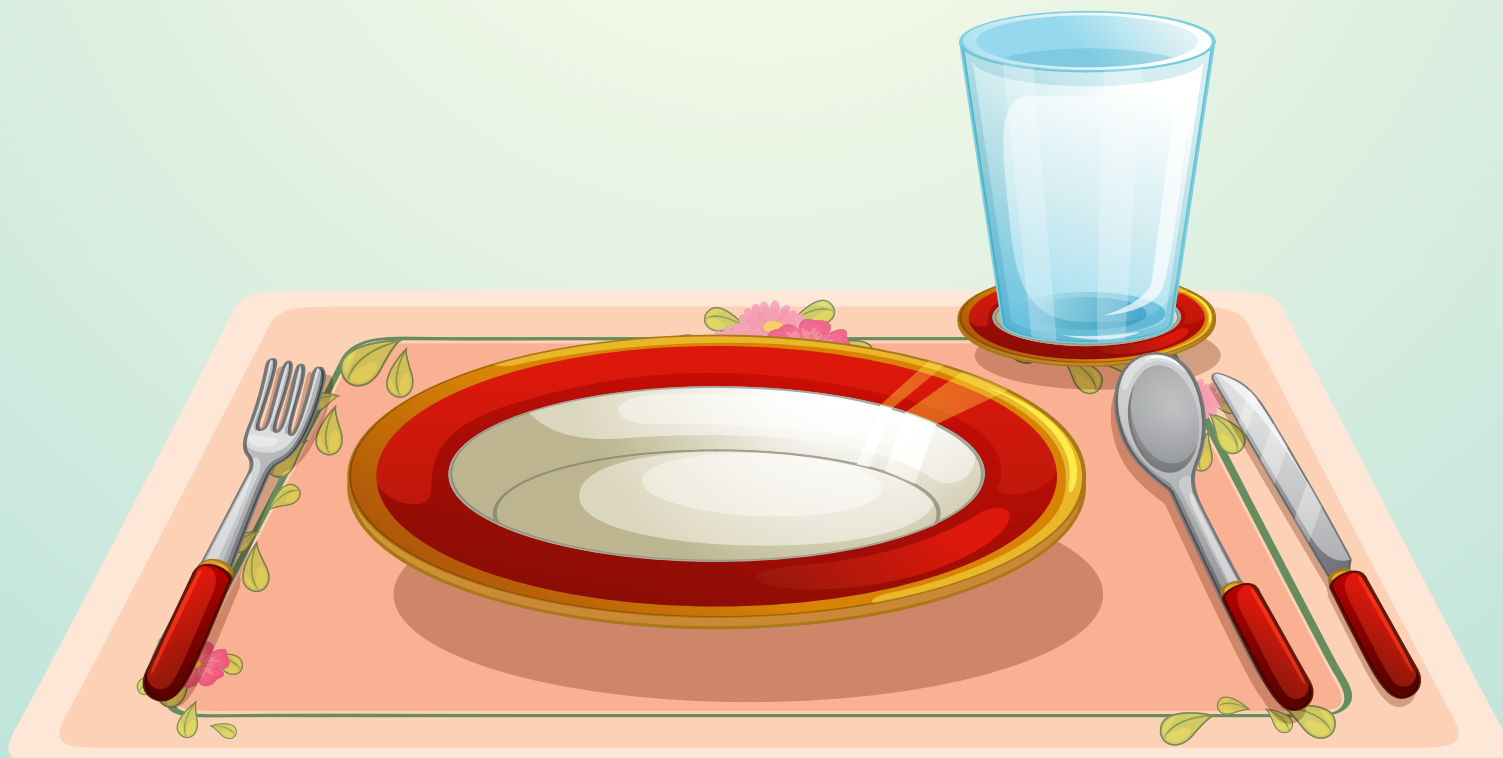
7.

**Use an alcohol based hand
sanitiser that contains at least
60% alcohol if soap and water
are not available**



8.

Avoid sharing dishes, glasses, bedding and other household items with those with flu like symptoms



9.

**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 market places 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



ADVISORY ON SOCIAL DISTANCING TO FIGHT **COVID-19**



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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