PREVENTION IS ALWAYS BETTER THAN CURE
Small Steps for a Healthier Tomorrow

**STEPS TO PROTECT YOURSELF**

- **Wash your Hands**
  often with soap and water for at least 20 seconds

- **Maintain Distance**
  from people who have cold, cough and flu-like symptoms

- **Avoid Touching**
  your nose, eyes and mouth

**STEPS TO PROTECT OTHERS**

- **Stay at Home**
  If you are sick

- **Cover your nose and mouth**
  with handkerchief/tissue while sneezing and coughing

- **Avoid large gatherings**

- **Do not spit in public**

**TOGETHER WE CAN FIGHT CORONAVIRUS!**

For further information: Contact Ministry of Health and Family Welfare, GoI’s 24X7 control room number +91-11-2397 8046 or State Helpline Number: 3852411668| Email at: ncov2019@gmail.com

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