MAINTAIN
at least one metre
distance with every person
in public areas

STOP
handshaking,
use non-contact way of greeting

WASH
your hands
regularly with soap and water
for at least 20 seconds

WEAR
a mask only
if you have cough,
fever or running nose

AVOID
going to shopping
malls, gyms, cinema halls
or large gatherings

CONSULT
a doctor if you have any flu like
symptoms (fever, dry cough, cold
and difficulty in breathing)

For further information
Contact Ministry of Health and Family Welfare, GoI’s 24 X 7 control room number: 011-2397 8046
or State Help line Number: 3852411668, Email at: ncov2019@gmail.com