Protect yourself and others!

Follow these Do's and Don'ts

**Do's**

1. Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean.
2. Cover your nose and mouth with handkerchief/tissue while sneezing and coughing.
3. Throw used tissues into closed bins immediately after use.
4. If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare’s 24X7 helpline at 011-23978046.
5. Avoid participating in large gatherings.
6. See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose.

**Don'ts**

1. Have a close contact with anyone, if you’re experiencing cough and fever.
2. Touch your eyes, nose and mouth.

Together we can fight Coronavirus

For further information:
Call at Ministry of Health, Govt. of India’s 24X7 control room number +91-11-2397 8046
Email at ncov2019@gmail.com