

Protection against COVID-19 Virus

Do's

- ✓ Wash your hands with soap and water for at least 20 seconds.
- ✓ Wear a face mask.
- ✓ Keep distance of at least 1.0 meter between yourself and others.
- ✓ Cover your mouth and nose with a tissue or your elbow when you cough or sneeze.
- ✓ Use tissues only once and dispose in closed dust bins.
- ✓ Eat healthy to build up immunity.
- ✓ Avoid unnecessary social contact. Stay at home.
- ✓ See a doctor if you feel unwell (fever, difficulty in breathing and coughing).
- ✓ Have Positive thoughts.

Don'ts

- ✗ Don't shake hands with others.
- ✗ Don't buy more than you need.
- ✗ Don't touch your mouth, nose and eyes.
- ✗ Avoid touching office surfaces.
- ✗ Don't use crowded lifts.
- ✗ Don't spit in public.
- ✗ Avoid contacts with pets and other animals.
- ✗ Avoid unnecessary travel.
- ✗ Don't participate in large gathering.
- ✗ Don't make a close contact with anyone, if you are experiencing cough and fever.