

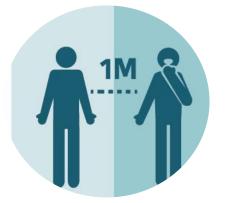


PREVENTION IS ALWAYS BETTER THAN CURE

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, Gol's 24X7 control room number +91-11-2397 8046 or State Helpline Number: 0381-2315879 | Email at: ncov2019@gmail.com



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