

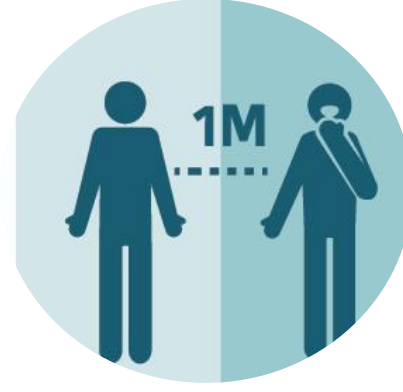
PREVENTION IS ALWAYS BETTER THAN CURE

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

