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: n cov2019@gmail.com

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