MAINTAIN
at least one metre distance with every person in public areas

STOP
handshaking, use non-contact way of greeting

WASH
your hands regularly with soap and water for at least 20 seconds

WEAR
a mask only if you have cough, fever or running nose

AVOID
going to shopping malls, gyms, cinema halls or large gatherings

CONSULT
a doctor if you have any flu like symptoms (fever, dry cough, cold and difficulty in breathing)

For further information
Contact Ministry of Health and Family Welfare, GoI’s 24 X control room number: 011-2397 8046
or State Help line Number: 0381-2315879 | Email at: ncov2019@gmail.com