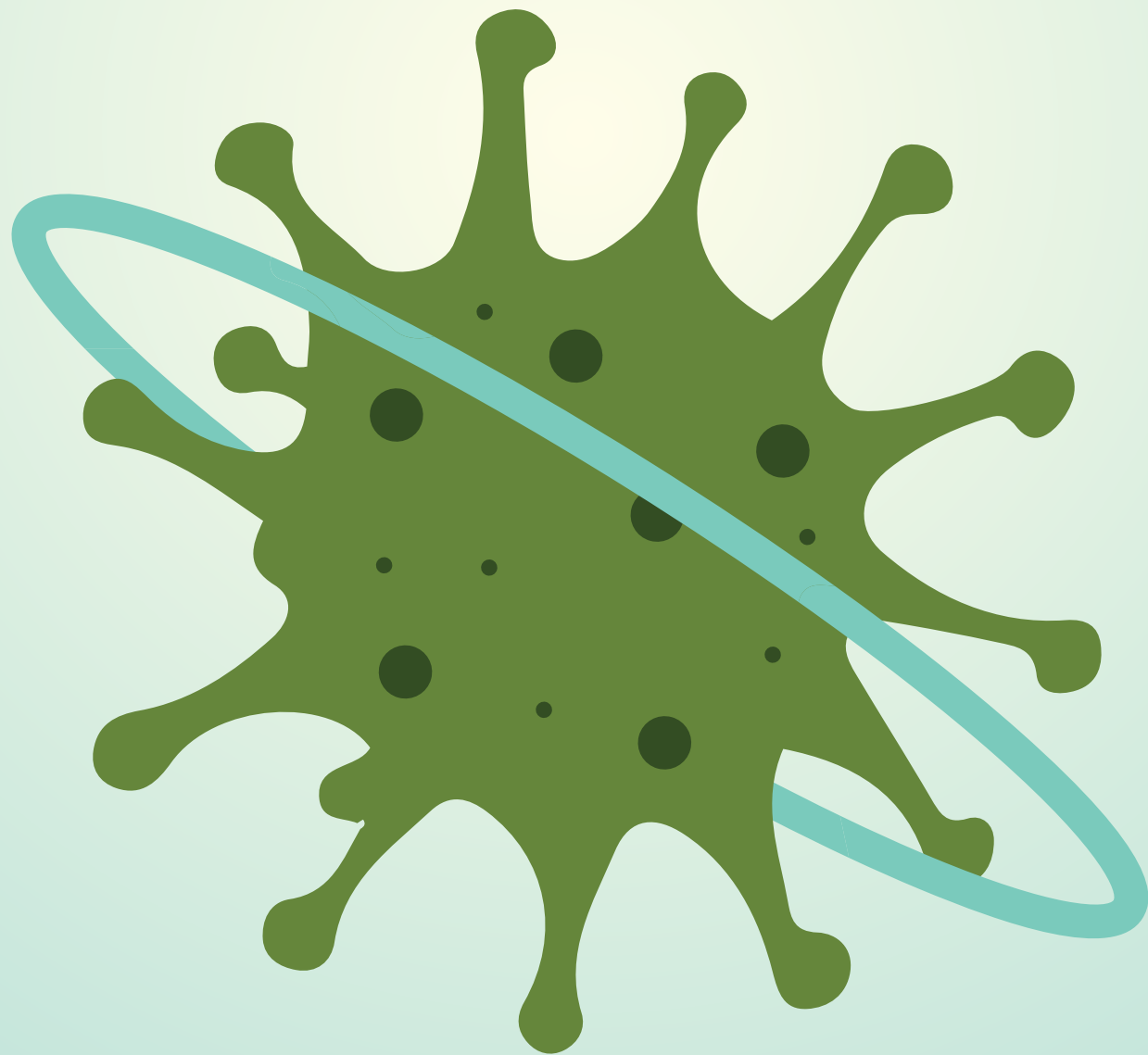
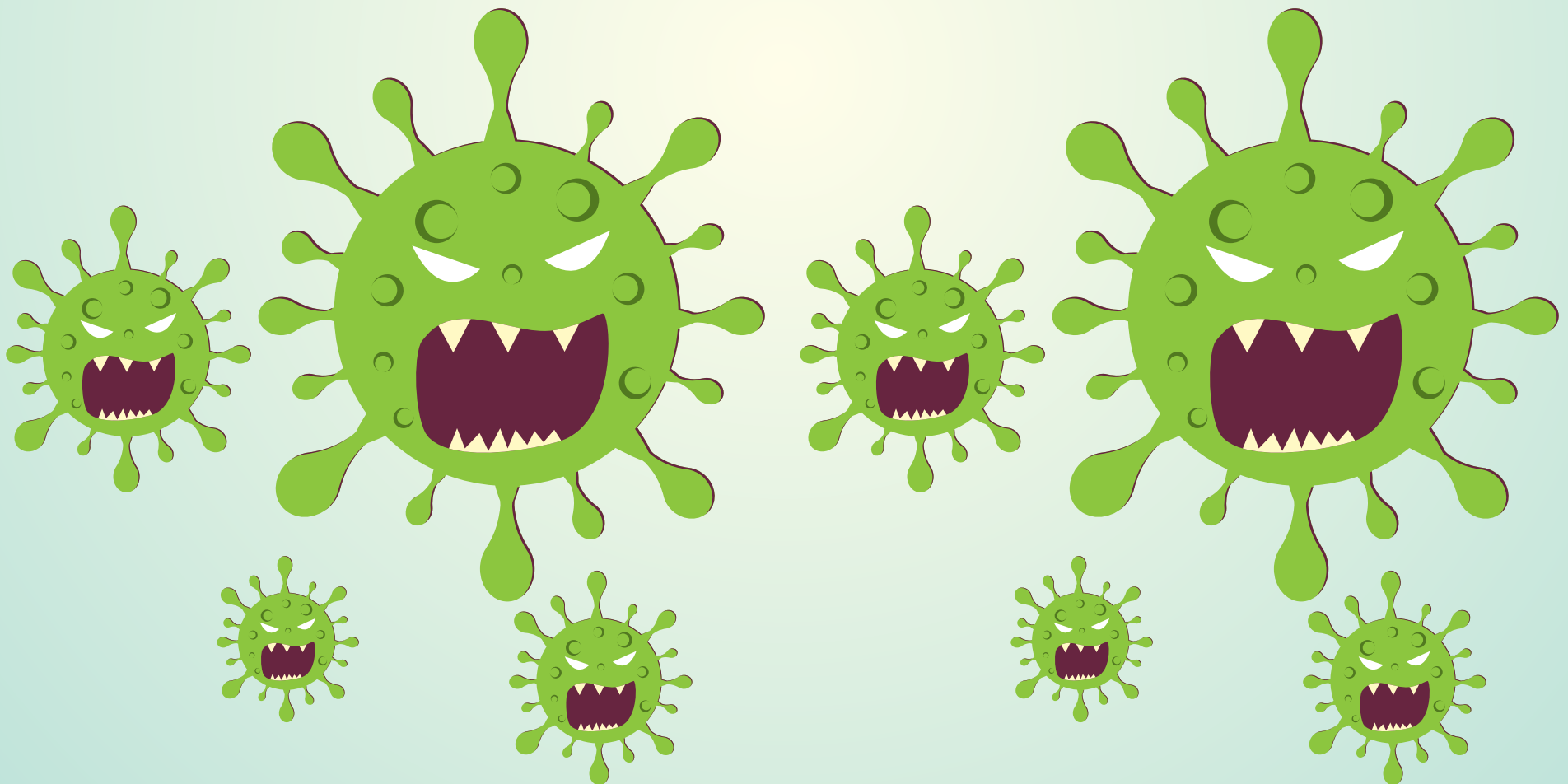


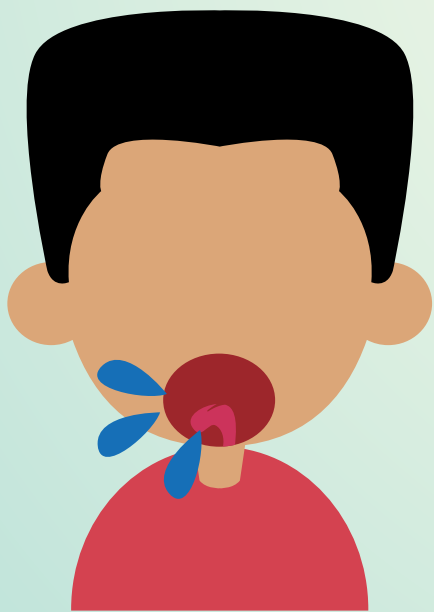
Know more about
CORONAVIRUS
(COVID-19)



How does **CORONAVIRUS** spread?



**The virus spreads when
cough droplets of a sick person
gets transferred to a healthy
person (eye, nose mouth)**



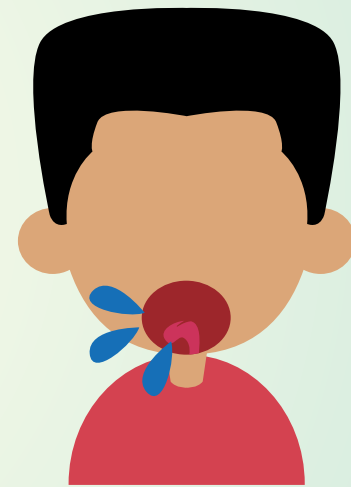
Sick Person



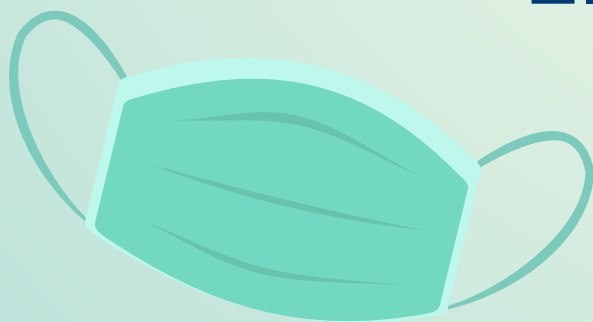
Healthy Person

If you see someone who is **Coughing/Sneezing/Sick,** you must:

1. **Maintain a 6 feet distance** from the person which will keep you safe from large droplets .



2. **Offer them a face mask.**
They can cough/sneeze into it and protect everyone else nearby.



Avoid large gathering, because you might not know who is sick. Infected people show no symptoms in the initial stages but they still might infect others.



Sometimes a sick person's saliva can get on other things:

Door Knobs, Pens, Mouse, Tissue, Cups, Lift Buttons, Digital Devices, Handrails of Stairs & even on the outside of your face mask.



Accidentally touching these things and then touching your eyes, nose or face may make you fall sick



Viruses can last for upto 48 hours on objects. The only effective way to get rid of them is to wash them off with soap.



How can we
AVOID
getting infected?

Follow these simple steps

1.

Wash your hands frequently and thoroughly with soap and water for at least 20 seconds after touching a suspected contaminated surface.



2.

While coughing, cover your face with a disposable tissue or use a mask and discard them immediately in a waste bin. Don't wear the mask for more than 1 day.



3.

In the absence of disposable tissues, you may cough/sneeze into your folded elbow



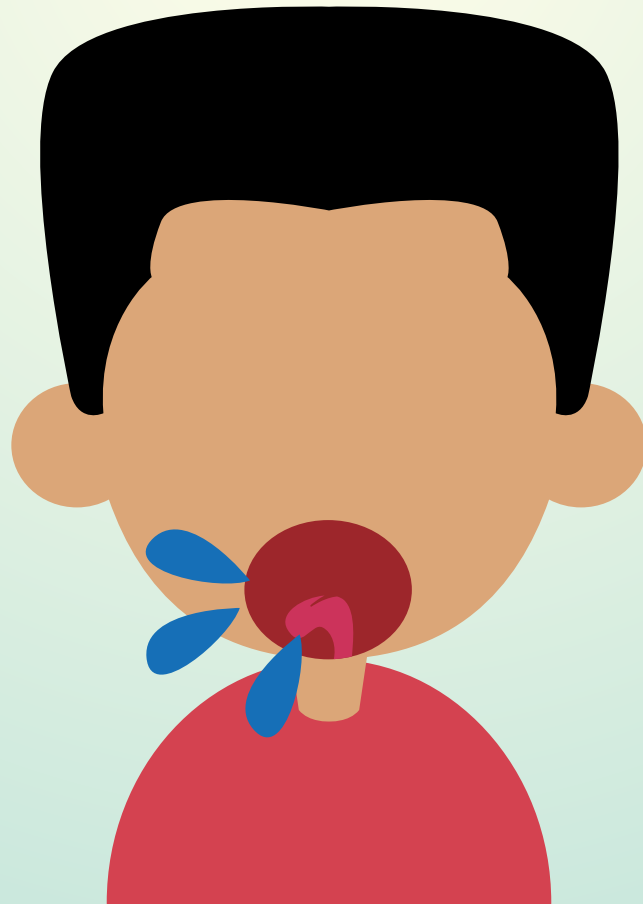
4.

**Avoid the handshakes and hugs.
Most hygienic form of
greeting is **Namaste!****



5.

Avoid coming into contact with people who are sick.



6.

**Avoid touching your
Eyes, Ears and Nose**



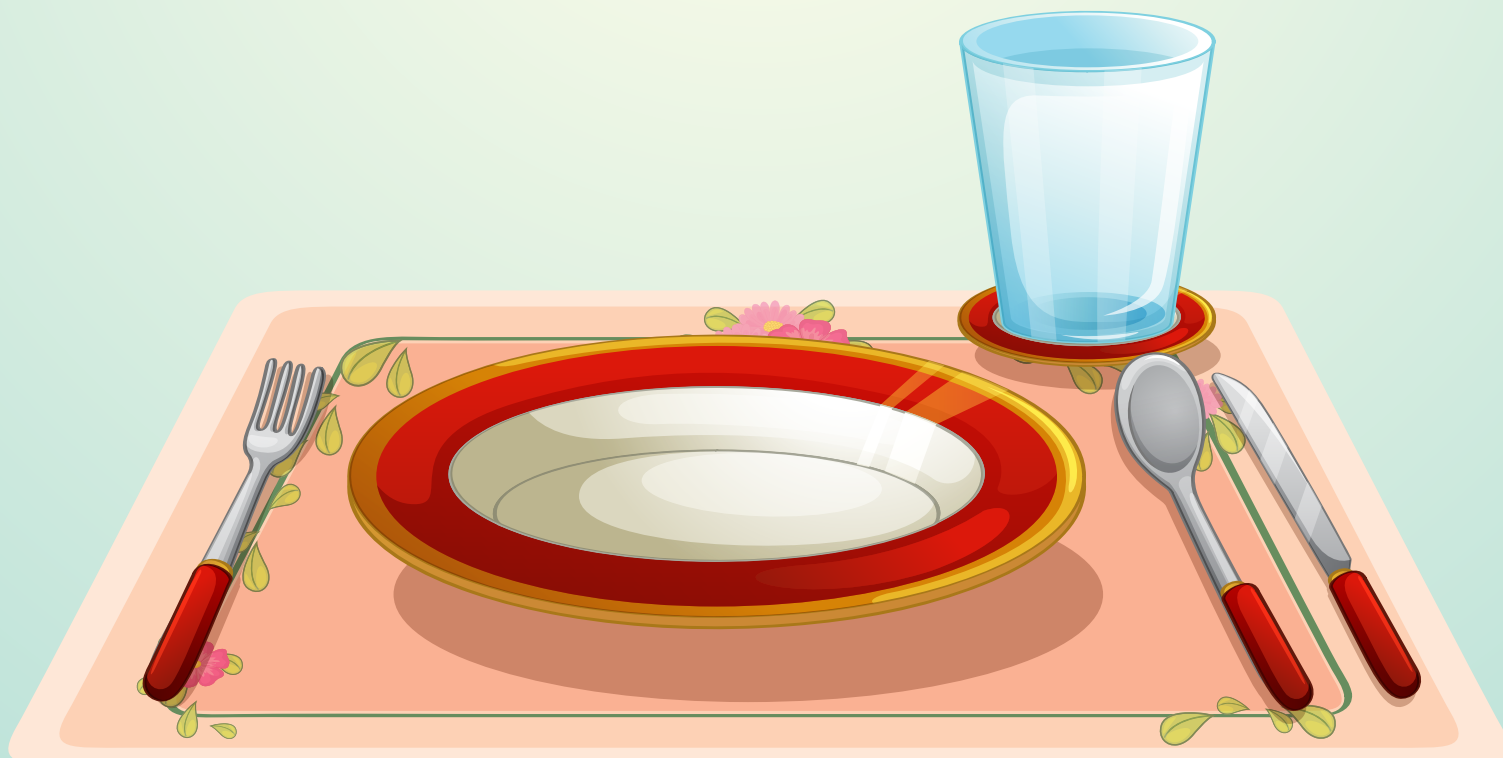
7.

**Use an alcohol based hand
sanitiser that contains at least
60% alcohol if soap and water
are not available**



8.

Avoid sharing dishes, glasses, bedding and other household items with those with flu like symptoms



9.

**Clean and disinfect
frequently touched objects
and surfaces**



10.

**And Finally,
Seek medical advice
if you are sick**



**For any queries related
to health, people may contact on
Ministry of Health & Family Welfare
24*7 Helpline Number:
+91-11-23978046
or email: ncov2019@gmail.com**