Protect yourself and others!

Follow these Do's and Don'ts

**Do's**

- Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean.
- Cover your nose and mouth with handkerchief/tissue while sneezing and coughing.
- Throw used tissues into closed bins immediately after use.
- See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose.
- If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare’s 24X7 helpline at 011-23978046.

**Don'ts**

- Have a close contact with anyone, if you’re experiencing cough and fever.
- Touch your eyes, nose and mouth.
- Spit in public.

Together we can fight Coronavirus

For further information:
Call at Ministry of Health, Govt. of India’s 24X7 control room number +91-11-2397 8046
Email at ncov2019@gmail.com