



Ministry of Health & Family Welfare
Government of India



Help us to
help you

NOVEL CORONAVIRUS (COVID-19)



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 24*7 helpline at 011-23978046



Avoid participating in large gatherings



Have a close contact with anyone, if you're experiencing cough and fever



Touch your eyes, nose and mouth



Spit in public

Don'ts

Together we can fight Coronavirus

For further information :

Call at Ministry of Health, Govt. of India's 24*7 control room number
+91-11-2397 8046

Email at ncov2019@gmail.com

COVID-19: Do's & Don'ts at the workplace



Keep min. 1.5
meters distance



Wash your hands
with water & soap
frequently



Cough & sneeze
into your elbow



Use tissues only
once & dispose in
closed bins



Leave the middle
seat free to keep
distance



Consider wearing
a face mask



Do not shake
hands & no
hugs



Do not touch
mouth, nose,
eyes



Do not use
crowded lifts



Avoid touching
office surfaces



Avoid crowded
spaces



If ill, stay at home

DISCLAIMER: The information in this document is based on simplified scientific data. It is not claimed to be exhaustive. Information was collated to the best knowledge, based on currently available information from the following sources: World Health Organisation, European Commission, European Centre for Disease Prevention and Control, European Medicines Agency. Fecc cannot be held liable for any damages of any nature whatsoever resulting from the use or reliance to the information contained in this document.



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