NOVEL CORONAVIRUS (COVID-19)

Protect yourself and others! Follow these Do's and Don'ts

**Do's ✓**

1. Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean.
2. Cover your nose and mouth with handkerchief/tissue while sneezing and coughing.
3. Throw used tissues into closed bins immediately after use.
4. 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.
5. If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare’s 24*7 helpline at 011-23978046.
6. Avoid participating in large gatherings.

**Don'ts ❌**

1. Have a close contact with anyone, if you’re experiencing cough and fever.
2. Touch your eyes, nose and mouth.

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

**Do:**
- 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

**Don't:**
- 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.