

CORONA – DO'S AND DONT'S



DO'S

- Inform health care workers if you have travelled to any of the corona virus infected countries



DO'S

- If you have come from Corona virus infected countries stay in home isolation for 28 days



DO'S

- Cover your mouth when coughing or sneezing.



DO'S

- Wear a mask if you have respiratory symptoms



DO'S

- Wash your clothes, bedsheets using bleach solution



DO'S

- If you are in home isolation, stay in well ventilated bath attached rooms.



DO'S

- Always observe good personal hygiene



DO'S

- Practice frequent handwashing with soap and water.



DO'S

- If you have any doubts, or if you have any symptoms **CALL DISHA : 1056**



DONT'S

- Don't keep in secret details of disease or any symptoms



DONT'S

- If you are sick, avoid public gatherings and public transport



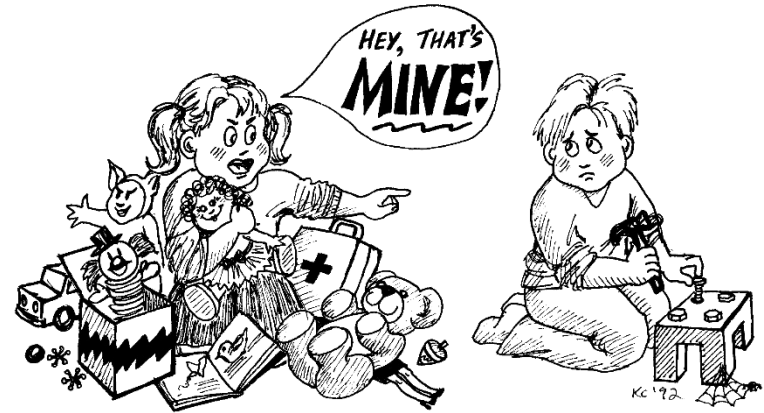
DONT'S

- Avoid close contact with people who are unwell or showing any respiratory symptoms



DONT'S

- Don't share personal belongings with anyone



DONT'S

- Strictly avoid contact with others if you are in home-isolation



DONT'S

- Avoid frequent touching of eyes, nose or mouth with unclean hands



DONT'S

- Don't plan travels if not essential



DONT'S

- Avoid self treatment

