

COVID - 19: Do's and Don'ts

Do's

- Wash your hands frequently with soap and water or a hydro-alcoholic solution.
- Maintain social distancing by avoiding close contact even though people appear healthy.
- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Cover your mouth and nose with the crease of your elbow or with a tissue when you cough or sneeze. Throw the tissue immediately after and wash your hands.
- In case of fever, cough and difficulty breathing, visit the nearest medical centre.
- Stay informed and seek factual information about COVID-19.
- Follow advice by healthcare providers, national and local public health authorities or employers on how to protect yourself and others from COVID-19.

Don'ts

- Avoid Panic.
- Don't travel unless necessary
- Don't spread misinformation verbally or through communication platforms
- Avoid touching eyes, nose and mouth