

STOP
COVID-19



2 C's that will keep the virus at bay



Cover

Clean



Steps you should take:



Download and use Aarogya Setu App

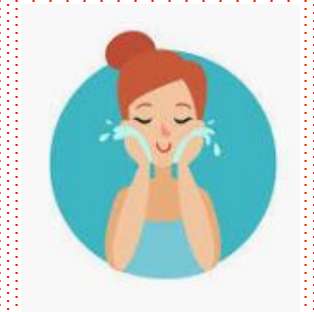


- Wear mask (atleast Twin layer)
- Home made is fine in routine scenario
- N95 is not required

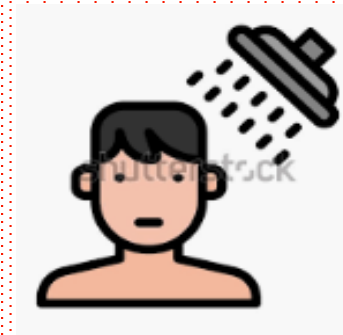
- Avoid public transport
- pool among known people and travel safe
- Follow MHA and State guidelines



Wash your face (summers are in & if we wash frequently, we will not feel the need to touch/ rub your face)



Cover your eyes (if you wear spectacles, great.. else buy yourself plain glasses)



Take a bath once back home

Steps you should take:

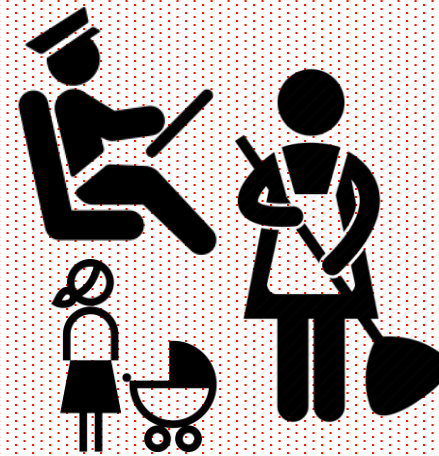
Carry a liquid soap for frequent washing (wash more than you sanitize)



Limit use to hand Sanitizer



Wash your cloths separately and sun-dry



Check the whereabouts of your maid/ drivers and find out the status of area they live

Change habits whereby we come in contact with people/ objects / surface



After using the restroom/ public places, don't forget to use sanitizer



Steps you should take:



Avoid exchanging documents/ physical stuff

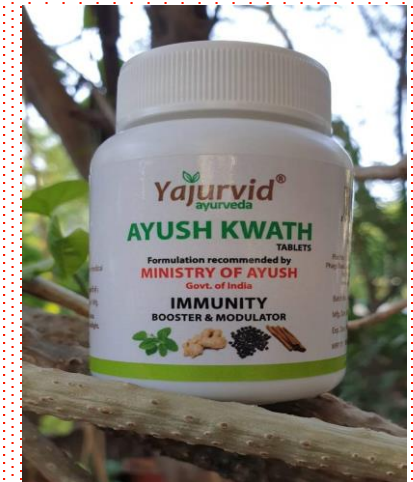


If required, get yourself tested.. don't avoid testing

For smokers (avoid sharing the cigarette)



Take immunity booster natural / Ayurveda stuff



Steps you should take:



Clean vegetables using Baking soda



Place online/ mobile orders and don't spend much time at the mart/ grocery store

Wipe packed food with sanitizer dipped cloth



Use sanitizer sprays to clean car seats / door handles



Check more details here :

<https://www.mohfw.gov.in/pdf/Guidelinesoninfectionofcommonpublicplacesincludingoffices.pdf>

Avoid these things strictly



- Shake hands



lean on walls



Pat on the back

Touch random surfaces

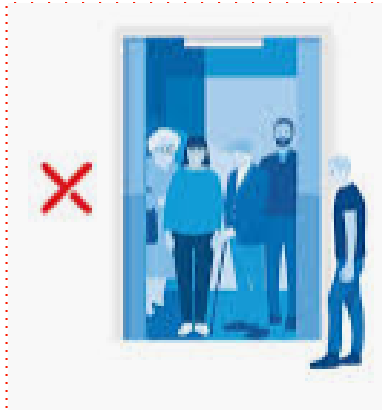


Eat outside food (hold your cravings for Panipuri)



While using stairs, don't touch railings OR wait for your turn if someone else is using

Avoid lifts (or use gloves, pen tip to Operate, but don't lean/ rest on sides)



Remember!

Alert people around and authorities if you feel someone is at risk (don't create a panic situation)

Refuse to participate in large gatherings (personal or official)

If the meeting includes more than 5 participants OR the social distancing measures are not followed, please excuse yourself OR request if the same can be done by following social distancing norms with limited participants

Your life and your family's wellbeing is more important than anything else, so take conscious call in every situation