

# PREVENTIVE MEASURES FOR NOVEL CORONAVIRUS DISEASE

| DO's  | DONT's   |
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| <ul style="list-style-type: none"><li>• Cover your nose and mouth while coughing and sneezing with disposable tissue or flexed elbow.</li><li>• Frequently clean your hands with soap and water or alcohol- based hand rub.</li><li>• Avoid crowded places.</li><li>• Person suffering from influenza like symptoms running nose, cough and fever must be confined at home.</li><li>• Stay more than one arms length distance from persons sick with flu.</li><li>• Drink plenty of water /liquids and eat nutritious food.</li><li>• Person suspected with influenza like illness must consult doctor.</li></ul> | <ul style="list-style-type: none"><li>• Touching eyes, nose or mouth with unwashed hands.</li><li>• Hugging, kissing and shaking hands while greeting.</li><li>• Spitting in public places.</li><li>• Taking medicines without consulting doctor.</li><li>• Excessive physical exercise.</li><li>• Disposal of used napkin or tissue paper in open areas.</li><li>• Touching surfaces usually used by Public.</li><li>• Smoking in public places.</li><li>• Unnecessary testing.</li></ul> |