



IGRUA

Coronavirus outbreak: Dos and Don'ts

Dos:

- Cover your nose and mouth with disposable tissue or handkerchief
- Frequently wash your hands with soap and water
- Throw used napkin or tissue paper in closed dustbin
- Avoid crowded places
- Person suffering from Influenza like illness must be confined at home
- Stay more than one arm's length distance from persons sick with flu
- Take adequate sleep and rest
- Drink plenty of water/liquids and eat nutritious food
- If you have following symptoms, consult a doctor:
 - a) Fever
 - b) Breathing trouble
 - c) Dry Cough
 - d) Throat Pain
 - e) Loose motion/nausea
 - f) Body pain
 - g) Those with Influenza like illness

स्वास्थ्यं जगता

Don'ts:

- Touching eyes, nose or mouth with unwashed hands while coughing or sneezing
- Hugging and shaking hands while greeting
- Spitting in public places
- Taking medicines without consulting doctor
- Disposal of used napkin or tissue paper in open areas
- Touching surfaces usually used by public (Railing, door, gates etc.)

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