

# COVID 19

## SIGNS & PRECAUTIONS



Wash your hands frequently with soap and water for atleast 20 seconds or use hand satirizer



Cover your mouth and nose with your bent elbow or tissue/ cloth when you cough or sneeze



Maintain physical distance of at least 1 meter from others



Get enough sleep and balance diet to boost your immune system



Avoid touching your eyes, mouth and nose with unwashed hands



Avoid unnecessary visit to crowded places



Avoid hand shake and hugging



Must wear face mask when going out

### IF YOU EXPERIENCE

Fever



Cough



Difficulty in breathing



PLEASE MAINTAIN PHYSICAL DISTANCE AND SEEK MEDICAL ADVICE