

SAFETY MEASURES AGAINST COVID-19

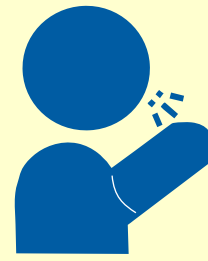
YOU CAN PROTECT YOURSELF AND YOUR LOVED ONES



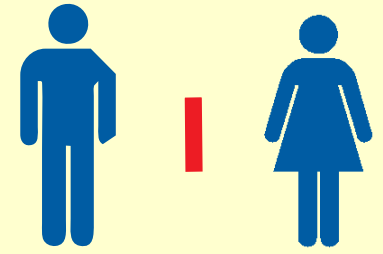
Frequently wash your hands with soap and water for 20 seconds or use alcohol-based hand rub



Avoid touching your eyes, nose and mouth



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



Maintain one-metre distance while interacting with others



Regularly clean your phone, spectacles, wheelchair, crutch, walker, hearing aids, prosthesis, orthosis, and other assistive devices



Make sure you and your caregiver wash hands before and after each assistance



Call the COVID-19 helpline 1075 / 011-23978046 if you experience any of the following initial symptoms

• **COUGH** • **FEVER** • **BREATHLESSNESS**

You can also email nocov2019@gov.in

STAY INFORMED OF NOTIFICATIONS FROM YOUR AUTHORITIES AND STRICTLY ADHERE TO THEM