



Ministry of Health & Family Welfare
Government of India



Help us to
help you

NOVEL CORONAVIRUS (COVID-19)



Protect yourself and others!

Follow these Do's and Don'ts

Do's ✓



Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean



Cover your nose and mouth with handkerchief/tissue while sneezing and coughing



Throw used tissues into closed bins immediately after use



See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose



If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24X7 helpline at 011-23978046



Avoid participating in large gatherings



Have a close contact with anyone, if you're experiencing cough and fever



Touch your eyes, nose and mouth



Don'ts ✗

Spit in public

Together we can fight Coronavirus

For further information :

Call at Ministry of Health, Govt. of India's 24X7 control room number
+91-11-2397 8046

Email at ncov2019@gmail.com



mohfw.gov.in



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Help us to
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Maintain at least 1 m (3 feet) distance between
yourself and anyone who is coughing or sneezing



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+91-11-2397 8046

Email at ncov2019@gmail.com

Reduce the risk of Coronavirus

Remain at home for 14 days if you have been in contact with a person suspected/ confirmed with coronavirus disease.

Follow these important precautions if you are under home quarantine



1 Wash your hands frequently with soap and water after sneezing and coughing, touching surfaces, before meals and using toilets



2 Cover your mouth with handkerchief/tissue while coughing and sneezing



3 Avoid touching your eyes, nose and mouth



4 Stay away from elderly or persons with existing diseases like diabetes, hypertension, respiratory or kidney disease



5 Use surgical mask if you develop cough, fever or breathing difficulty



6 Preferably sleep in a separate room or sleep duly maintaining 1 meter distance from others



Self monitor your health and contact a doctor immediately if you have cough, fever or difficulty in breathing

Stay protected!

Stay safe from Coronavirus!

If you have returned from Coronavirus affected countries or have cough, fever or difficulty in breathing, REPORT IMMEDIATELY

Contact **24X7** Ministry of Health and Family Welfare Helpline

+91-11-23978046

ncov2019@gmail.com