



## WAYS TO PROTECT YOURSELF FROM NOVEL CORONAVIRUS COVID-19



- ✓ Avoid close contact with anyone showing signs of respiratory illness. Do not share other personal articles such as toothbrushes or towels with anyone else.



- ✓ When sneezing/coughing make sure to cover your mouth and nose with tissue then dispose properly. Use your elbow in the absence of tissue. Avoid touching the mask while using it. Do not re-use single-use masks. Remove it from behind. Discard immediately in a closed bin.



- ✓ Travel only if it is essential



- ✓ Wash hands thoroughly with soap for 40-60 seconds and water for 20-40 seconds with sanitizer(WHO Guidelines)



- ✓ For washing use normal soap, Alcohol based sanitizers, liquid based hand washer.



- ✓ Take Veg diet and fruit to boost your immunity.



- ✓ Do exercise regularly