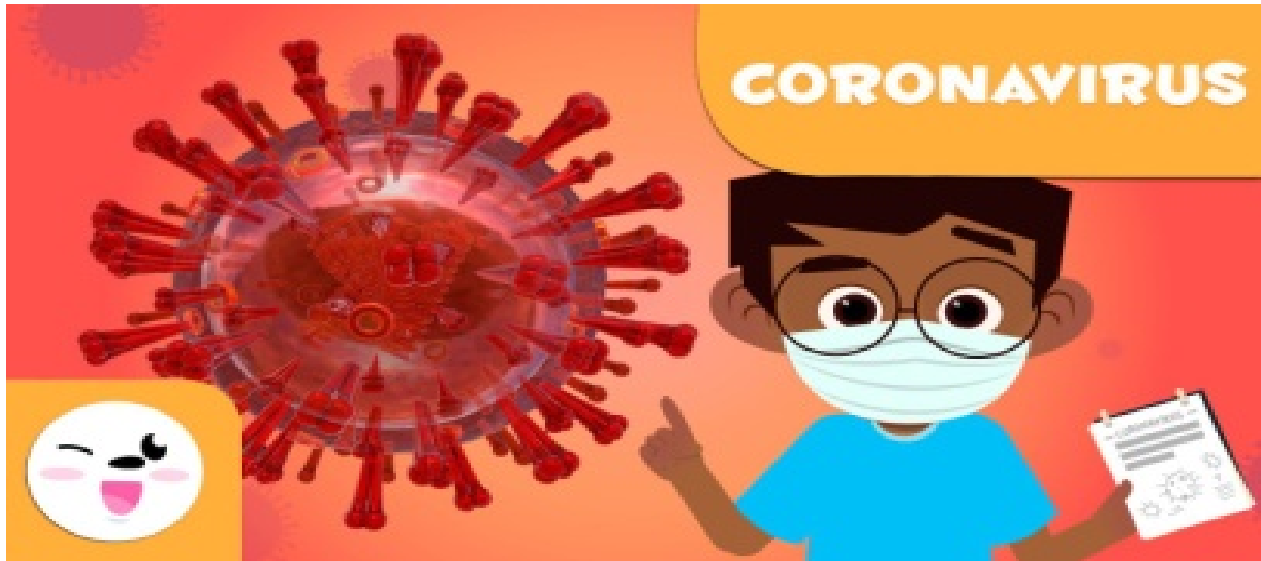


# Precautionary Measures for Prevention of COVID19



- Maintain physical distance
- Use face mask
- Wash hands often with soap or hand wash at least for 20 seconds
- Use sanitizer frequently
- Clean and disinfect surfaces at regular intervals
- Avoid crowded places
- Cover cough or sneezes with handkerchief or hand tissue
- Consult a doctor if you have COVID symptoms
- Don't share food or water
- While using public transport follow COVID prevention measures
- Drink hot water
- If you have a sore throat gargle with salt
- Take steam inhalation
- Don't frequent malls, shopping centers and crowded areas
- Avoid large gatherings
- Don't touch face, eyes and nose after touching surfaces
- Self isolate yourself if you have fever, cold and cough
- Don't shake hands or hug

