

What precautions should be taken to avoid COVID-19 infection:-

- Keep washing your hands regularly. Even if your hands are not clearly dirty, wash them with either soap/hand wash or alcohol based hand sanitizer.
- Cover your mouth and nose either with tissue paper or Handkerchief while sneezing and squeezing.
- Please dispose the tissue paper in a covered dustbin/box just after use.
- Use face cover or mask to cover up your mouth and nose.
- Avoid crowded areas and maintain physical distance of minimum 2 yards.
- Those who have symptoms of cold or flu please don't have contact with them.
- Please intake liquid and nutrients in sufficient quantity to boost up your immunity.
- If you are complaining of Fever, Cough and Breathing related problems, please contact doctor.
- If you are having CORONA like symptoms, please contact on state helpline Number 18001805145 or on Ministry of Health, Government of India (24x7) helpline Number 011-23978046.