



Coronavirus (COVID-19) Safety Tips

✓ DOs



Clean your hands regularly with hand sanitizers or soap and water. Why? Because washing kills the virus on your hands and prevents the spread of infection.



Cover your face with the bent elbow of your hand or a tissue or a handkerchief if you are coughing / sneezing.



Make sure your workplace is clean and hygienic.



Pre-order and maintain stock of basic medicinal supplies and materials including tissues, hand sanitizers for employees / customers.



Open windows and doors whenever and wherever possible to make sure the venue is well ventilated.



Try and keep a distance while talking to anyone (One meter suggested by WHO).



Report any incident of suspected cases to the concerned authority immediately. Do not create panic situations.



Keep the number of local hospital authorities ready and within reach at all times.



As far as possible, greet your colleagues and customers with a namaste rather than a handshake during the currency of this outbreak.

✗ DON'Ts



Do not rub your eyes, touch your face or mouth without sanitizing your hands.



Do not visit public places or crowded areas if you are down with fever or experiencing heavy coughing/sneezing, flu like symptoms or if you are taking medications such as paracetamol / Acetaminophen, Ibuprofen or Aspirin.



If you are feeling unwell or showing similar symptoms, consult a medical practitioner, immediately and take rest at home.