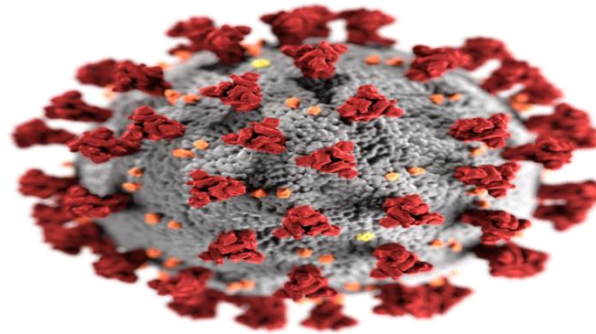


# **COVID -19**

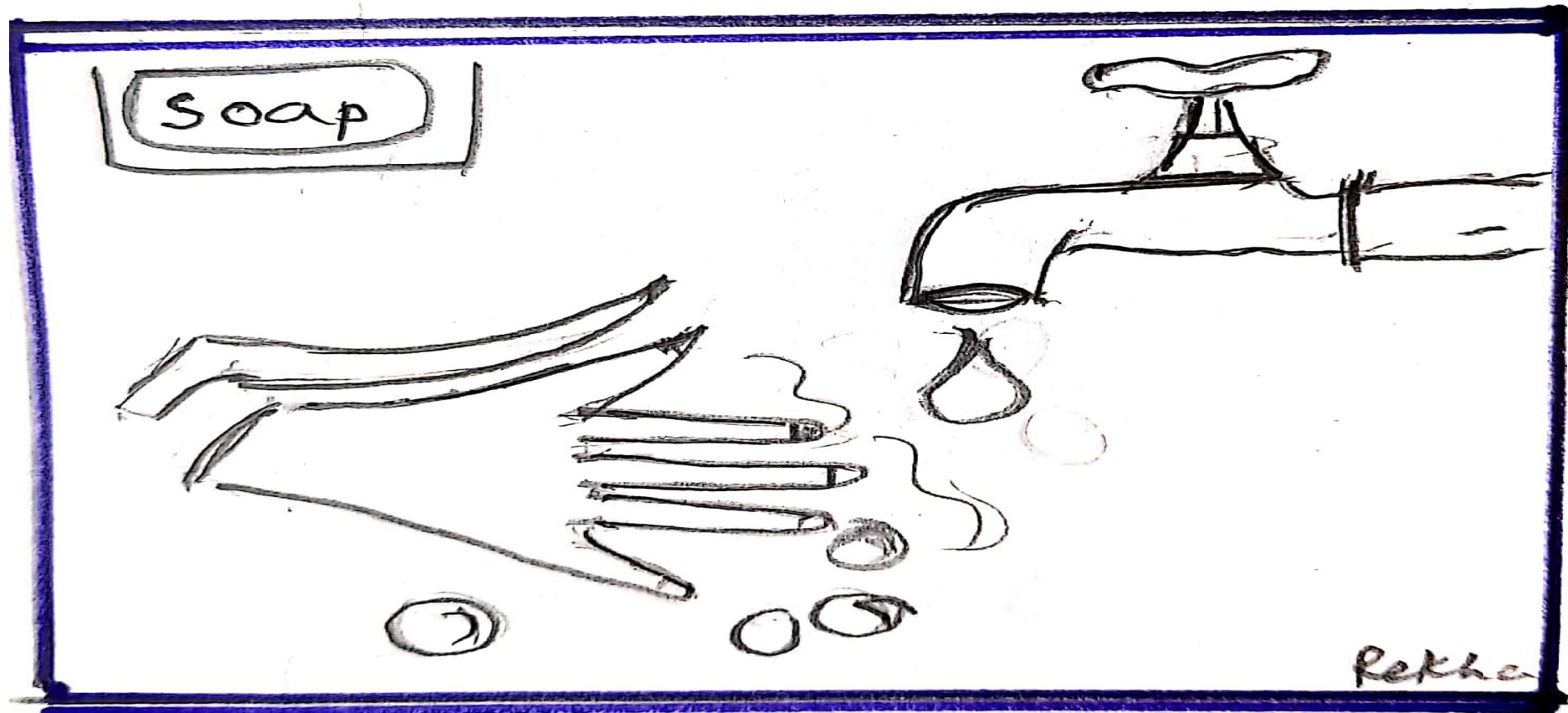
**Follow these Do's and Don'ts  
Protect yourself and others**



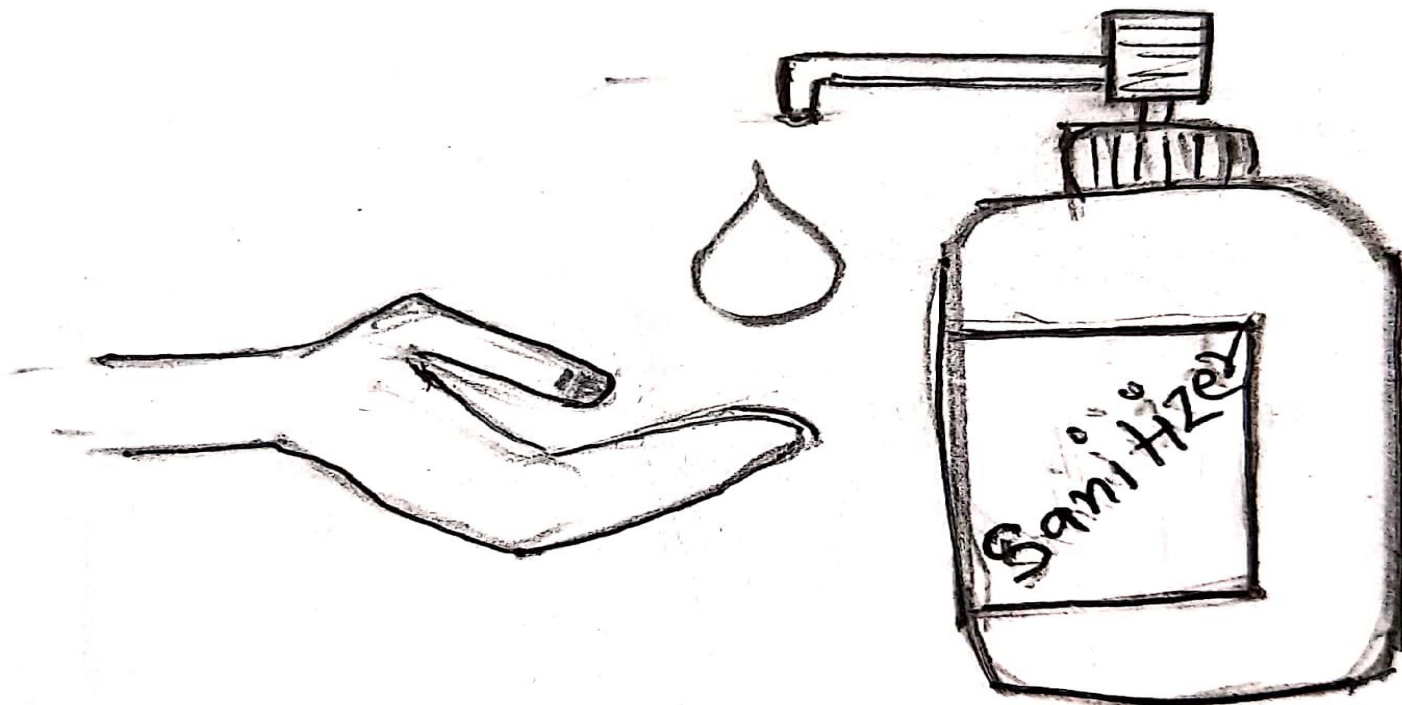
**Proff. Gulve Rekha  
Head Dept. of Microbiology,  
Mrs.K.S.K. College,  
Beed(M.S.)India**

**Wash Your hands frequently using soap  
and water at least 20 sec.**

**Wash hands especially, after coughing, sneezing ,touching  
objects like door, handles, which are likely to be touched  
by others.**

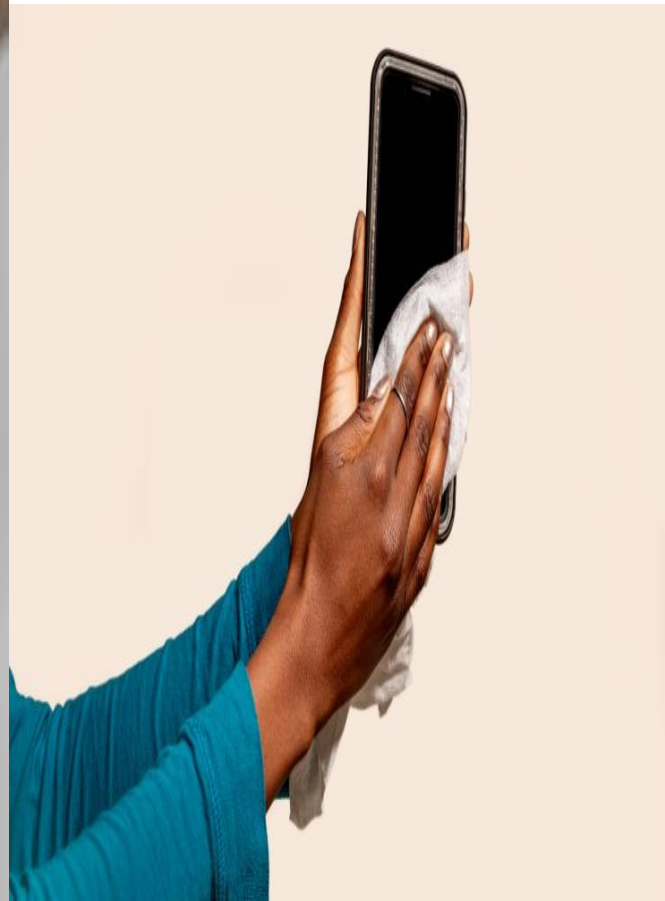


**Clean your hands frequently with sanitizer  
containing more than 70% alcohol**

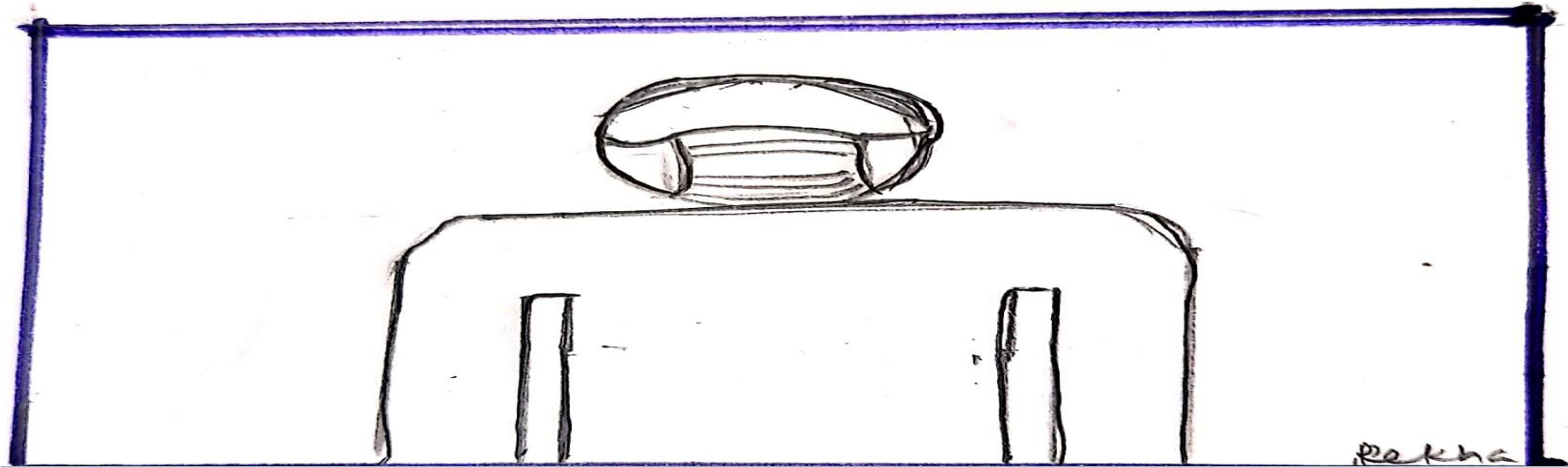


Rekha

**Routinely clean frequently touched spaces in your home for ex. Mobile screen, door handles, floors, staircases rolling etc.**

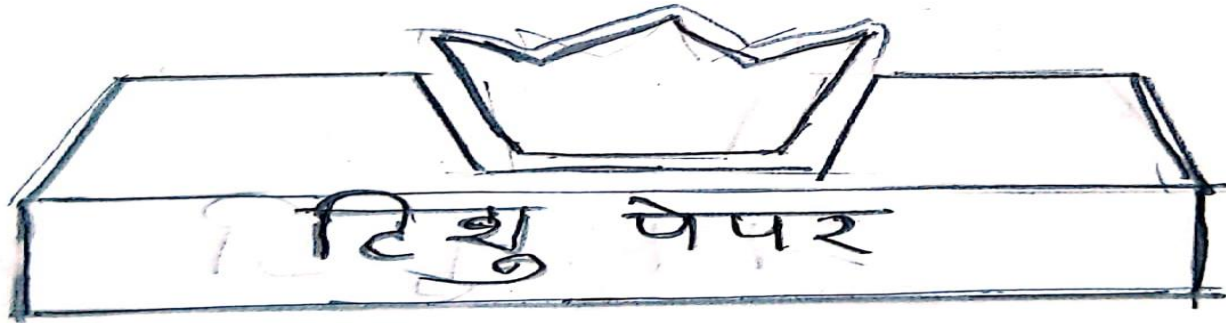


**Use proper and Protective MASK on your face  
when you leave your Home**

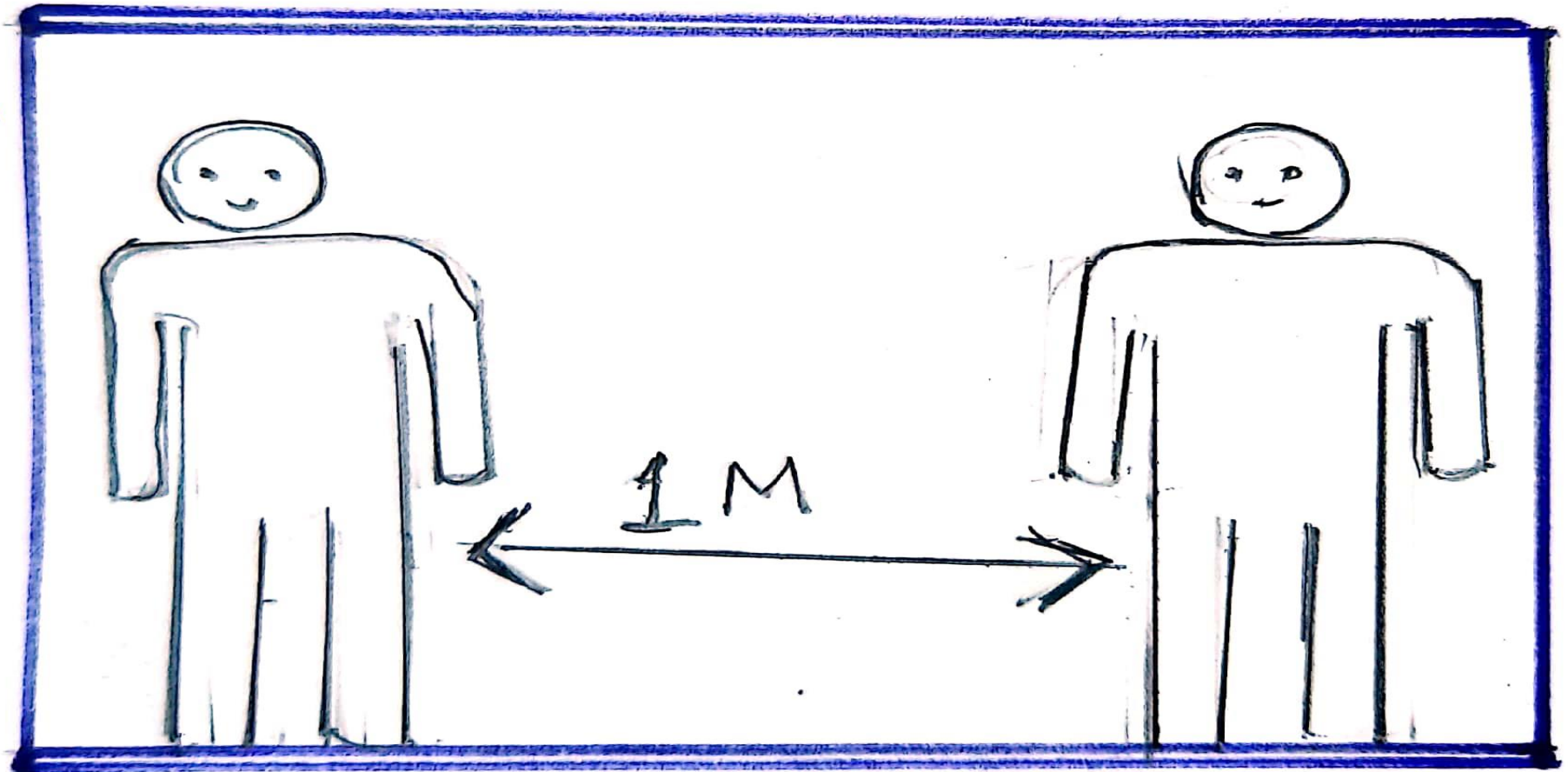




**Use tissue paper or cloth on your mouth during sneezing and coughing. Dispose it properly .**



**Keep minimum one meter distance from other persons while meet with them.**

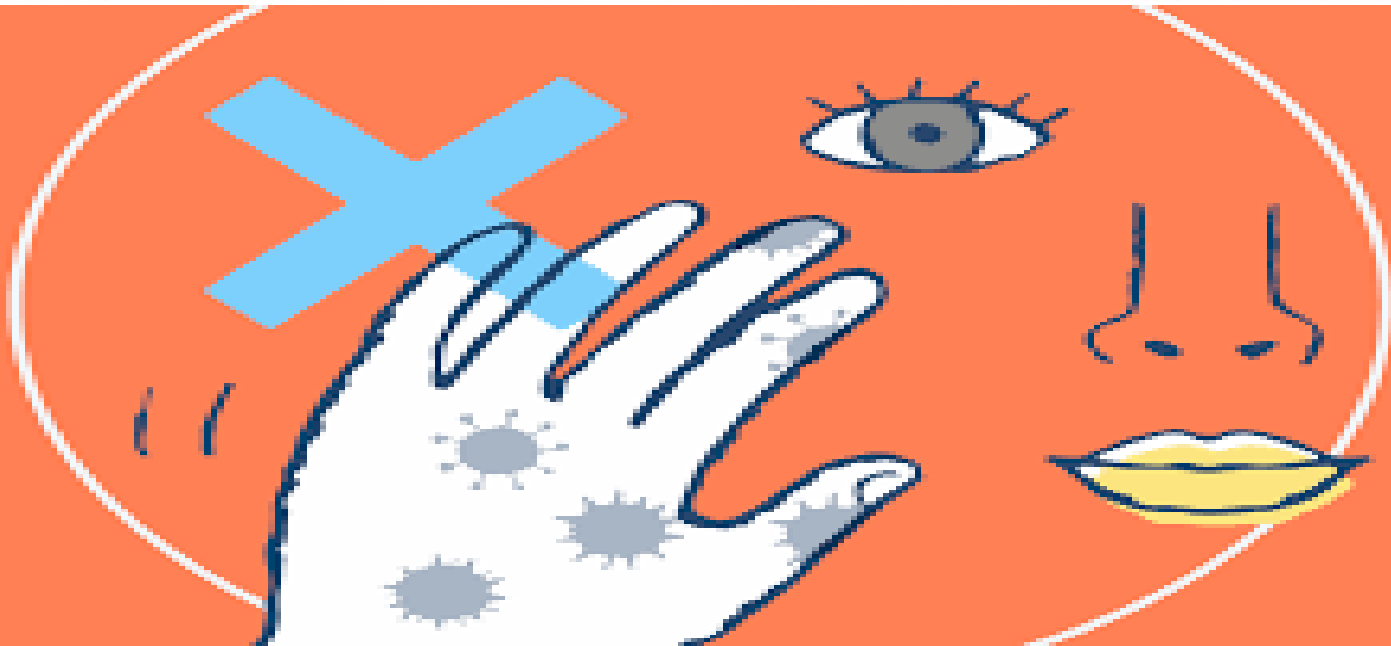
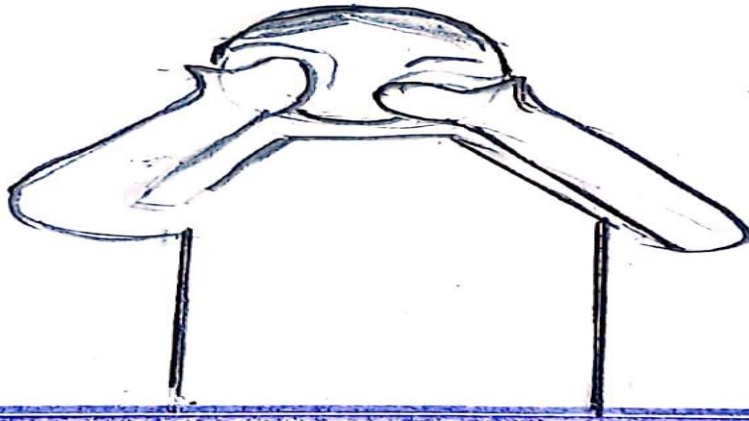


# Greet with **NAMASTE** instead of Handshake

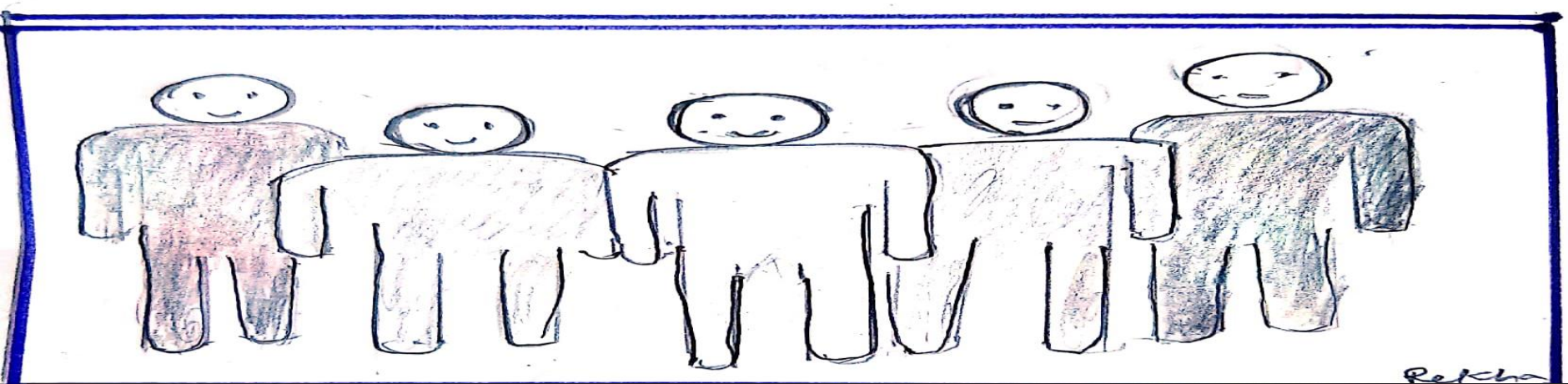




**Don't touched your hands to your  
eyes ,mouth, nose and lips**



**Avoid social gathering and crowded places.  
Don't be in close contact with others**



**Don't Ignore symptoms, Don't leave your home specially if sick. Seek medical help If your suffering from cough, fever, sneezing ,difficulty in breathing etc.**



# Limit contact with pets and animals





# Download AROGYA SETU App to aware



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# GO CORONA

