

CORONAVIRUS

DO'S & DON'TS

DO'S



Frequently wash your hands for 20 seconds with soap and water



Clean your hands properly with an alcohol-based sanitizer if you don't have soap nearby



Cover your face with your elbow, hands or a tissue while sneezing



Dispose off your used tissues and wash your hands with soap and water for 20 seconds



Wear a mask when you go in public



Clean and disinfect frequently touched surfaces



Maintain at least 6 feet distance from others if you have to go outside to grab essentials



Consult a doctor if you have fever, cough and breathing difficulties



Stay home for 14 days from the time you returned home from international travel

DON'TS



Touch your mouth, eyes and face without washing your hands



Go out if you are feeling unwell



Be in a crowded place



Shake hands with other people



Cough/sneeze without covering your face



Eat raw fruits/vegetables without washing them thoroughly



Eat uncooked meat



Come in direct contact with anyone after being back from a COVID-19 affected region



Use public transportation, taxis or ride-sharing services after returning from abroad

SOURCE:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

