

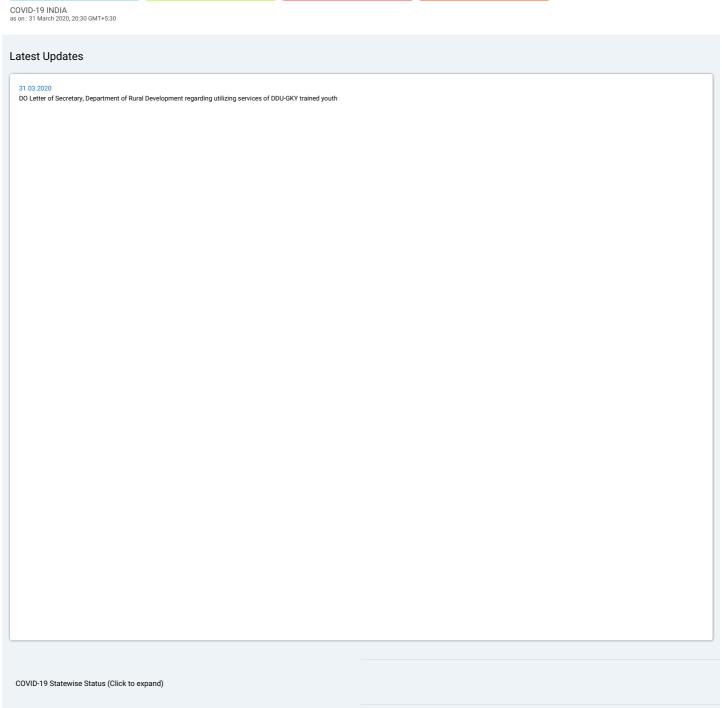


Helpline Number :+91-11-23978046 Toll Free : 1075 Helpline Email ID : ncov2019@gov.in States & Union Territories (View pdf)

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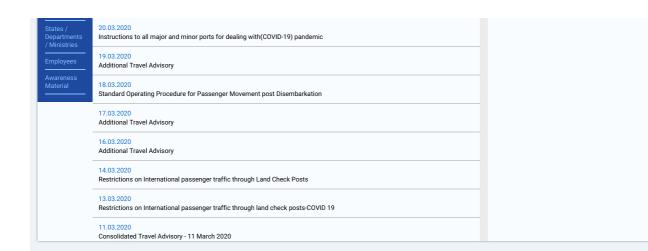






Resources





Awareness

Hindi



FAQs

Everyone NEED NOT WEAR a mask!

Only wear a mask if

- · You have symptoms (Cough, fever or difficulty in breathing)
 - You are caring for a COVID-19 suspect/confirmed patient
- You are a health-worker attending to patients with respiratory symptoms

While wearing a mask, make sure you:



Unfold the pleats of the mask; make sure that they are facing down.



Place the mask over your nose, mouth and chin and ensure there are no gaps on either side of the mask, adjust to fit.



Avoid touching the mask, while using it.



Do not leave the mask hanging from the neck. After removal of mask.



Change the mask after six hours or as soon as they become wet.



Never reuse disposable masks and dispose the used masks into closed bins after disinfecting them.



Do not touch the potentially contaminated outer surface of the



clean your hands with soap and water or use alcohol-based hand rub disinfectant.

Together we can fight COVID-19!

For further information call Ministry of Health & Family Welfare, Government of India's 24X7 control room number

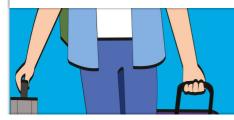
75 (Toll Free) 011-23978046













Avoid close contact with family members or fellow travelers









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

Do's (



Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean



Cover your nose and mouth with handkerchief/tissue while sneezing and coughing



Throw used tissues into closed bins immediately after use



See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose



If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24X7 helpline at 011-23978046



Avoid participating in large gatherings



Have a close contact with anyone, if you're experiencing cough and fever



Touch your eyes, nose and mouth



Spit in public

Together we can fight Coronavirus

For further information:

Call at Ministry of Health, Govt. of India's 24X7 control room number +91-11-2397 8046 Email at ncov2019@gmail.com







