

COVID – 19 Pandemic Do's and Don'ts

• Personal Hygiene

- **Wash Your Hands** frequently with soap and water or alcohol based sanitizer
- **Wear a Mask** in Public
- **Practice Social Distancing**, keep a distance of 6 feet apart from everyone and avoid spending time in crowded places
- **Bathe Daily**. It removes the germs that stay on the skin for hours
- **Always wear fresh** laundry clothes
- **Mental well being**. Stay positive and focused to boost your confidence
- **Wear Gloves** when in public places



• Domestic Hygiene

- **Wash hands** when you leave or return your home
- **Keep your kitchen clean**. Dispose of unnecessary packaging in a bin with close lid
- **Disinfect the fruits and vegetables** before consumption. Soak fruits or vegetables in 4 parts of water with 1 part of plain white vinegar OR Soak in 1 Tablespoon baking soda in 1 liter water and rinse.
- **Order less**. Consume food prepared at homes
- **Wash off your clothes** as soon as you return home from outside
- **Keep your home clean**. Sweep clean your floors and wash your toilets and do your dishes regularly
- **Dedicate a place** in your house for keeping things you carry when outside
- **Keep your footwear** outside of your house
- **Disinfect the packed items** before using



• Community Hygiene

- **Proper disposal of Solid waste**, especially masks and PPE's
- **Keep your surroundings clean** so as to stop the spread of diseases



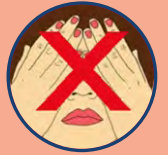
• General Advisory

- **Make digital payments** as much as possible
- **Disinfect the currencies**
- **Stay home and self isolate** for minor symptoms like cough, fever, throat pain etc
- **Follow/Adhere to the instructions** issued by government authorities
- **Go out for essential** needs only
- **Always consult** a doctor for any query or medication



• Personal Hygiene

- **Don't cough & sneeze** into your hands
- **Don't touch your face** frequently
- **Don't sit too close** to anyone
- **Don't skip** your bath
- **Don't let negative thoughts** to mess with you
- **Don't throw used mask or gloves** openly
- **Do not repeat** once worn clothes
- **Do not venture outside** if one has minor symptoms like cough, fever, throat pain etc



• Domestic Hygiene

- **Don't forget to wash your hands** as soon as you enter home
- **Don't keep** your kitchen and house messy
- **Do not consume** food without washing
- **Avoid** street food
- **Do not throw your stuff** from outside here and there at homes
- **Do not wear** outside foot wears at homes
- **Avoid** touching door knobs



• Community Hygiene

- **Do not throw** waste in open
- **Avoid mass gatherings** and make use of virtual platforms for unavoidable meetings
- **Do not use** public lifts
- **Do not spit** in public places or in open



• General Advisory

- **Do not believe** or spread fake news
- **Do not follow or use** medical remedies suggested by people around you or that are circulated in social media

