



भारत सरकार
Government of India

दवाई भी कड़ाई भी



कोविड-19 का टीका लगवाने के लिए
www.cowin.gov.in या Aarogya Setu
पर रजिस्टर करें



Wear Your Mask Properly



Wash Your Hands Regularly



Maintain Social Distancing

HEALTH SEEKING BEHAVIOURS

SAFETY FIRST



Use **SANITIZER** before
you Enter or Touch

WEAR **FACE MASK**



MAINTAIN SOCIAL DISTANCING

6ft

PLEASE KEEP A SAFE DISTANCE

6ft



NOVEL CORONAVIRUS
(COVID-19)

"Prepare, but don't panic"

[Know More](#)



TIPS TO PREVENT COVID TRANSMISSION



Coping with stress during the COVID-19 outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



MEDICALNEWS TODAY

Tips to Prevent Coronavirus Transmission



Wash your hands frequently



Cough and sneeze into the elbow



Dispose of used tissues immediately



Avoid contact with others



Avoid crowds and public gatherings



Avoid touching your face



Clean all shared surfaces frequently



Avoid all nonessential travel



Call ahead before going to a clinic or hospital



Isolate yourself if sick or at risk of complications



Work from home if possible



Only wear a mask if you are sick, have COVID-19, or are caring for someone with it

SPECIAL MESSAGES

Dear parents,
Kindly create special messages highlighting the seriousness and magnitude of COVID-19 situation and share it with other citizens of our country for the purpose of creating better awareness.

- **Content of messages-**
 - a) Proper way to wear masks
 - b) Washing hands
 - c) Following social and physical distancing
- **Medium of Communication-**
 - a) Creating acronym, tagline, posters, slogans, short animated videos

