



Ministry of Health & Family Welfare
Government of India

Novel Coronavirus (COVID19)

Basic Protective Measures For All



Help us to
help you

- > Wash your hands frequently
- > Maintain social distancing
- > Avoid touching your eyes, nose and mouth
- > Practice respiratory hygiene by covering your mouth and nose with your bent elbow or tissue when you cough or sneeze
- > If you have fever, cough and difficulty breathing, seek medical care at the earliest
- > Stay informed and follow the advice given by your healthcare provider

For further information :

Call at Ministry of Health, Govt. of India's 24*7 control room number

+91-11-2397 8046

Email at ncov2019@gmail.com



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Protect yourself and others!



Help us to
help you

Follow these Do's and Don'ts



- Observe good personal hygiene
- Practice frequent hand washing with soap
- Follow basic respiratory etiquette - cover your mouth while sneezing and coughing
- Wash your hands with soap and running water (when hands are visibly dirty)
- Clean your hands with alcohol-based hand rub or soap and water (when your hands are not visibly dirty)
- Throw used tissues into closed bins immediately after use
- See a doctor if you feel unwell



- Have a close contact with anyone, if you're experiencing cough and fever
- Spit in public
- Contact with live animals or consumption of raw/undercooked meat
- Travel to farms, live animal markets or where animals are slaughtered

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