

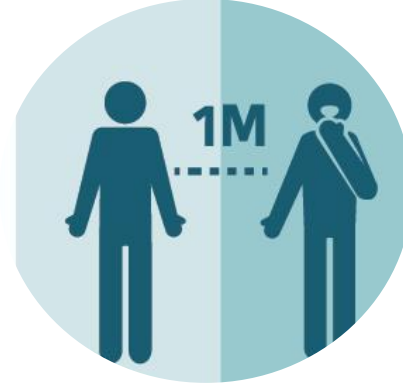
# PREVENTION IS ALWAYS BETTER THAN CURE

## Small Steps for a Healthier Tomorrow

### STEPS TO PROTECT YOURSELF



**Wash your Hands**  
often with soap and water for  
at least 20 seconds



**Maintain Distance**  
from people who have cold,  
cough and flu-like symptoms



**Avoid Touching**  
your nose, eyes and  
mouth

### STEPS TO PROTECT OTHERS



**Stay at Home**  
If you are sick



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



**Avoid large  
gatherings**



**Do not spit in  
public**

**TOGETHER WE CAN FIGHT CORONAVIRUS!**

For further information: Contact Ministry of Health and Family Welfare,  
GoI's 24X7 control room number +91-11-2397 8046 or State Helpline  
Number: 3852411668 | Email at: [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

