

My Nation, My Family, My Responsibility.

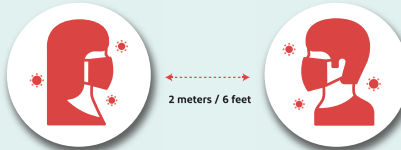


The practical approach to implementing preventive measures in your personal, family, and public life.

Wash your hands frequently or use sanitizer properly



Physical distance from others



Use mask regularly and properly



Actions by Individuals

- ✓ Always use a mask properly.
- ✓ Wash your hands after touching your mask.
- ✓ Reusable masks should be washed daily.
- ✓ Safely dispose off single-use masks.
- ✓ Do not share masks.
- ✓ Carry a bottle of sanitizer and use as and when needed.
- ✓ Keep your hands clean by washing them frequently with soap and water.
- ✓ Have adequate food, adequate sleep and practice exercises/yoga/pranayama, etc. to build immunity.
- ✓ Avoid crowds, crowded places and close contact with others.
- ✓ Do not spit in public places.

Actions at the Family Level

- ✓ Keep a Pulse Oxymeter and Thermometer at home.
- ✓ Ensure that members of the family take their prescribed medications for chronic diseases, regularly.
- ✓ Avoid going out of home unless unavoidable.
- ✓ Do not share masks, towels and personal items.
- ✓ Floors, kitchens, toilets, etc. should be cleaned regularly by wet mopping, using disinfectants.
- ✓ Put down toilet lids when flushing.
- ✓ Ensure ventilation in your houses.
- ✓ Avoid meeting relatives & friends indoors.

Vaccinate, Don't Hesitate!

#OneAgainstCovid