

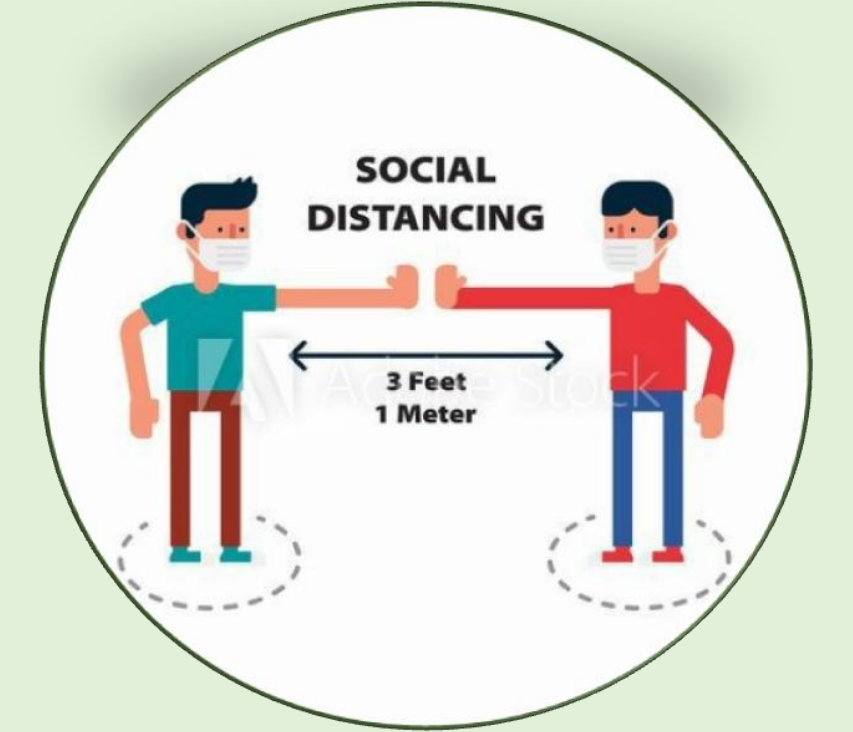
C VID-19

Protect yourself and others from covid-19

FOLLOW THE GIVEN INSTRUCTIONS:

DO'S

- ▶ **REPORT** NEW ONSET MILD FEVER, BODYACHE, COUGH, SHORTNESS OF BREATH
- ▶ **ONE** CAREGIVER FOR **ONE** PATIENT
- ▶ USE A **FACEMASK** IF YOU ARE UNWELL OR TAKING CARE OF A PATIENT
- ▶ **WASH YOUR HANDS** FREQUENTLY WITH SOAP AND WATER OR USE AN ALCOHOL BASED HAND RUB
- ▶ WHILE COUGHING AND SNEEZING, **COVER YOUR NOSE AND MOUTH** WITH A FLEXED ELBOW OR TISSUE
- ▶ KEEP A **DISTANCE** OF ATLEAST ONE METRE FROM SOMEONE WHO IS COUGHING, SNEEZING OR HAS A FEVER
- ▶ **CLEAN AND DISINFECT** FREQUENTLY TOUCHED SURFACES AND OBJECTS.



DONT'S



- ▶ **DO NOT TOUCH** YOUR EYES, NOSE OR MOUTH IF YOUR HANDS ARE UNCLEAN
- ▶ **DO NOT SPIT** IN PUBLIC
- ▶ **AVOID HAVING CLOSE CONTACT** WITH SOMEONE IF YOU DEVELOP SYMPTOMS
- ▶ **AVOID TRAVELLING** UNNECESSARILY
- ▶ **DO NOT STOP** YOUR MEDICATIONS UNLESS TOLD BY YOUR DOCTOR

Call us first at 9999748169/ 9868398301/ 9899058298

BE INFORMED. BE PREPARED. BE SAFE



DEPARTMENT OF ONCO-ANAESTHESIA AND PALLIATIVE MEDICINE

DR BRA, IRCH, AIIMS, NEW DELHI