



A guide of COVID appropriate behaviour

As the COVID 19 pandemic has been rising in our country, requiring us to take strict measures & collective action to prevent the spread of the virus.

The need to reinforce the importance of preventive measures and practices in a sustained manner has emerged.

With this guide of Covid Appropriate behaviour, we are trying to put forth a list of measures which are critical in helping us fight this pandemic safely & effectively.

We will fight it together!

A set of 15 promises, we need to follow, as part of COVID Appropriate Behaviour

1



Greet without physical contact

2



Maintain physical distance

3



Wear reusable hand-made face-cover or mask, at all times

4



Avoid touching eyes, nose and mouth

5



Maintain respiratory hygiene

6



Wash hands frequently and thoroughly

7



Regularly clean and disinfect frequently touched surfaces

8



Do not spit in the open

9



Avoid unnecessary travel

10



Do not discriminate against anyone

11



Discourage crowd - Encourage Safety

12



Do not circulate social media posts which carry unverified or negative information

13



Seek information on COVID-19 from credible sources

14



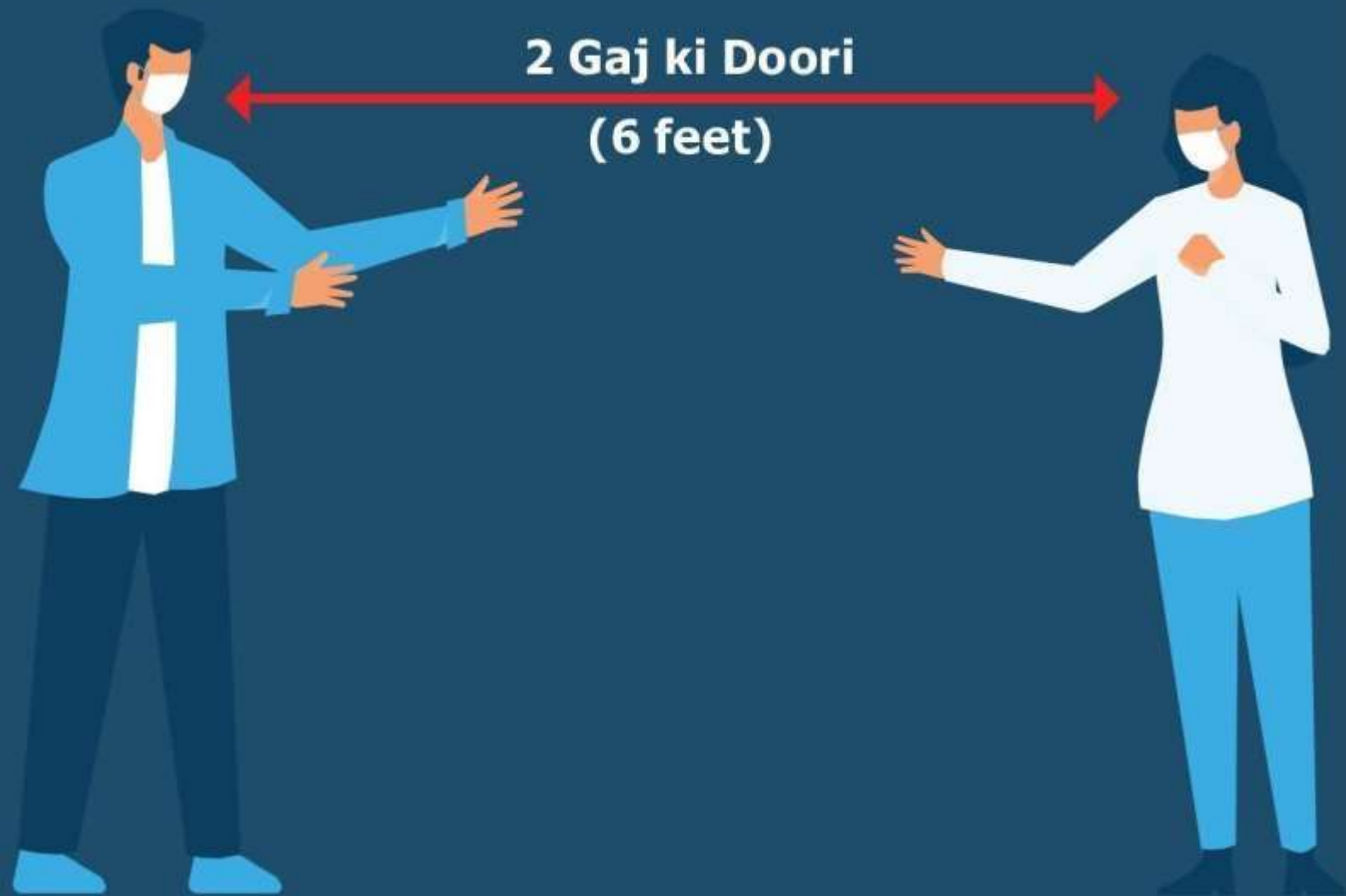
Call National Toll-free helpline 1075 or State helpline numbers for any queries

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Seek psychosocial support for any stress or anxiety

Greet without physical contact

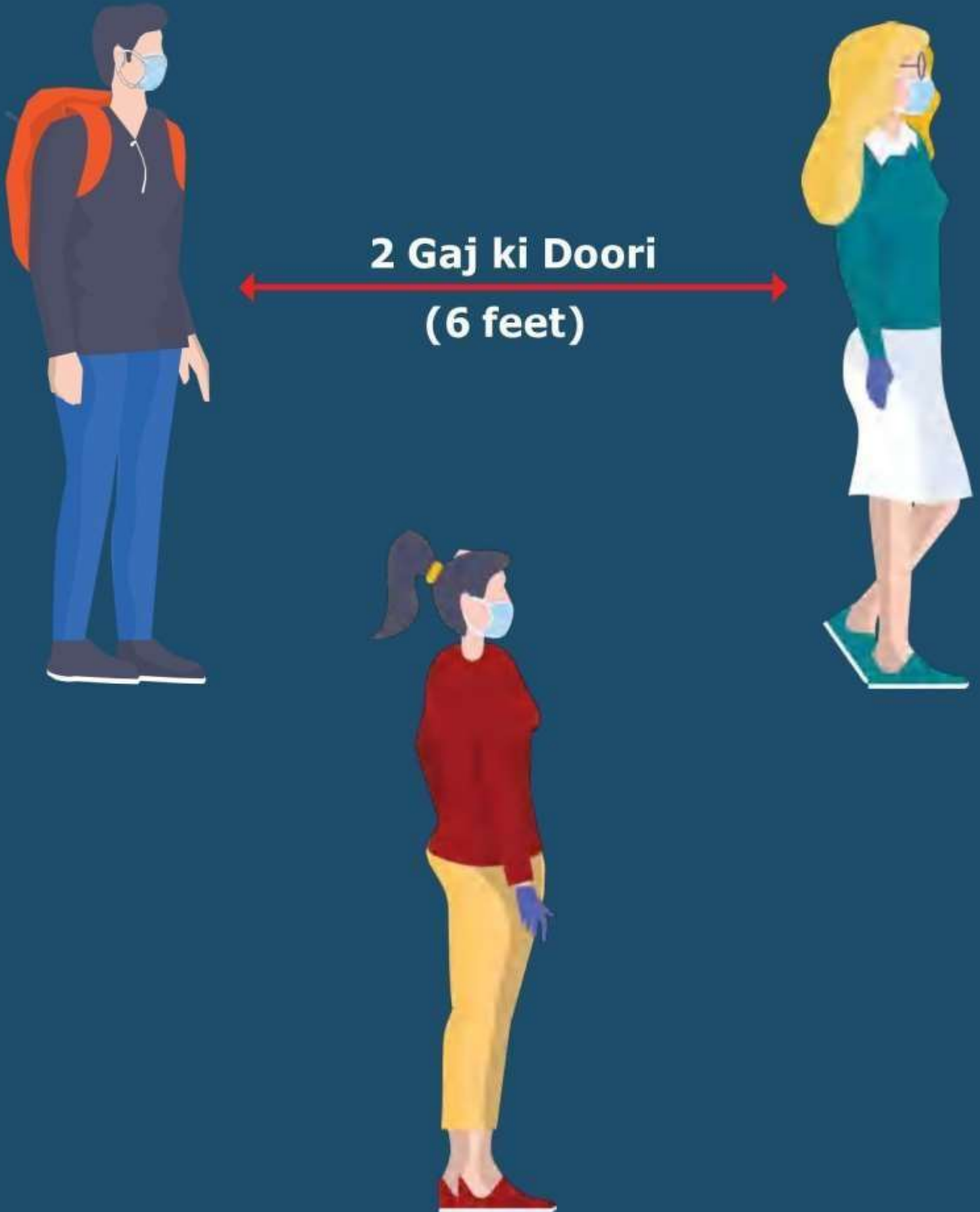


Avoiding physical contact is a responsible behaviour as it prevents the spread of COVID-19 disease and other viruses.

**Be responsible!
Promote greeting without
any form of physical
contact**



Maintain Physical distance



**Follow distancing norms
in all public places
Keep minimum distance
of 2 Gaj(6 feet)**



Especially, when you go out to shop for essential products to the vegetable or fruit market, dairy store, pharmacy, hospital, etc....



**Also follow distancing norms
when in a room/ office with
other people**



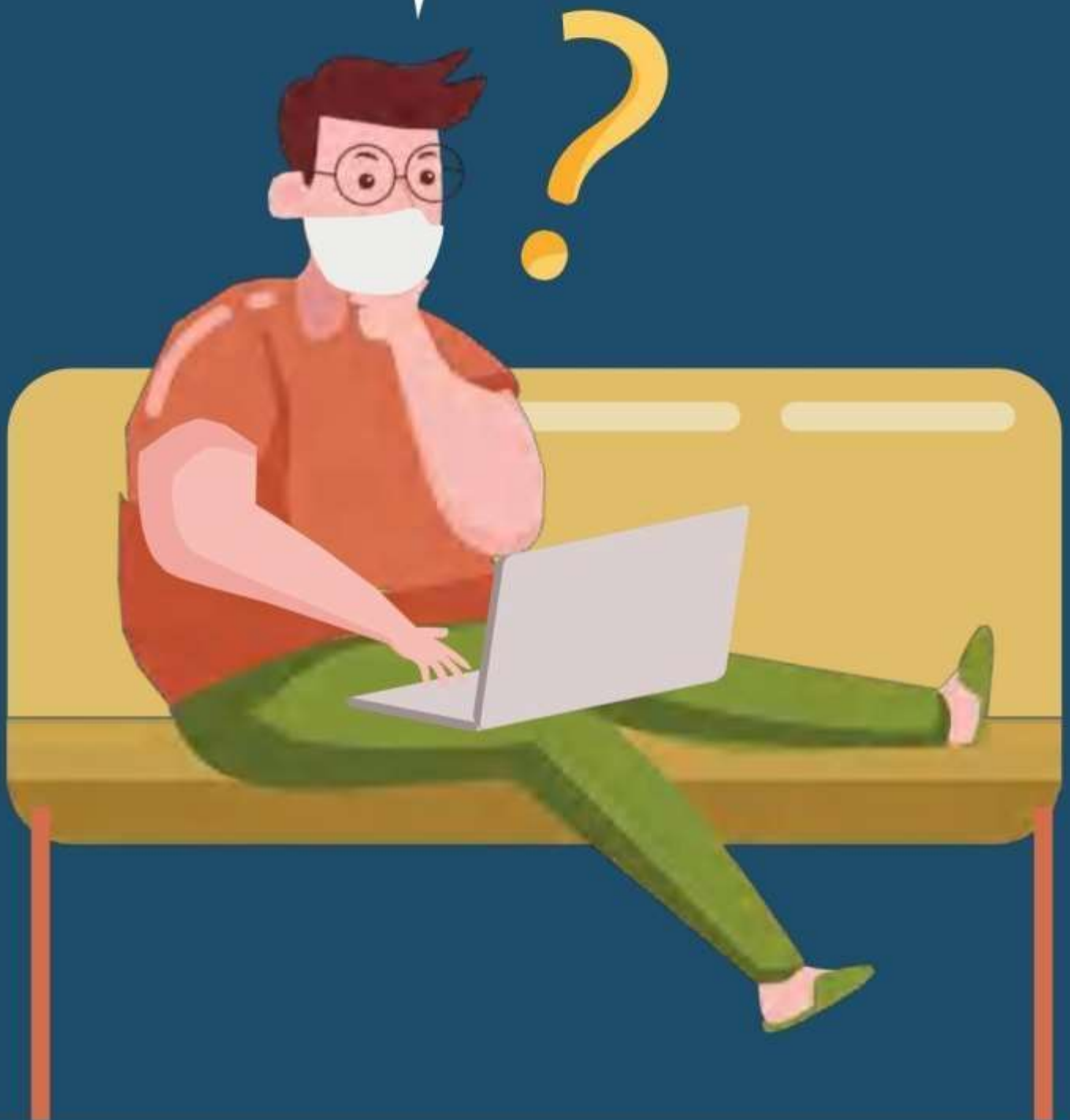
**If the other person is
infected, their
physical contact may
increase the risk of
transmission**



**Wear reusable hand- made
face-cover or mask, at all times**



**Why is it necessary to wear
a hand-made
face cover or mask?**



A handmade face cover or mask limits the spread of any respiratory infection and protects the community at large



How to wear a mask



1. Wear mask so nasal clip is over the nose. External pleats should face downwards



2. Open mask pleats so it covers mouth and nose



3. Tie upper strings first. Then lower strings. There should be no gap between face and mask



4. Do not touch front of the mask



5. Remove by first untying lower string and then upper string.



6. Replace mask after 8 hours or when damp/humid



7. Dispose the mask in the recommended manner



8. Clean hands after removal of mask



9. Do not reuse single use mask

Do I need to wear a mask at all times?



Remember three key occasions one must definitely wear a face cover or mask



- 1. When you undertake any essential travel or go to a public place**
- 2. When you are in a room with other people**
- 3. when you have any signs of cough, cold or flu**

You can easily make a face cover at home to protect yourself



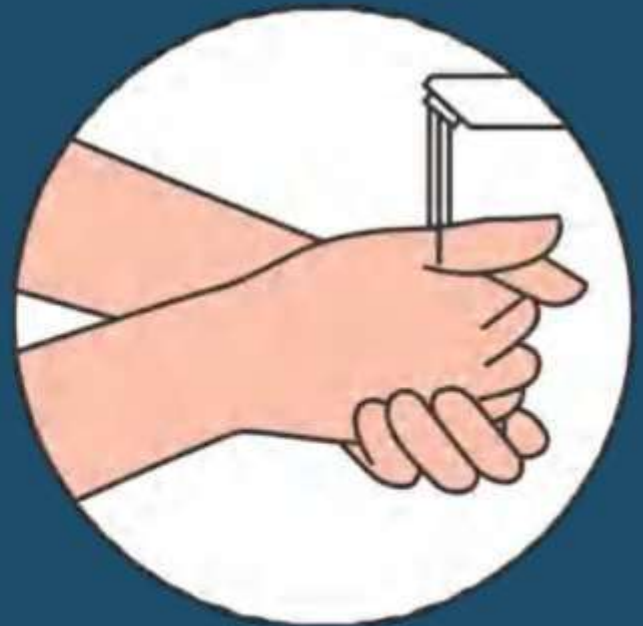
Really?



**Yes, just log on to www.mohfw.gov.in
and read the manual on how to
make a face cover**



Always remember, wash hands with soap and water or use an alcohol based sanitizer before wearing a mask



**Avoid touching your eyes,
nose or mouth**



**We tend to touch our face
inadvertently...
let's be extra careful**



But Why?





Hands touch many surfaces and can easily pick up germs and viruses



Once contaminated, hands can transfer the virus to your eyes, nose or mouth



From there, the virus can enter your body and can make you sick

your safety is in your own hands quite literally !



Maintain respiratory hygiene



Cover your nose and mouth when you cough or sneeze with tissue or handkerchief





**Not carrying a tissue
or handkerchief?
Cough or sneeze into
your bent elbow**

**Don't forget...
Wash hands
immediately after you
cough or sneeze**



**Wash hands
frequently and thoroughly!**





Your safety is in your hands – Literally!



Wash your hands frequently and thoroughly with soap and water

Meet our hand hygiene superheroes



Frequently hand-wash with me using water. I am there to protect you from any virus, including COVID-19



ALCOHOL-BASED HAND SANITIZER
You can use me if you don't have soap and water facility.

**Regularly clean and disinfect
frequently touched surfaces**



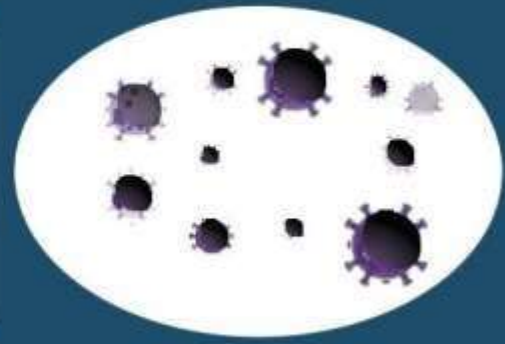
Practicing good environmental hygiene makes your surroundings safer.



How is that?



Because the infected droplets are likely to settle on surrounding surfaces.



You may use chemical disinfectants to clean the surfaces

But wait...Don't forget to wear gloves during disinfection



**Do not spit
in the open**



**Every time you spit in a public place,
you put your and everyone else's
life at risk**





Spitting in public places can increase the risk of COVID-19 spread



This also includes spitting after consuming smokeless tobacco products

Remember - Spitting in public places is also punishable by law



Avoid unnecessary travel



**Travel only when it's
absolutely essential**



**And if you do step out of your house...
Wear your face-cover and follow
distancing norms**

**Do not
discriminate - Against anyone!**



Show compassion and support to persons affected with COVID-19 and their families



Remember – As people keep a check on any symptoms associated with COVID-19 and are willing to undergo testing, they also provide an opportunity to beat the disease!



Download the Aarogya Setu app to monitor your health



Boost the morale of doctors, nurses, police, sanitation workers who are on guard 24X7 to protect us



**It is time to show CARE
Compassion
Assurance
Respect
Encouragement**

Discourage crowd - Encourage safety



Limit going to social gatherings and say no to crowded places.



Unnecessary travel to crowded places or large gatherings increases the risk of COVID-19 transmission!





SOCIAL DISTANCE
6 Feet



Keep a reasonable distance of at least 2 Gaj(6 feet) from others

For important events which cannot be postponed, keep the number of guests to minimal



**Oh, have you tried connecting with
your loved ones and colleagues
virtually?
Try it, it is much safer!**



Do not circulate social media posts which carry unverified or negative information



Seek information on COVID-19 from credible sources



There is COVID-19 related information coming in from so many sources. Which one should I rely on?



The most credible source for COVID-19 information is Ministry of Health and Family Welfare's website (www.mohfw.com). You will receive all updated information and facts related to COVID-19 here.

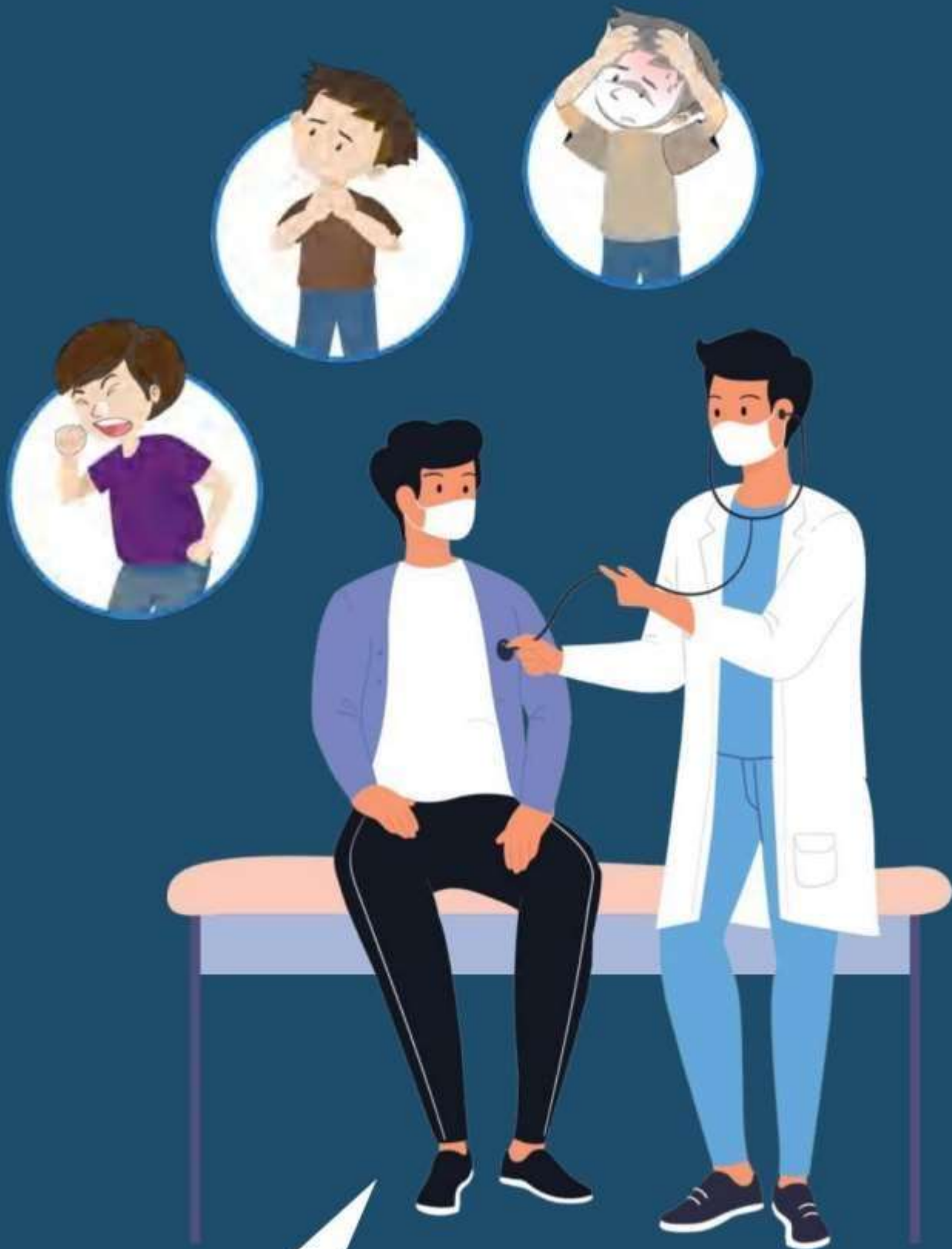


**Call national toll free helpline numbers
1075 or State helpline numbers for any
COVID-19 related queries**



If you have any COVID-19 related queries or observe any COVID-19 related symptoms like fever, cough, or difficulty in breathing, call the national helpline number 1075(toll free)





Do not hesitate to disclose your symptoms

**The earlier you seek help, the faster you
will beat the disease!**

seek psychosocial support in case of distress or anxiety





Coping with any public emergency or outbreak can be a testing time for people and their families – both affected or unaffected



Do not ignore or suppress any feelings of anxiety or distress



**Psychosocial support services are available
at all times for you,
to address any stress or distress related
queries and concerns**



**Call on national psychosocial
toll-free helpline number
08046110007**



**Together
we will fight COVID-19 !**



31 YEARS
★ OF TRUST ★