

# **BASIC PREVENTIVE MEASURES AGAINST NOVAL CORONAVIRUS (COVID-19)**

The measures to be taken to prevent yourself and others from getting infected by the virus, as suggested by the Ministry of Human Resource Development, Government of India and the World Health Organization are:

- Wash hands frequently with an alcohol-based hand sanitizer / soap and water.
- Avoid touching eyes, nose and mouth.
- Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid public gatherings.
- Use handkerchief/ tissue over mouth while coughing / sneezing.
- Stay away from school when sick.
- Seek medical help if you have fever, cough or difficulty in breathing.
- Stay informed and follow advice given by your doctor.
- Wear a mask if you are coughing or sneezing. Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand sanitizer/ soap and water.