NOVEL CORONAVIRUS (COVID-19)

Protect yourself and others!

**Do's**

Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean.

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

Throw used tissues into closed bins immediately after use.

See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose.

If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare’s 24X7 helpline at 011-23978046 or 104.

Avoid participating in large gatherings.

**Don'ts**

Have a close contact with anyone, if you're experiencing cough and fever.

Touch your eyes, nose and mouth.

Spit in public.

Together we can fight Coronavirus

For further information call:
+91-11-2397 8046 or 104
Email at ncov2019@gmail.com

Issued by:-
Integrated Disease Surveillance Programme, Directorate of Health Services, Campal-Panaji-Goa