SAFETY MEASURES AGAINST COVID-19

YOU CAN PROTECT YOURSELF AND YOUR LOVED ONES

- Frequently wash your hands with soap and water for 20 seconds or use alcohol-based hand rub
- Avoid touching your eyes, nose and mouth
- Cover your nose and mouth with your bent elbow when you sneeze or cough
- Maintain one-metre distance while interacting with others
- Regularly clean your phone, spectacles, wheelchair, crutch, walker, hearing aids, prosthesis, orthosis, and other assistive devices
- Make sure you and your caregiver wash hands before and after each assistance

Call the COVID-19 helpline 1075 / 011-23978046 if you experience any of the following initial symptoms

- COUGH
- FEVER
- BREATHLESSNESS

You can also email nocov2019@gov.in

STAY INFORMED OF NOTIFICATIONS FROM YOUR AUTHORITIES AND STRICTLY ADHERE TO THEM

ICRC Regional Delegation, New Delhi