

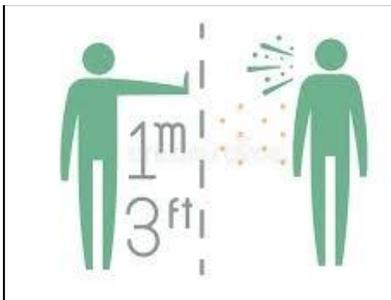


## How to protect yourself and prevent the spread of Covid-19 disease:

1. Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



2. Maintain at least 1 metre (3 feet) distance between yourself and others.



3. Avoid going to crowded places.



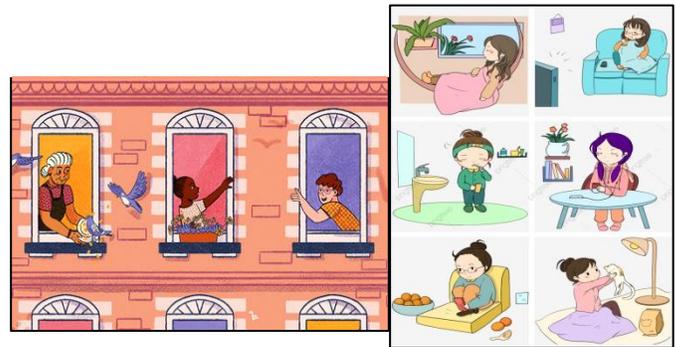
4. Avoid touching eyes, nose, and mouth.



5. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.



6. Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover.



7. Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities.

- <https://covid19.who.int/>
- <https://www.mygov.in/covid-19/> (India)

8. If you have a fever, cough and/or difficulty in breathing, seek medical attention, but call (if possible) by telephone in advance and follow the directions of your local health authority.

- <https://www.mohfw.gov.in/pdf/coronavirushelplinenumber.pdf> (Click here for State-wise list of Helpline Contact Numbers)
- Central Helpline Number for corona-virus: **+91-11-23978046**
- Assam State Helpline Number for corona-virus: **+91 6913347770**