If you have a fever, cough and difficulty in breathing seek medical care immediately. Do not hesitate to share your recent travel history with your doctor.

Self-isolate: avoid handshakes and close physical contact with others. Do not share napkins, mobile phones, spoons, glasses, etc.

Eat nutritious food, stay hydrated, sleep well, stay active, and avoid stress.

Avoid large group gatherings where the one-meter distance may be difficult to maintain.

Stay home if you are feeling unwell, until you recover.

Ask for help from friends, family, neighbours, JK volunteers, etc. if you become sick.

There are those among us in the Jamat who are especially vulnerable to infection and disease. These include:

- The elderly
- People with pre-existing conditions like asthma, diabetes and high blood pressure.
- Those whose immune systems are already weakened due to medical procedures including cancer therapy, organ transplant, respiratory/cardiac distress, recent hospitalization.

6 STEPS TO STAY SAFE FOR THE VULNERABLE DURING COVID19: