8 STEPS TO STAY SAFE DURING COVID-19

1. **Maintain Physical Distance**
   - In public places maintain 3-feet or one arm's length distance.

2. **Watch for Symptoms**
   - Watch out for classic symptoms of COVID-19: dry cough, fever and difficulty in breathing.

3. **Taking Precautions**
   - If you have any symptoms proceed with self isolation. Use surgical masks when you are around others to prevent its spread.

4. **Having Good Hygiene Practices**
   - Wash your hands with soap and use an alcohol based sanitizer. If you are coughing cover your mouth with your elbow held closely with your mouth.

5. **Sanitization of Homes Workplaces**
   - Sanitize after touching high contact surfaces like doorknobs switches etc.

6. **Be Aware of Sharing Info on Media**
   - Be mindful of sharing unofficial messages like "home remedies" or "immunity boosters" or any misinformation.

7. **Be Prepared to Stay Home**
   - Keep 2 weeks’ supply of groceries, medications and basic home supplies incase you cannot step out.

8. **Avoid Sharing Misinformation**
   - The government has now made it a punishable offense to circulate "fake news" or misinformation.

*Source: World Health Organization (WHO), Ministry of Health & Family Welfare and Govt. of India.*