AGA KHAN HEALTH BOARD FOR INDIA

8 STEPS TO STAY SAFE DURING COVID-19.

SOURCE: WORLD HEALTH ORGANIZATION (WHO), MINISTRY OF HEALTH & FAMILY WELFARE AND GOVT. OF INDIA.
MAINTAIN PHYSICAL DISTANCE

In public places, maintain 3-feet or one arm’s length distance.
Watch out for classic symptoms of COVID-19: dry cough, fever and difficulty in breathing.
3. Take precautions

If you have any symptoms proceed with self isolation. Use surgical masks when you are around others to prevent its spread.
PRACTICING GOOD HYGIENE

Wash your hands with soap and use an alcohol based sanitizer. If you are coughing cover your mouth with your elbow held closely.
Sanitize after touching high contact surfaces like doorknobs, switches, etc.
Be mindful of sharing unofficial messages like "home remedies" or "immunity boosters" or any misinformation.
BE PREPARED TO STAY HOME

Keep 2 weeks’ supply of groceries, medications and basic home supplies in case you cannot step out.
The government has now made it a punishable offense to circulate ‘fake news’ or misinformation.