29 people have tested positive for Covid-19 in India. Here's what you can do to keep yourself safe

1 Wash hands frequently

Scrub backs of hands, between fingers and under nails for at least 20 seconds with soap and water or alcohol-based hand rub to kill viruses (See P4 graphic)

2 Avoid crowded places

When someone coughs or sneezes, they release small liquid droplets from their nose or mouth that may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus

3 Avoid touching eyes, nose and mouth

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body

4 Practise respiratory hygiene
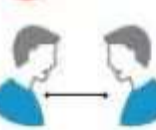
Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses

5 Wear a mask if you have respiratory symptoms

Mask isn't required to be worn by all. Only those with respiratory symptoms (coughing or sneezing) need to use it to protect others from getting the virus. If you use a mask, make sure it is disposed of properly

RUNNING SCARED WON'T HELP, PRECAUTIONS MAY

The mortality rate is 2-3% SARS, MERS and Ebola were much more lethal
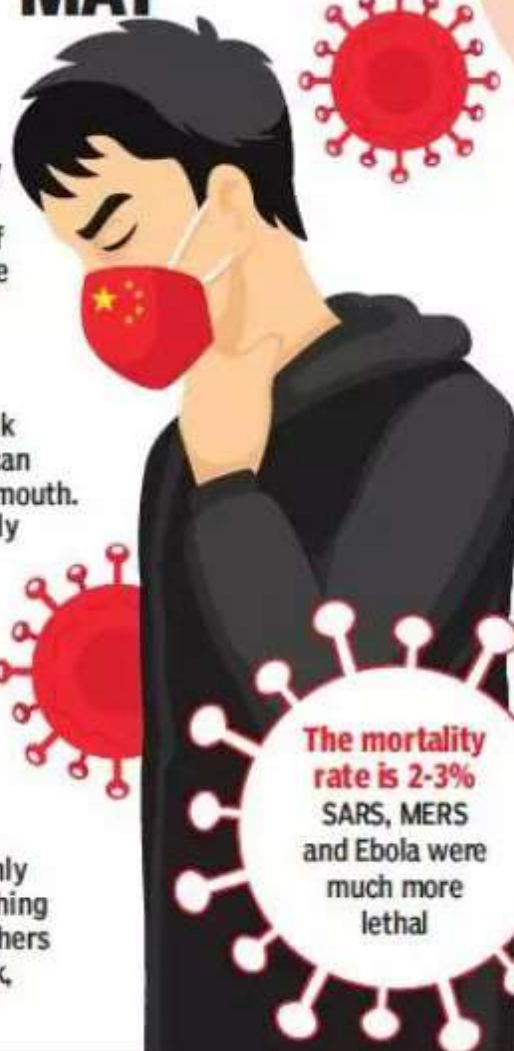
When you should start getting worried
Fever, cough, breathlessness. In more severe cases, infection can cause pneumonia or breathing difficulties. More rarely, the disease can be fatal

What should you do if you have symptoms
Seek medical care. Consider calling ahead to tell your healthcare provider if you have travelled to an area where COVID-19 has been reported, or if you have been in close contact with someone who has travelled there and has respiratory symptoms

MORTALITY RATE
Age group

Age group	Rate
Age 80+	15%
70-79	8
60-69	4
Below 60	1

Data from China

Ministry of Health & Family Welfare
Government of India

नोवल कोरोना वायरस (COVID 19)
Novel Coronavirus (COVID 19)

Help us to help you

Always remeber!
सदैव सतर्क रहें 🔔

A sick person's saliva can get on to

एक बीमार व्यक्ति की लार अन्य चीज़ों को भी प्रभावित कर सकती है, जैसे कि other things such as

Their hands
उनके हाथ

Pens
कलम

ट्रेन के अंदर पकड़ने की पट्टियां
Train straps

Door Knobs
दरवाज़े का हैंडल

Cups
कप

डिजिटल उपकरण
Digital devices

Tissues & Napkins
टिशू

सीढ़ी की रेलिंग
Stair railings

Lift Buttons
लिफ्ट के बटन

माउस
Mouse

फेस मास्क का बाहरी हिस्सा
On the outside of the face mask

स्वस्थ व्यक्ति
Healthy Person

Chopsticks
चॉपस्टिक्स

स्वास्थ्य सम्बन्धी जानकारी के लिएः

स्वास्थ्य एवं परिवार कल्याण मंत्रालय भारत सरकार के 24*7 हेल्पलाइन नं.

+91-11-2397 8046 पर संपर्क करें

COVID-19 Precaution

Dos

Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clearn

Cover your nose and mouth with handkerchief / tissue while sneezing and coughing

Throw used tissues into closed bins immediately after use

See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask / cloth to cover your mouth and nose

If you have these signs / symptoms please call State helpline number or Ministry of Health & Family Welfare's 24 x 7 helpline at 011-23978046

Avoid participating in large gatherings

Don'ts

Have a close contact with anyone, if you're experiencing cough and fever

Spit in public

Touch your eyes, nose and mouth

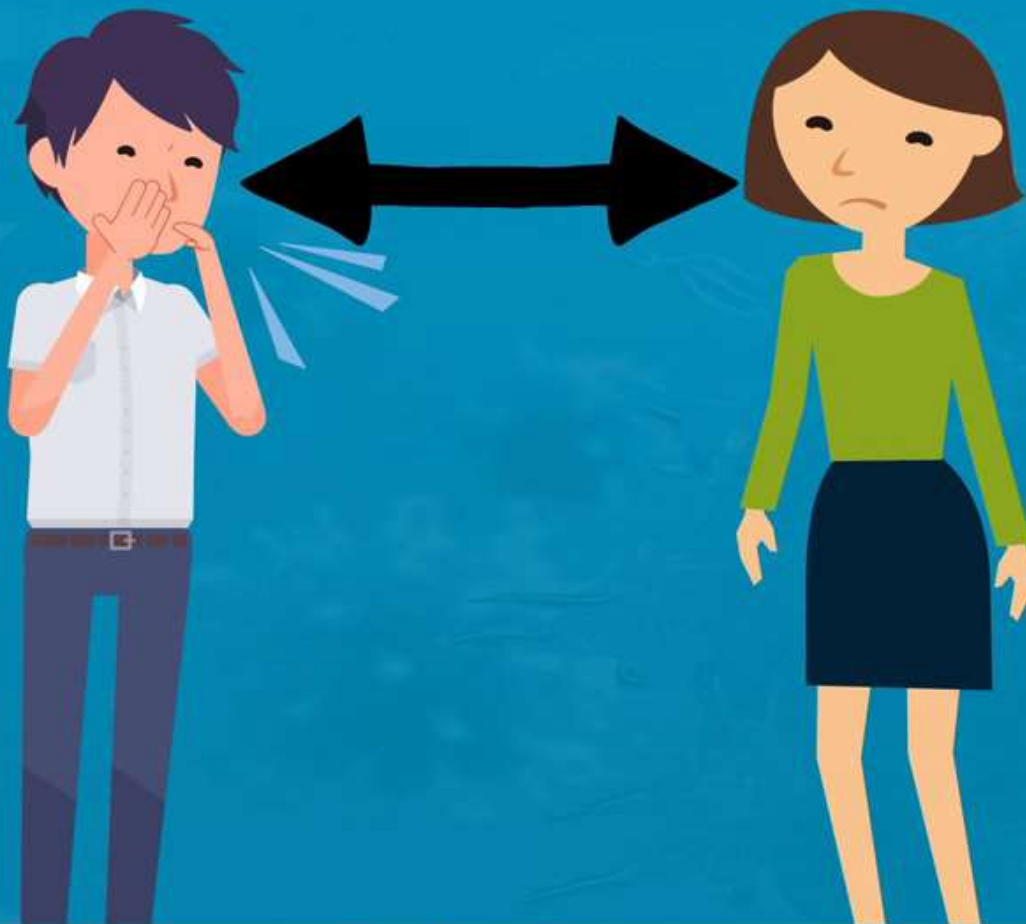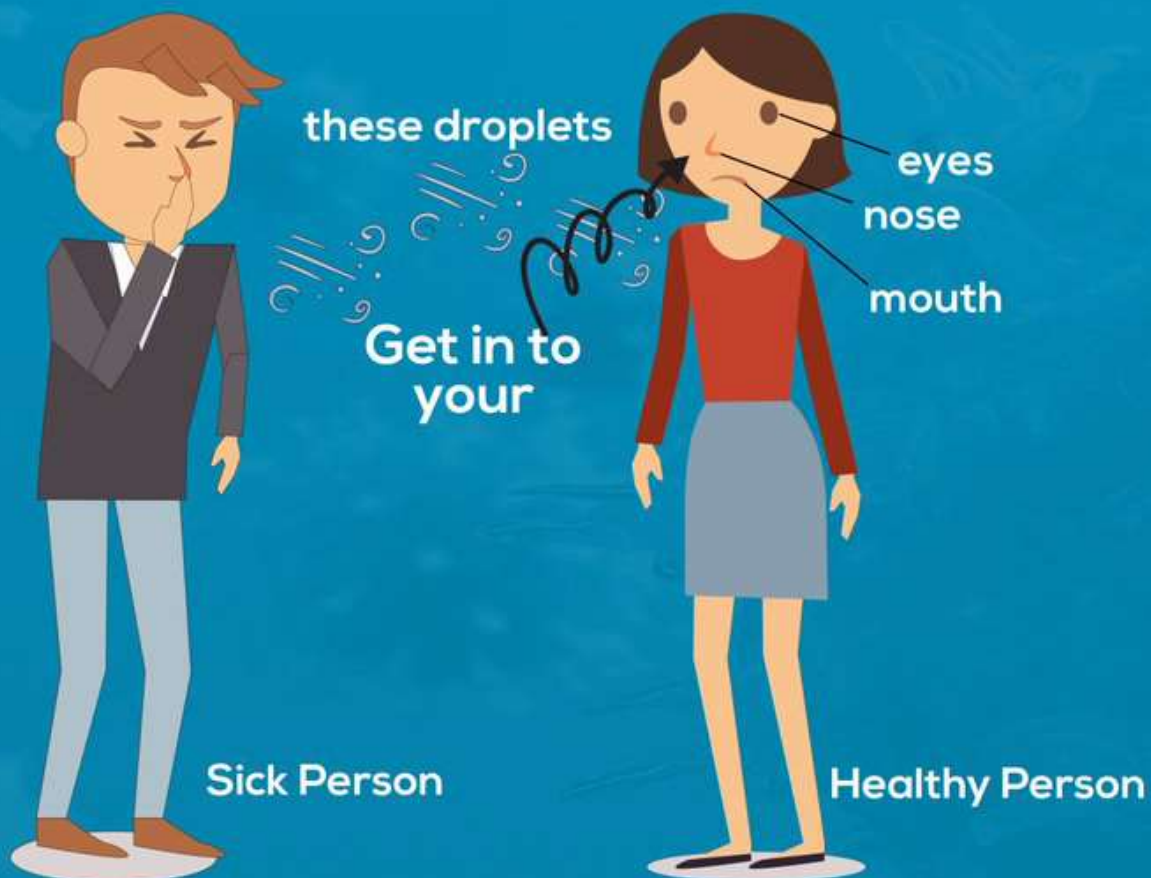SOURCE: Ministry of Health and Family Welfare, Government of India

Novel Coronavirus (COVID 19)

Help us to help you

How does a Coronavirus spread?
The virus spreads when

these droplets

Get in to your

eyes
nose
mouth

Sick Person

Healthy Person

For further information :
Call at Ministry of Health, Govt. of India's 24*7 control room number
+91-11-2397 8046
Email at **ncov2019@gmail.com**

mohfw.gov.in   @MoHFWIndia   @MoHFW_INDIA   mohfwindia