1. Keep your mouth and nose covered with a mask, scarf or a clean cloth while stepping out of the house and during work.

2. Maintain 1 metre distance.

3. Wash your hands often for at least 20 Seconds.

4. Drink warm water.

5. Eat nutritious and healthy food.

5 Sutra at work

Seek medical help, if you show symptoms like:

- Fever
- Dry Cough
- Difficulty in breathing

Do not hug or shake hands.

Do not spit in public places.

Do not touch your eyes, nose or mouth.

Ministry of Rural Development
Government of India