



Ministry of Health & Family Welfare
Government of India



Help us to
help you

NOVEL CORONAVIRUS (COVID-19)



Protect yourself and others!

Follow these Do's and Don'ts

Do's ✓



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



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 24X7 helpline at 011-23978046



Avoid participating in large gatherings



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



Touch your eyes, nose and mouth



Don'ts ✗

Spit in public

Together we can fight Coronavirus

For further information :

Call at Ministry of Health, Govt. of India's 24X7 control room number

+91-11-2397 8046

Email at ncov2019@gmail.com

Set up a daily routine

This can provide some much-needed structure to your days. Try to go to bed and wake up at the same time every day. Create a routine that works for you.



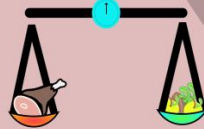
Practise Gratitude

It is easy to get overwhelmed by all the worrying news surrounding us. Create a little time during the day to focus on the positives in your life, through journaling or simple reflection.



Eat healthy, well-balanced meals

This is a good time to try new recipes and get creative with your cooking. Maintaining regular meal times is also helpful for your health and general well-being.



Make Time to Disconnect

Make some time during the day to disengage from the news and other activities. Use this time to rest and recover your energy.

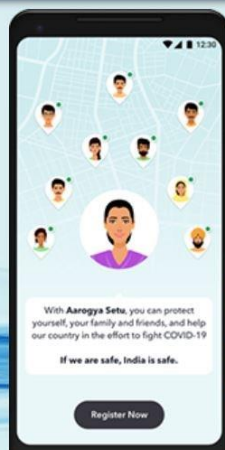


Pick up a hobby

If your schedule permits it, engaging in a new hobby like reading, knitting, playing fun board games, or cooking can act as a great stress-buster.

Stay Connected

Humans are social creatures and engaging with others is really important for our emotional health. Apart from phone and video calls, online hobby classes and social media can also help you stay in touch.



An app that speaks your language



Available in 11 different languages

Scan to Download

Aarogya Setu

App for iOS and Android

Thakur Educational Trust's (Regd.)

Thakur Institute of Management Studies, Career Development & Research

(Approved by AICTE, Govt. of Maharashtra & Affiliated to University of Mumbai)
ISO 9001 : 2015 Certified

Thakur Educational Campus, Shyamnarayan Thakur Marg, Thakur Village, Kandivali (E), Mumbai - 400 101
• Tel: 6730 8301, 02, 28840484/91 • Telefax: 28852527