

# Dos and Don'ts - Covid 19 Corona Virus

DOs	DON'Ts
<ul style="list-style-type: none"><li>• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing</li></ul>	<ul style="list-style-type: none"><li>○ Touching eyes, nose or mouth with unwashed hands</li></ul>
<ul style="list-style-type: none"><li>• Wash your hands with soap and water frequently</li></ul>	<ul style="list-style-type: none"><li>○ Hugging, kissing and shaking hands while greeting</li></ul>
<ul style="list-style-type: none"><li>• Avoid crowded places</li></ul>	
<ul style="list-style-type: none"><li>• Person suffering from Influenza like illness must be confined at home</li></ul>	<ul style="list-style-type: none"><li>○ Spitting in public places</li></ul>
<ul style="list-style-type: none"><li>• Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing</li></ul>	<ul style="list-style-type: none"><li>○ Taking medicines without consulting doctor</li></ul>
<ul style="list-style-type: none"><li>• Follow regulated routine with timely nutritional meals, some indoor exercises and good sleep</li></ul>	<ul style="list-style-type: none"><li>○ Disposal of used napkin or tissue paper in open areas</li></ul>
<ul style="list-style-type: none"><li>• Stay fruitfully occupied, optimistic and positive to avoid feeling of loneliness and anxiety</li></ul>	<ul style="list-style-type: none"><li>○ Touching surfaces usually used by public (Railing, door, gates, etc.</li></ul>
<ul style="list-style-type: none"><li>• Person suspected with Influenza like illness must consult doctor</li></ul>	