



Help us to help you



NOVEL CORONAVIRUS (COVID-19)

Protect yourself and others!

Follow these Do's and Don'ts

Do's ✓



Practise 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 paper while sneezing and coughing



Throw used tissue papers into closed bins immediately after use



Consult 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 contact with nearest Govt. Health Facility



Avoid participating in large gatherings

Don'ts ✗



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



Touch your eyes, nose and mouth



Spit in public

Together we can fight Coronavirus

For further information :

Contact : Health Helpline No.: **104** or

Mob: **9439994857 / 9439994859**, Email : ssuodisha@gmail.com

Health & Family Welfare Department, Govt. of Odisha