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 2020-2021
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नोवेल कोरोनावायरस (COVID-19)

खुद रूँ सुरक्षित, दूसरों को रूँ सुरक्षित
 क्या करें और क्या ना करें

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 क्या करें और क्या ना करें

क्या करें

- Handwashing: ...
- Respiratory Hygiene: ...
- Physical Distancing: ...
- Self-Isolation: ...

क्या ना करें

- Travel: ...
- Public Places: ...
- Large Gatherings: ...

तम रखा साथ मिलकर कोरोनावायरस से लड़ सकते हैं

राष्ट्रीय प्रतिक्रिया सेटिंग
 +91-11-2397 8046 पर जलन कीजिए
 ई-मेल: nCoV2019@gmail.com

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NOVEL CORONAVIRUS (COVID-19)

Protect yourself and others!
 Follow these Do's and Don'ts

Do's

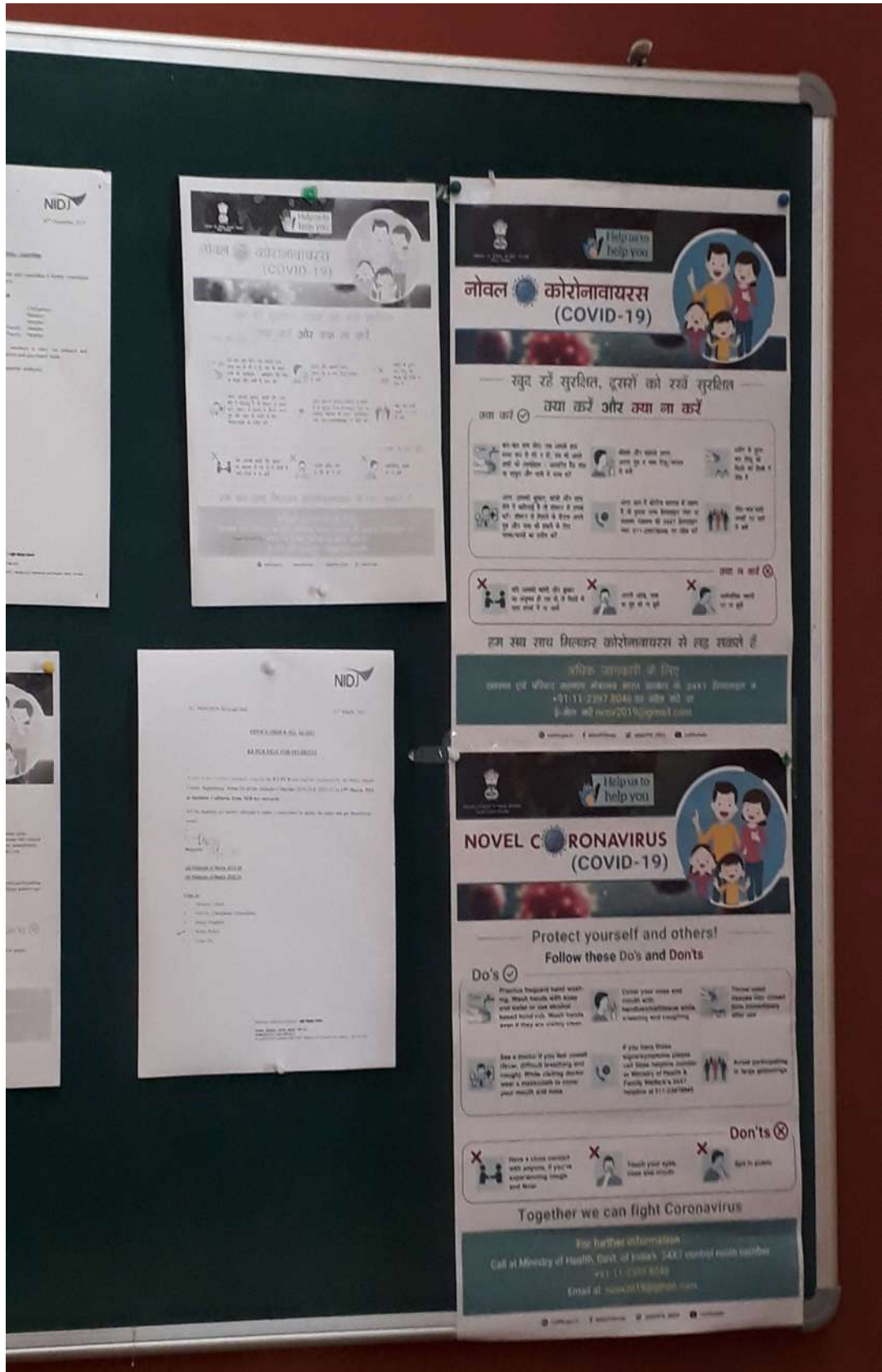
- Practice frequent hand washing. Wash hands with soap and water for 20 seconds.
- Cover your nose and mouth with a tissue or elbow when sneezing and coughing.
- Practice good respiratory hygiene. Cover your mouth and nose with a tissue or elbow when coughing and sneezing.
- See a doctor if you feel unwell (fever, difficulty breathing and cough). Please avoid sharing tissues.
- If you have flu-like symptoms (fever, cough, sore throat) contact your local health authority or Ministry of Health & Family Welfare, DGT, Helpline at 11-23978046.
- 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.
- Go to school.

Together we can fight Coronavirus

For further information
 Call at Ministry of Health, Govt. of Jharkhand 24x7 contact number
 +91-11-2397 8046
 Email at: nCoV2019@gmail.com



NIDJ
National Institute of Disaster Management
Ministry of Home Affairs, Government of India
New Delhi, India
Phone: +91 11 2307 8046
Email: nidj@nic.in

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Help us to help you

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Hand hygiene: Wash hands with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.

Social Distancing: Maintain a distance of at least 1 meter from others. Avoid crowded places and public transport.

Mask Use: Wear a mask in public places, especially in crowded areas.

Self-Isolation: If you have symptoms, isolate yourself and seek medical attention.

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Do's:
- Wash hands with soap and water for at least 20 seconds.
- Use hand sanitizer if soap and water are not available.
- Maintain a distance of at least 1 meter from others.
- Avoid crowded places and public transport.
- Wear a mask in public places, especially in crowded areas.

Don'ts:
- Do not shake hands with others.
- Do not touch your face, especially your eyes, nose, and mouth.
- Do not visit public places if you are sick.

हम सब साथ मिलकर कोरोनावायरस से लड़ सकते हैं

अधिक जानकारी के लिए
उपरोक्त एड्रेस पर कॉल कर सकते हैं या संपर्क नं. 24x7 हेल्पलाइन पर
+91-11-2307 8046 पर कॉल करें या
ई-मेल नं. nidj2019@gmail.com

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