

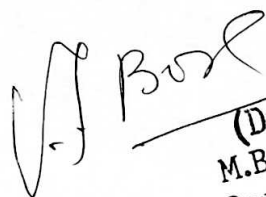
## Do's and Don'ts for Corona (COVID 19) Outbreak

### Do's

- Maintain good personal hygiene
- Make habit of frequent hand washing with soap/ sanitizers
- Adhere to respiratory etiquettes — cover your mouth with tissue/handkerchief etc. while coughing or sneezing
- In case of above, maintain isolation with general public/ public places.
- Wear a mask if you are having fever accompanied by respiratory symptoms such as cough or running nose
- Seek medical attention promptly
- Try to expose your body to sunlight/ sunshine for at least 10-15 minutes daily.

### Don'ts

- Don't create panic.
- Don't travel in case of sickness.
- Try to avoid travel as much as possible.
- Don't plan travels and tours and if possible try alternate methodology like video conference
- Don't touch your eyes, nose, and mouth. If you have somehow come into contact with the virus, touching your face can help it enter your body.
- Avoid close contact with people who are unwell or showing symptoms of illness, such as cough, running nose etc.
- Avoid contact with consumption of raw/undercooked meats
- Avoid travel to live animal markets or where animals are slaughtered



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