

COVID-19 Advisory

**Do's and Don'ts
During the Paramedics**

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HackCoVIT

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Name

Do's During the Paramedics

- Practice frequent hand washing. Wash hands with soap and water or use alcohol-based hand Sanitizers with More than 70% alcohol. Wash hands even if they are visibly clean.
- Cover your nose and mouth with handkerchief or tissue while sneezing and coughing.
- Call Government helplines for every essential you need. Don't Go outside if not necessary.
- 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 / meetings / functions.

Don'ts During the Paramedics

- **If you feel any potential COVID-19 symptoms including, fever, cough, and shortness of breath call your doctor or call on government helpline number.**
- **Don't mix with people at your home if you aren't sick enough to be hospitalized. Follow proper instructions on how to take care of yourself at home.**
- **Don't go to public and crowded places and if you go don't be in close contact with family.**
- **Don't touch high-touch surfaces in public places also frequently don't touch face, nose and eyes.**
- **Don't Spit in public and avoid contact with live animals or consumption of raw/undercooked meat**