

SOME SIMPLE STEPS THAT CAN HELP TO PROCTECT FROM THE VIRUS





WEAR MASK



TRY
AVOIDING
GOING OUT
UNLESS
NECESSARY





MAINTAIN ATLEAST IMETRE
DISTANCE AT PUBLIC PLACES

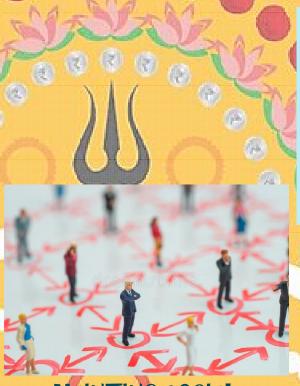
STEPS TO BE TAKEN IN DURGA PUJA 2K20



FOODS IN YOUR DIET



WASH THE USED CLOTHS
IMMEDIATELY AFTER
RETURNING HOME



MAINTING SOCIAL
DISTANCING IN PANDELS



TAKE SHOWER AFTER RETURNING HOME



WEARING MASK IN PUJA IS

MUST TO PROTECT

YOURSELF AND OTHERS

WHAT IF YOU BECOME COVID POSITIVE

- Don't rush to a hospital immediately.
- Hear what your doctor has to say about the test.
- Let the doctor decide whether you need to be admitted
- Or home quarantined.
- E-consult your doctor daily.
- Keep sanitizing your hands.
- Wearing a mask is a must.
- Keep monitoring the symptoms.
- Be positive in your mindset. This can help you to cure faster.