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COVID 19

CORONAVIRUS

SOME SIMPLE STEPS THAT CAN HELP TO PROTECT FROM THE VIRUS



**SANITIZE YOUR HAND
FREQUENTLY**

Stay HOME



Stay SAFE

**TRY
AVOIDING
GOING OUT
UNLESS
NECESSARY**



**WASH YOUR HAND AFTER
EVERY 3-4 HRS**



**MAINTAIN ATLEAST 1METRE
DISTANCE AT PUBLIC PLACES**

WEAR MASK

STEPS TO BE TAKEN IN DURGA PUJA 2K20



INCLUDE IMMUNITY BOOSTING
FOODS IN YOUR DIET



TAKE SHOWER AFTER
RETURNING HOME



MAINTAINING SOCIAL
DISTANCING IN PANDELS



WEARING MASK IN PUJA IS
MUST TO PROTECT
YOURSELF AND OTHERS



WASH THE USED CLOTHS
IMMEDIATELY AFTER
RETURNING HOME

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.