

PREVENTIVE MEASURES FOR COVID-19

Name - Manab Saha

Class – X (B)

Roll no-7

Pramila Memorial Institute

KEEP YOURSELF AND OTHERS SAFE

Maintain social distancing. Keep at least 2 metre distance from people around you.



Wear a mask whenever outside among other people. Make masks a normal part of life .



KEEP THE ENVIRONMENT SAFE

Avoid the 3Cs – spaces that are closed, crowded or involve close contact.

Do not participate in an indoor gathering and prefer a outdoor gathering to an indoor one.



MAINTAIN BASIC PERSONAL HYGIENE

Whenever needed, wash hands thoroughly with hand sanitizer.



Avoid touching eyes, nose and mouth when outside.



MAINTAIN BASIC PERSONAL HYGIENE

While sneezing cover your mouth by bent elbow or a tissue.

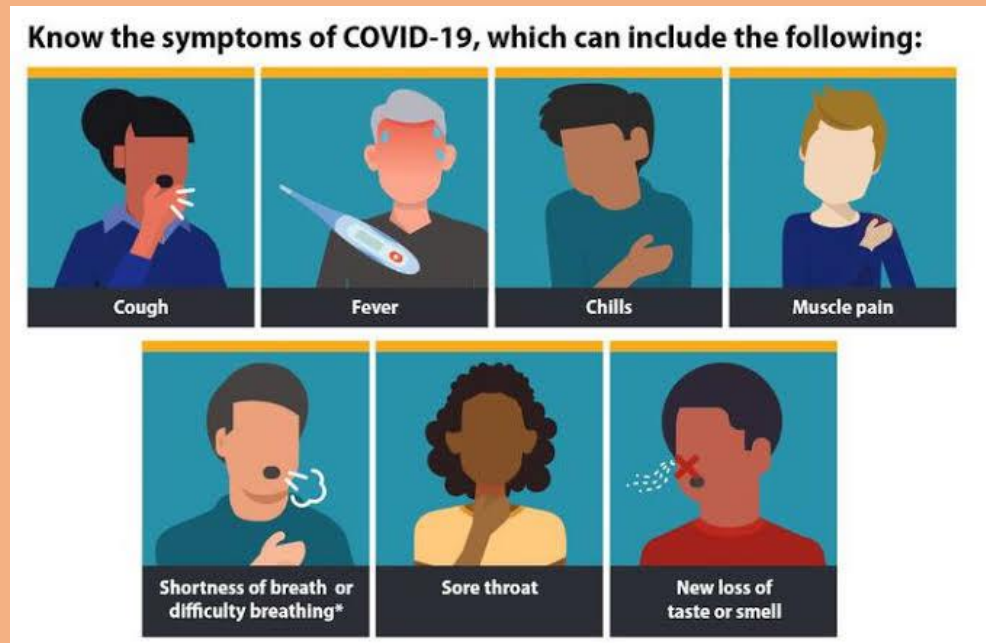
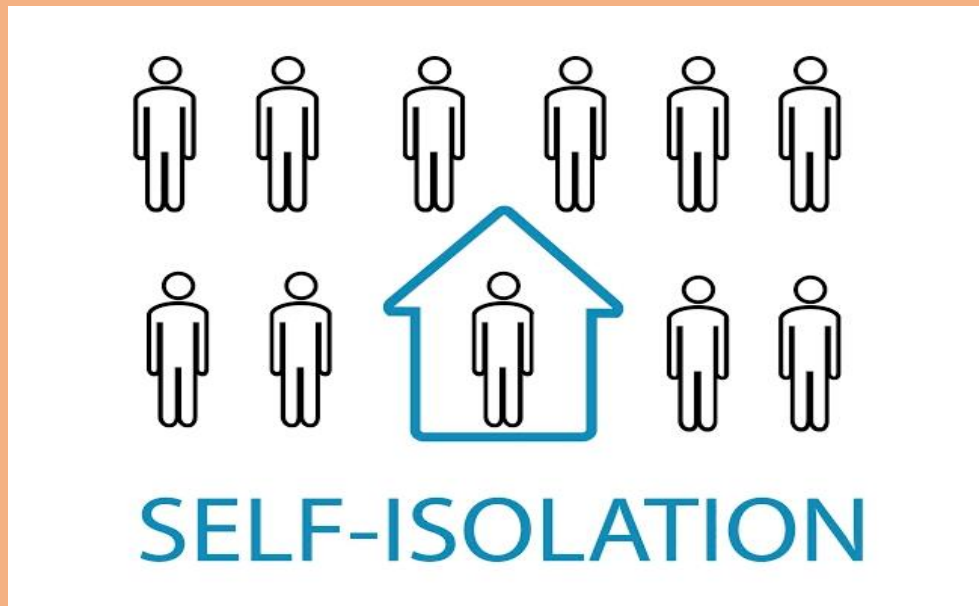
On returning home, first wash your hands, feet and face thoroughly.



WHAT TO DO IF FEELING UNWELL

If having minor symptoms like cough and headache, self-isolate yourself.

If you have any of the symptoms for COVID-19 immediately consult a doctor.



These were the preventive measures for COVID-19, and these should be followed to prevent the spread of this pandemic disease.

Stay Home, Stay Safe.

THANK YOU.