



# ADVISORY ON SOCIAL DISTANCING TO FIGHT COVID-19



Restaurants to ensure handwashing protocol & to sanitize frequently touched surfaces. Ensure physical distancing (min. 1 metre) between tables



Keep already planned weddings to limited gatherings. Postpone all non-essential gatherings



Local authorities to regulate sporting events, mass gatherings, exhibit Do's & Don'ts and take up communication drives in market places like sabzi mandi, bus depots, railway stations etc.

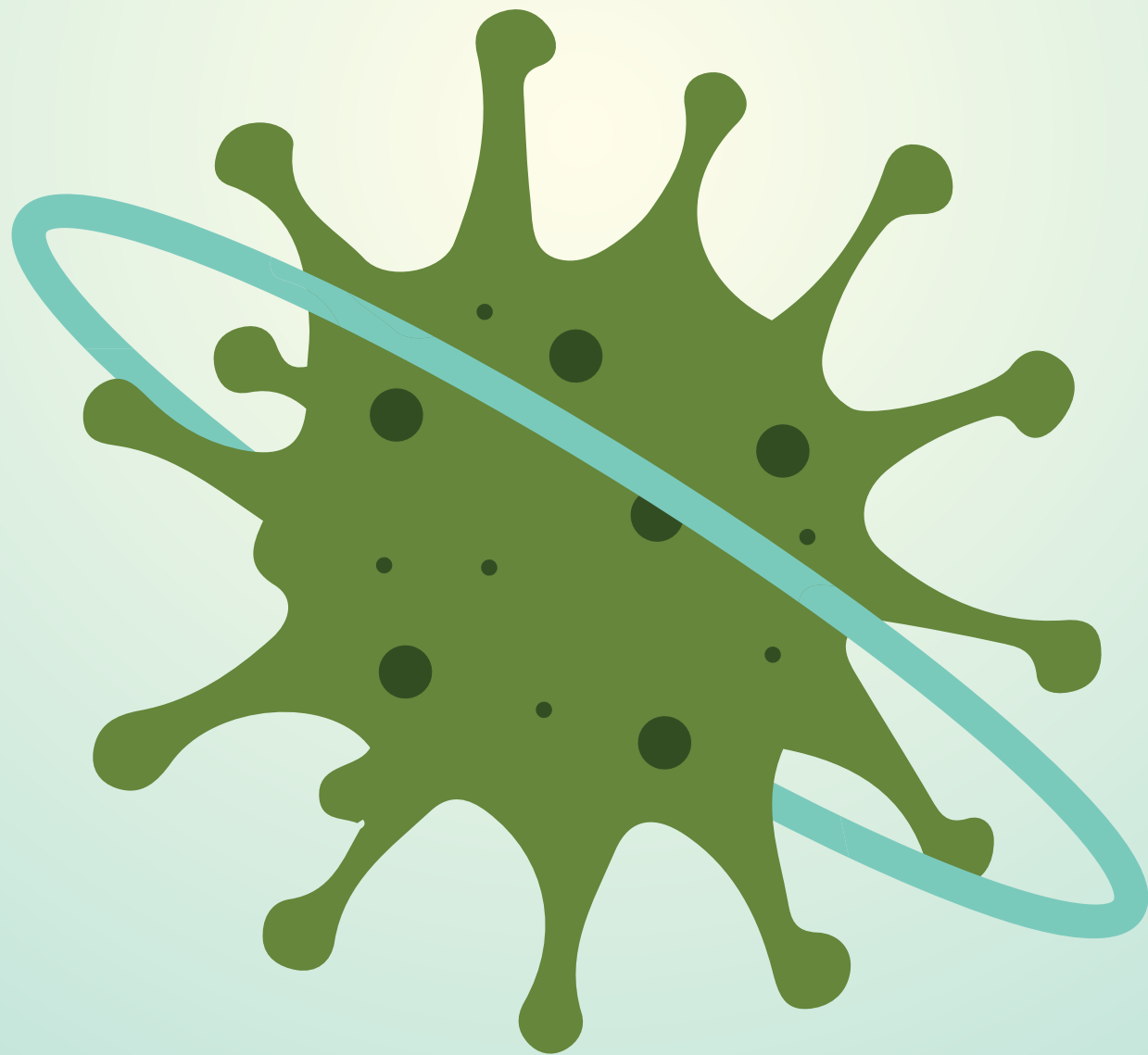


All commercial activities must keep a distance of one meter between customers

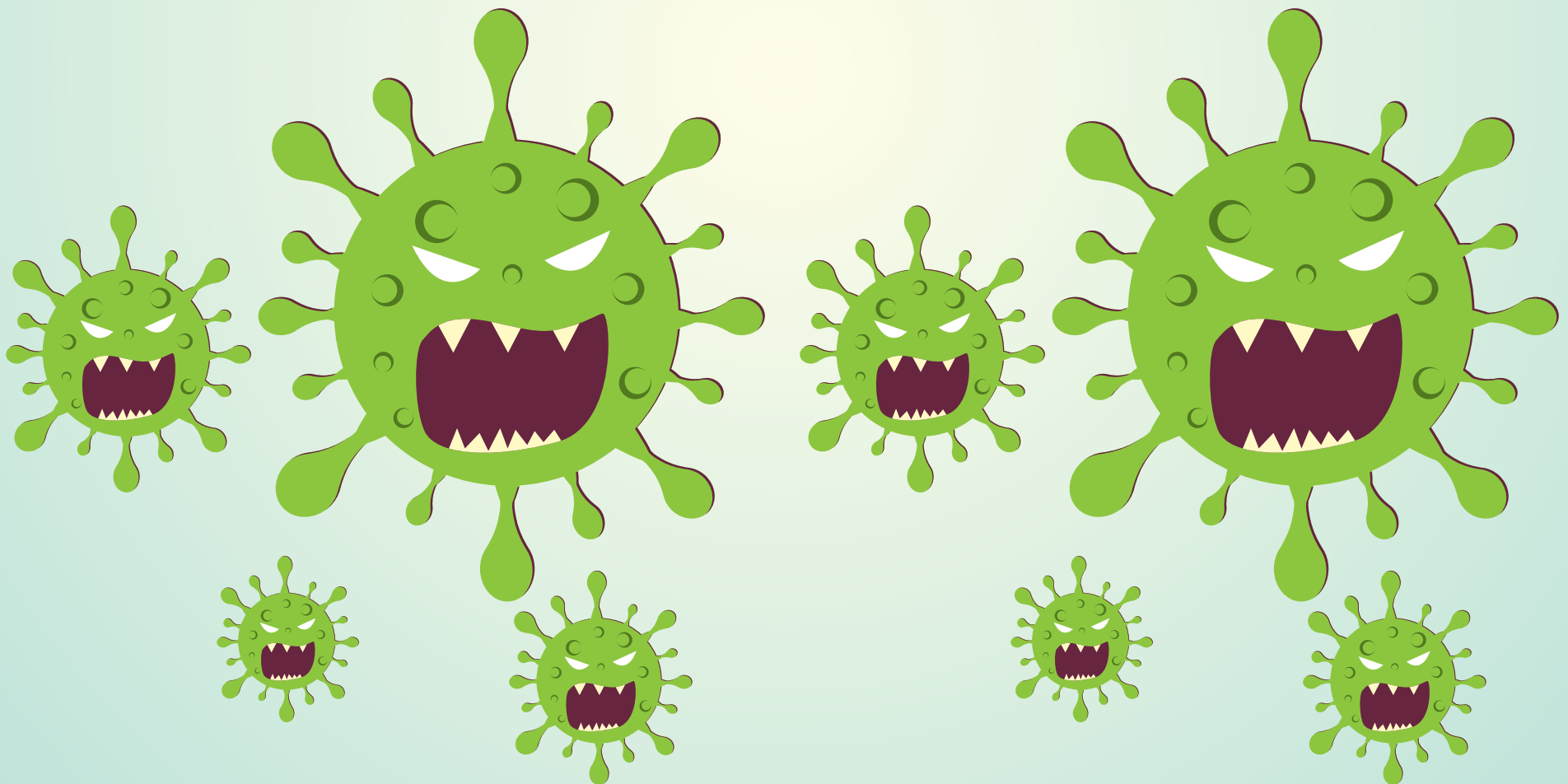
\*Advisory to be in force till 31st March 2020 & will be reviewed as per evolving situation

**FOR FURTHER INFORMATION**  
Call +91 11 23978046 or Email [ncov2019@gov.in](mailto:ncov2019@gov.in)

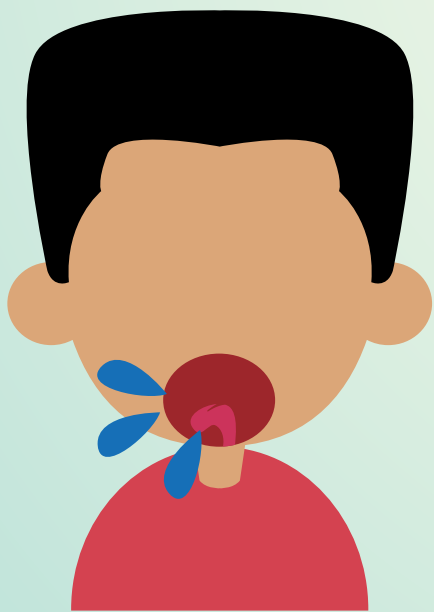
**Know more about**  
**CORONAVIRUS**  
**(COVID-19)**



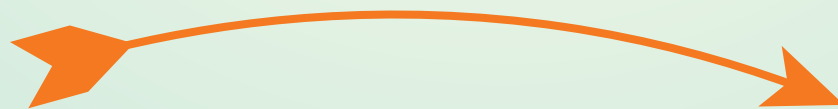
# How does **CORONAVIRUS** spread?



**The virus spreads when  
cough droplets of a sick person  
gets transferred to a healthy  
person (eye, nose mouth)**



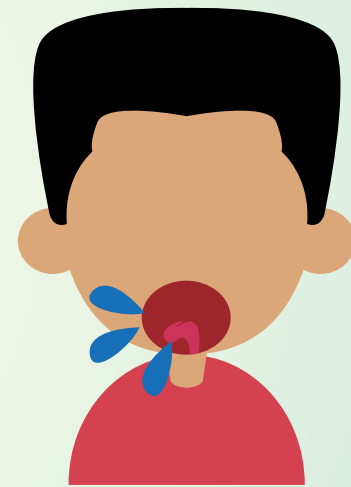
**Sick Person**



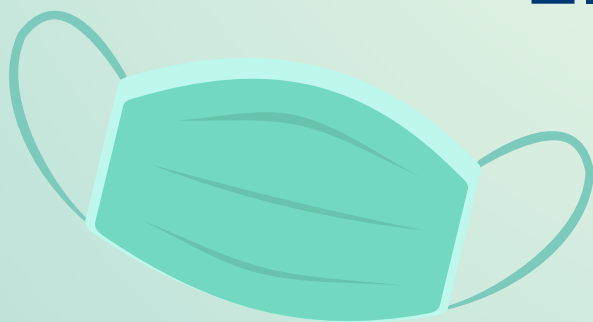
**Healthy Person**

# If you see someone who is **Coughing/Sneezing/Sick,** you must:

1. **Maintain a 6 feet distance** from the person which will keep you safe from large droplets .



2. **Offer them a face mask.**  
They can cough/sneeze into it and protect everyone else nearby.



**Avoid large gathering, because you might not know who is sick. Infected people show no symptoms in the initial stages but they still might infect others.**



# Sometimes a sick person's saliva can get on other things:

Door Knobs, Pens, Mouse, Tissue, Cups, Lift Buttons, Digital Devices, Handrails of Stairs & even on the outside of your face mask.



**Accidentally touching these  
things and then touching  
your eyes, nose or face  
may make you fall sick**





**Viruses can last for upto 48 hours on objects. The only effective way to get rid of them is to wash them off with soap.**



**How can we**  
**AVOID**  
**getting infected?**

**Follow these simple steps**

# 1.

**Wash your hands frequently and thoroughly with soap and water for at least 20 seconds after touching a suspected contaminated surface.**



# 2.

**While coughing, cover your face with a disposable tissue or use a mask and discard them immediately in a waste bin. Don't wear the mask for more than 1 day.**



# 3.

**In the absence of disposable tissues, you may cough/sneeze into your folded elbow**



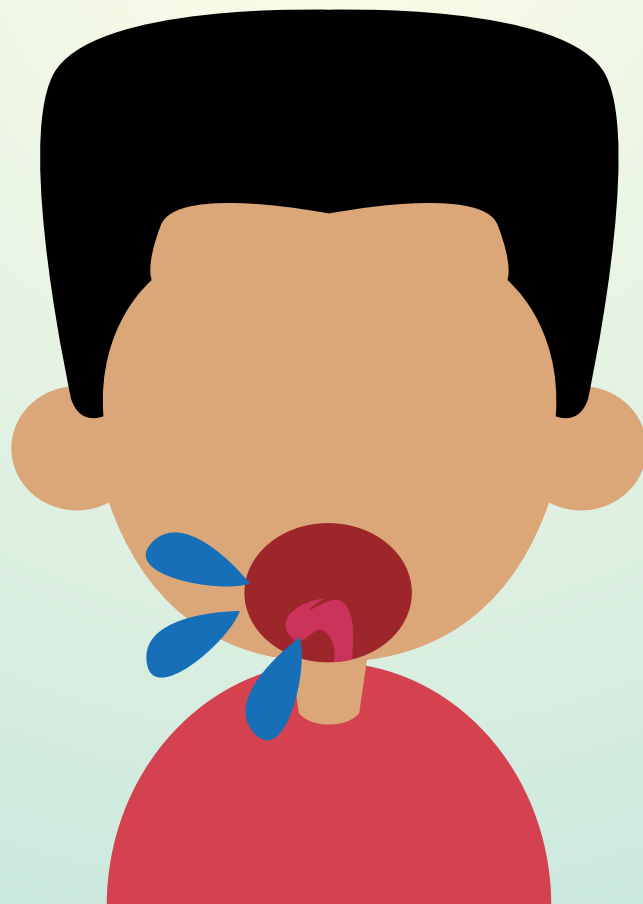
4.

**Avoid the handshakes and hugs.  
Most hygienic form of  
greeting is **Namaste!****



**5.**

**Avoid coming into contact with people who are sick.**



6.

**Avoid touching your  
Eyes, Ears and Nose**





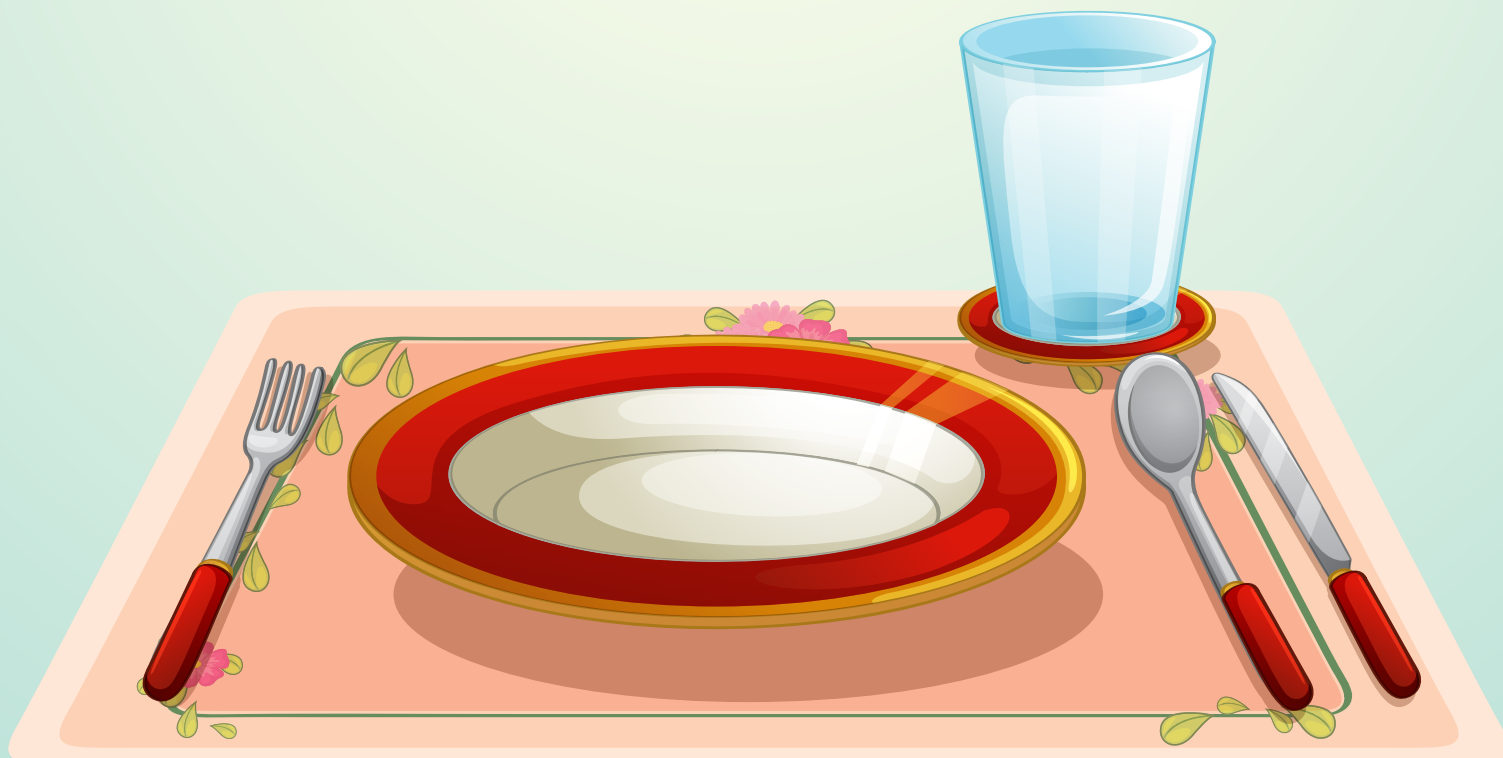
7.

**Use an alcohol based hand  
sanitiser that contains at least  
60% alcohol if soap and water  
are not available**



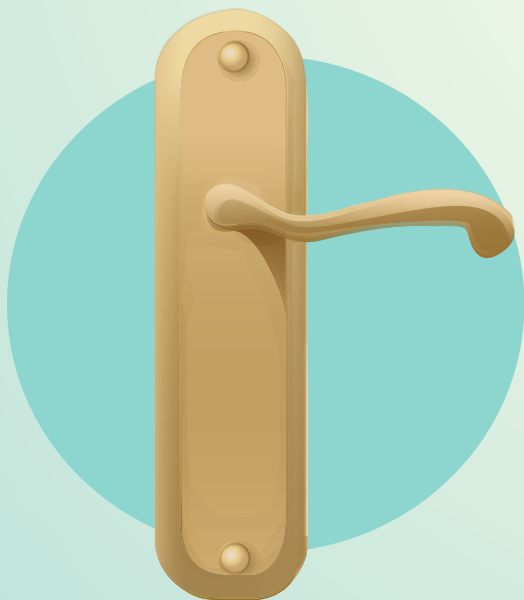
# 8.

**Avoid sharing dishes, glasses, bedding and other household items with those with flu like symptoms**



9.

# Clean and disinfect frequently touched objects and surfaces



10.

**And Finally,  
Seek medical advice  
if you are sick**



**For any queries related  
to health, people may contact on  
Ministry of Health & Family Welfare  
24\*7 Helpline Number:  
+91-11-23978046  
or email: [ncov2019@gmail.com](mailto:ncov2019@gmail.com)**