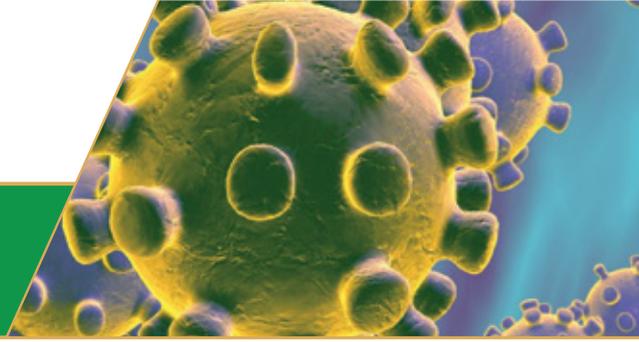




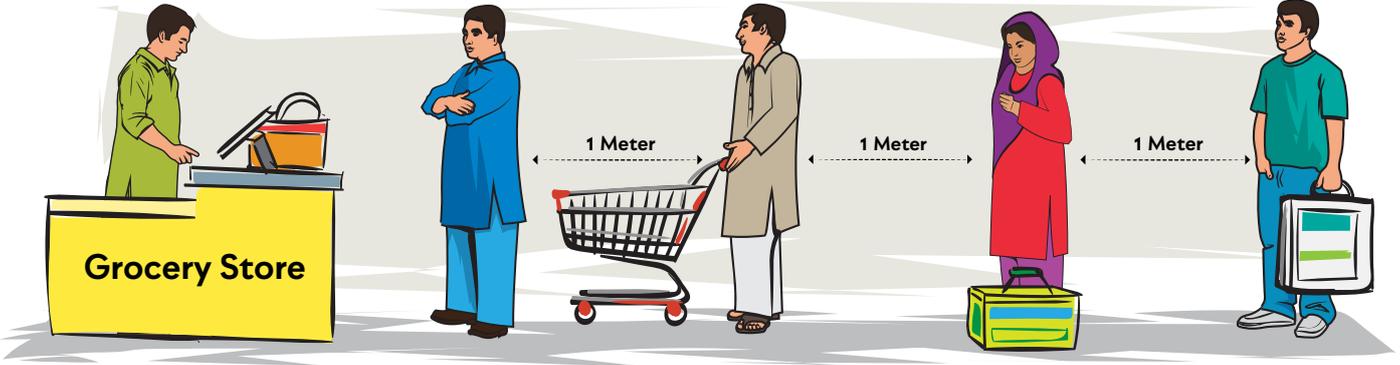
CORONA VIRUS

COVID - 19



How to ensure Social distancing?

Avoid large gatherings and maintain distance of 3 feet/1 meter from others.



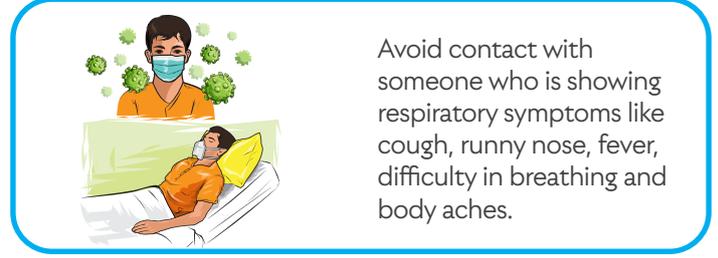
Avoid shaking hands and hugging. Greet by saying Salaam from a distance.



Avoid large gatherings.



Avoid unnecessary use of public transport, when possible.



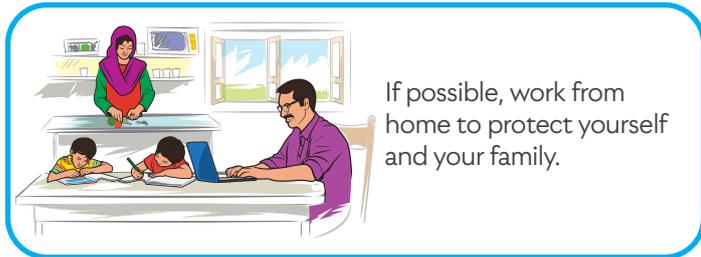
Avoid contact with someone who is showing respiratory symptoms like cough, runny nose, fever, difficulty in breathing and body aches.



Avoid gatherings with friends and family. Stay in touch through phones and social media.



Contact your medical doctor or call the help line 1166 for more information about COVID-19.



If possible, work from home to protect yourself and your family.



If you have to go to the grocery store/bank, keep a distance of 3 feet/1 meter from other people.