

## Prevention To Take Care COVID -19

### How To Use Mask

Use a mask when you step out of your home for eg. market, etc.

### Avoid Hand Shake

Avoid handshake with people or avoid contact with ill person at y, keep a distance of 1 meter from 1

### How To Wash Your Hands

Wash your hands for atleast 20-30 minutes or use hand sanitizer.

### Avoid Crowd Areas

Do not go in crowd places.

### What To Do While Sneezing & Coughing

Cover your nose and mouth with tissue while sneezing and coughing.

