

# COVID-19: What can you do?

IITB Hospital



## • **Wash hands**

- for 20 seconds with soap and water
- multiple times a day
- whenever you come home from outside



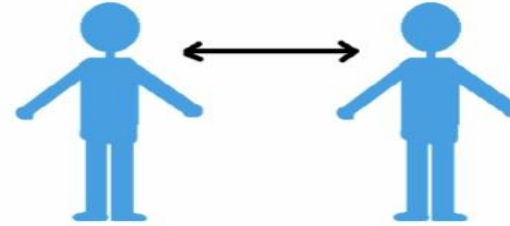
- A bowl of soapy water may be kept at the entrance of your house

- Immerse and rub hands for 20 seconds before entering

- **Wear a cloth mask** whenever you step outside

- Eye glasses may be used while stepping outside

- Read: "Masks for Curbing the Spread of SARS-CoV-2 Coronavirus: A manual on homemade masks" by MoHFW



- When outdoors, maintain a distance of 6 feet from other people

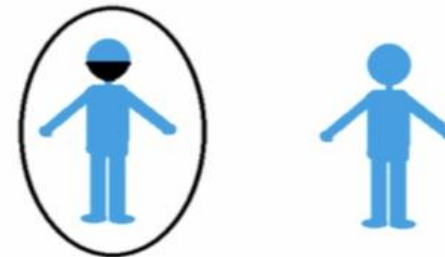


- When indoors, keep your room well ventilated

- Regularly disinfect high touch surfaces

- If you have a mild cold:

- Self isolate- stay in a separate room at home
- Do not go outside your house
- Wear a mask at home
- Wash hands often
- Cover your cough/ sneeze



- If you develop fever and breathlessness, call and inform the hospital before you go there