COVID-19: What can you do?

- **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