



Ministry of Health & Family Welfare  
Government of India



Help us to  
help you

# NOVEL CORONAVIRUS (COVID-19)




When to wear a Mask?


**Everyone NEED NOT WEAR a mask!**


Only wear a mask if


- You have symptoms (Cough, fever or difficulty in breathing)
- You are **caring for** a COVID-19 suspect/confirmed patient
- You are a **health-worker** attending to patients with respiratory symptoms


While wearing a mask, make sure you:


 Unfold the pleats of the mask; make sure that they are facing down.


 Place the mask over your nose, mouth and chin and ensure there are no gaps on either side of the mask, adjust to fit.


 Avoid touching the mask, while using it.

 Do not leave the mask hanging from the neck.

 Change the mask after six hours or as soon as they become wet.

 Never reuse disposable masks and dispose the used masks into closed bins after disinfecting them.

 Do not touch the potentially contaminated outer surface of the mask, while removing it.

 After removal of mask, clean your hands with soap and water or use alcohol-based hand rub disinfectant.

**Together we can fight COVID-19!**

For further information call  
Ministry of Health & Family Welfare,  
Government of India's  
24X7 control room number

**1075 (Toll Free) | 011-23978046**  
Email at [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

donp 17102713/002411920



# Reduce the risk of Coronavirus infection

## Follow these important precautions



After coughing and sneezing



After using toilet



Clean your hands before and after caring for sick person



Before cooking, after cooking and before eating food



If you have cough, fever or difficulty in breathing, contact a doctor immediately

**Stay protected!**

**Stay safe from Coronavirus!**

If you have returned from Wuhan China after January 15, then get yourself tested for 2019-nCoV. To know about the centres for testing, call the Ministry of Health and Family Welfare Helpline

If you have returned from China in the last 15 days or have been in contact with any person affected by Coronavirus then limit your contact with others and use a separate room for sleeping

If you develop fever, cough and difficulty in breathing within 28 days of return from China, immediately call the Ministry of Health and Family Welfare Helpline

24X7 +91-11-23978046



# Reduce the risk of Coronavirus infection

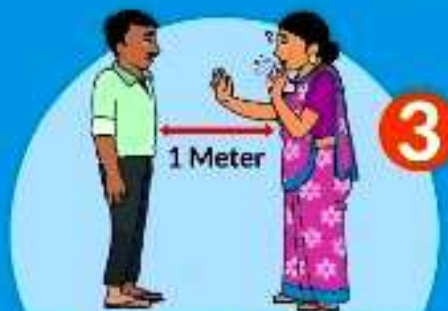
## Follow these important precautions



1  
Wash hands with soap and water frequently



2  
When coughing and sneezing, cover mouth and nose with handkerchief, tissue or elbow



3  
Avoid close contact with anyone with cold, cough or flu like symptoms



If you have cough, fever or difficulty in breathing, contact a doctor immediately

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# Reduce the risk of Coronavirus infection Follow these important precautions

Coronavirus is a new disease which is happening in China and has affected other countries. The virus has flu like symptoms such as:



Fever



Cough



Difficulty  
in breathing



If you have returned from Wuhan, China after January 15, then get yourself tested for 2019-nCov. To know about the centres for testing, call the Ministry of Health and Family Welfare Helpline +91-11-23978046

If you have returned from China in the last 15 days or have been in contact with any person affected by Coronavirus, then limit your contact with others and follow these important steps:



Limit contact with everybody for the next 14 days and sleep in a separate room



Cover your nose and mouth while sneezing



Wash your hands with soap regularly



Stay far away from persons who have cough, cold and fever



If you have cough, fever or difficulty in breathing, contact a doctor immediately



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Stay  
protected!

Stay safe from  
Coronavirus!



# Reduce the risk of Coronavirus infection

## Follow these important precautions



**1**  
Avoid travel if you are suffering from fever and cough



**2**  
Wash your hands frequently with soap and water



**3**  
Share your travel history with your health worker (ASHA/ ANM)



If you have cough, fever or difficulty in breathing, contact a doctor immediately

**Stay protected!**

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