

# J&K SAYS NO TO 3<sup>RD</sup> WAVE OF COVID











Shri Manoj Sinha  
Hon'ble Lieutenant Governor

Together we can fight coronavirus

## Do's



-  Always wear mask in public
-  Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand sanitizer. Wash hands even if they are visibly clean
-  Maintain at least 6 feet (*Do gaz ki doori*) distance in hospitals, malls, market places, restaurants, public transport, etc.
-  Cover your nose and mouth with handkerchief/tissue while sneezing and coughing
-  Throw used tissues into closed bins immediately after use
-  Work from home and avoid meetings, classes, tutorials, workshops etc., as far as possible
-  Keep number of guests minimal if social events cannot be postponed
-  If you see any symptom promptly self-isolate and get your self tested

## FOLLOW COVID APPROPRIATE BEHAVIOURS

## Don'ts



-  Visiting crowded or public places or large gatherings
-  Non-essential social, commercial, religious, cultural, sporting events, etc.
-  Non-essential travel
-  Have a close contact with anyone, if you're experiencing cough and fever
-  Touch your eyes, nose and mouth
-  Spit in public

PROTECT YOURSELF AND OTHERS

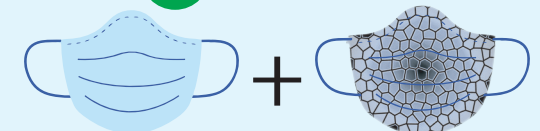
#Get Vaccinated



## ENHANCING MASK USE

Two masks can increase your protection against the Corona virus

## Do's



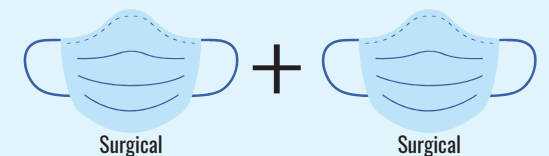
Surgical

Cloth

Always pair a surgical and a cloth mask for double masking (A cloth mask on top of a triple layer surgical mask)

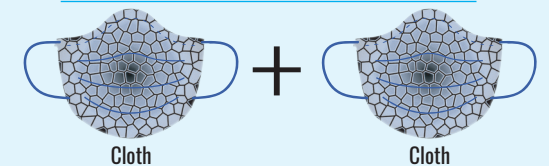
N95 mask can seal the face and filter 95% of particles. So no doubling up needed

## Don'ts



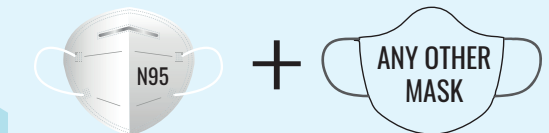
Surgical

Surgical



Cloth

Cloth



N95

ANY OTHER MASK



Issued in Public Interest by:

**HEALTH AND MEDICAL EDUCATION DEPARTMENT, J&K**



For Free Ambulance Service Call

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