There is enough of everything, everyday for everyone

Don't Panic | Don't Rush | Don't Overstock

- Maintain at least 1 metre distance in market places, medical stores, hospitals, etc.
- Have patience and keep calm while shopping for essential goods/medical supplies
- Avoid frequent trips to the market to buy groceries/medical supplies
- Avoid shaking hands and hugging as a matter of greeting
- Avoid non-essential social gatherings at home
- Don’t allow visitors at home or visit someone else’s home

Observe social distancing at all times
If you have symptoms like cough, fever or difficulty in breathing, avoid any kind of exposure and immediately call the helpline numbers

Together we will fight COVID-19

Call Ministry of Health and Family Welfare, Government of India’s 24x7 Control Room Number 1075 (Toll Free) | 011-23978046, Email at ncov2019@gov.in, ncov2019@gmail.com

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