



Ministry of Health and Family Welfare  
Government of India

# NOVEL CORONAVIRUS (COVID-19)



**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

**For information related to 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](mailto:ncov2019@gov.in) , [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

**Together we will fight COVID-19**



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