Help us to help you

NOVEL CORONAVIRUS (COVID-19)

Protect yourself and others!

Follow these Do's and Don'ts

Do's

Practise frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean

Cover your nose and mouth with handkerchief/tissue paper while sneezing and coughing

Throw used tissue papers into closed bins immediately after use

Consult a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose

If you have these signs/ symptoms please contact with nearest Govt. Health Facility

Avoid participating in large gatherings

Don'ts

Have a close contact with anyone, if you're experiencing cough and fever

Touch your eyes, nose and mouth

Spit in public

Together we can fight Coronavirus

For further information :

Contact : Health Helpline No.: **104** or

Mob: **9439994857 / 9439994859**, Email : ssuodisha@gmail.com

Health & Family Welfare Department, Govt. of Odisha