

Some very important points..

1. Postpone travel abroad for 2 years..
 2. Do not eat outside food for 1 year..
 3. Do not go to unnecessary marriage or other similar ceremony..
 4. Do not take unnecessary travel trips..
 5. Do not go to a crowded place for at least 1 year..
 6. Completely follow social distancing norms..
 7. Stay away from a person who has cough..
 8. Keep the face mask on..
 9. Be very careful in the current one week..
 10. Do not let any mess around you..
 11. Prefer vegetarian food.
 12. Do not go to the Cinema, Mall, Crowded Market for 6 Months now. If possible, Park, Party, etc. should also be avoided.._
 13. Increase immunity..
 14. be very carefull while at Barber shop or.at beauty Salon parlour..
 15. Avoid Unnecessary Meetings, Always keep in mind Social Distancing..
 - _16. The threat of CORONA is not going to end soon.
17. Dont wear belt, rings, wrist watch, when you go out. Watch is not required. Your mobile has got time.
 18. No hand kerchief. Take sanitiser & tissue if required.
 19. Don't bring the shoes into your house. Leave them outside.
 20. Clean your hands & legs when you come home from outside.
 21. when you feel you have come nearer to a suspected patient take a thorough bath.

Lockdown or no lockdown next 6 months to 12 months follow these precautions.

Share this with all your family & friends.
Thank You..

Indian Council of Medical Research, New Delhi
<https://www.icmr.gov.in/>

IMPORTANT

To all residents at
Belur Campus

Pl. Study the ICMR
guidelines given above
and try to follow
meticulously.

20 March
2021

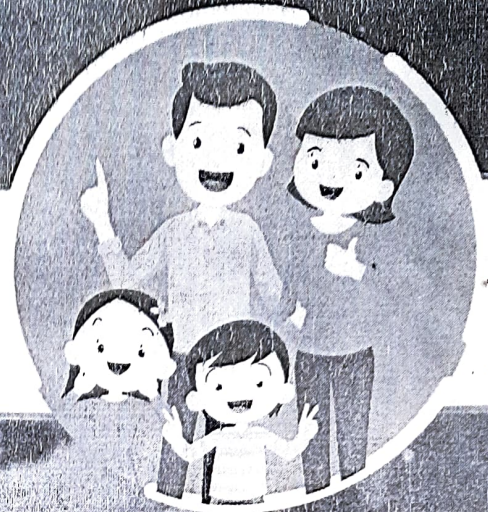


Ministry of Health & Family Welfare
Government of India



Help us to
help you

NOVEL CORONAVIRUS (COVID-19)



Protect yourself and others!

Follow these Do's and Don'ts

Do's ✓



Practice 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 while sneezing and coughing



Throw used tissues into closed bins immediately after use



See 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 call State helpline number or Ministry of Health & Family Welfare's 24X7 helpline at 011-23978046



Avoid participating in large gatherings



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



Touch your eyes, nose and mouth



Don'ts ✗

Spit in public

Together we can fight Coronavirus

For further information :
Call at Ministry of Health, Govt. of India's 24X7 control room number
+91-11-2397 8046

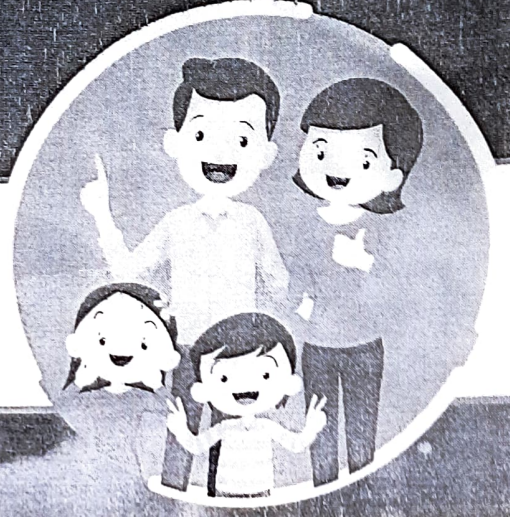
Email at ncov2019@gmail.com



स्वास्थ्य एवं परिवार कल्याण मंत्रालय
भारत सरकार



Help us to
help you



नोवल कोरोनावायरस (COVID-19)

— खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —

क्या करें ✓ क्या करें और क्या ना करें



बार-बार हाथ धोएं। जब आपके हाथ स्पष्ट रूप से गंदे न हों, तब भी अपने हाथों को अल्कोहल - आधारित हैंड वॉश या साबुन और पानी से साफ करें



छींकते और खांसते समय, अपना मुंह व नाक टिथू/रूमाल से ढकें



प्रयोग के तुरंत बाद टिथू को किसी बंद डिब्बे में फेंक दें



अगर आपको बुखार, खांसी और सांस लेने में कठिनाई है तो डॉक्टर से संपर्क करें। डॉक्टर से मिलने के दौरान अपने मुंह और नाक को ढकने के लिए मास्क/कपड़े का प्रयोग करें -



अगर आप में कोरोना वायरस के लक्षण हैं, तो कृपया राज्य हेल्पलाइन नंबर या स्वास्थ्य मंत्रालय की 24X7 हेल्पलाइन नंबर 011-23978046 पर कॉल करें



भीड़-भाड़ वाली जगहों पर जाने से बचें



यदि आपको खांसी और बुखार का अनुभव हो रहा हो, तो किसी के साथ संपर्क में ना आएं



अपनी आंख, नाक या मुंह को ना छूयें



सार्वजनिक स्थानों पर ना थूकें

हम सब साथ मिलकर कोरोनावायरस से लड़ सकते हैं

अधिक जानकारी के लिए
स्वास्थ्य एवं परिवार कल्याण मंत्रालय भारत सरकार के 24X7 हेल्पलाइन नं.
+91-11-2397 8046 पर कॉल करें या
ई-मेल करें ncov2019@gmail.com