Do`s and Don`ts issued by Department of Personnel and Training, Ministry of Personnel, Public Grievances and Pensions vide OM F.No.11013/9/2014-Estt.A.III, dated 17-03-2020 on the subject –‘Preventive measures to be taken to contain the spread of Novel Coronavirus’ (COVID-19)’

Do’s

• To maintain personal hygiene and physical distancing.
• To practice frequent hand washing. Wash hands with soap and water or use alcohol-based hand rub. Wash hands even if they are visibly clean.
• To cover your nose and mouth with handkerchief/tissue while sneezing and coughing.
• To throw used tissues into closed bins immediately after use.
• To maintain a safe distance from persons during interaction, especially with those having flu-like symptoms.
• To sneeze in the inner side of your elbow and not to cough into the palms of your hands.
• To take their temperature regularly and check for respiratory symptoms. To see a doctor if you feel unwell (fever, difficulty in breathing and coughing). While visiting doctor, wear a mask/cloth to cover your mouth and nose.
• For any fever/flu-like signs/symptoms, please call State helpline number • or the 24x7 helpline number of the Ministry of Health & Family Welfare at 011-23978046.

Don’ts

• Shake hands.
• Have a close contact with anyone, if you’re experiencing cough and fever.
• Touch your eyes, nose and mouth.
• Sneeze or cough into palms of your hands.
• Spit in Public.
• Travel unnecessarily, particularly to any affected region.
• Participate in large gatherings, including sitting in groups at canteens.
• Visit gyms, clubs and crowded places etc.
• Spread rumours or panic.