




How does NOVEL CORONAVIRUS (COVID-19) spread?

CONTACT WITH AN INFECTED PERSON WITH COVID-19 VIRUS THROUGH COUGHING, SNEEZING ETC.

Symptoms: • FEVER • COUGH • DIFFICULTY IN BREATHING • BODY ACHE

✓ Do's ✓



Wash Hands

Wash hands frequently with soap and water for at least 20 seconds, or use an alcohol based hand sanitizer, while out.



Maintain Distance

Maintain at least 1 meter distance from any other person.



Work From Home

Work from home and avoid meetings, classes, tutorials, workshops etc. as far as possible.



No Guests

Keep number of guests minimal if social events cannot be postponed.



Use Handkerchief

Cover your nose and mouth with handkerchief or tissue, or cough/sneeze into your flexed elbow, if handkerchief/tissue is not available.



MUST FOLLOW RULES

Follow Rules

Follow Government's Instructions/Advisories issued from time to time.



Check-ups & Quarantine

Anyone arriving from any country is advised to follow Check-ups & Quarantine Protocol



Stay Home

Stay home. Avoid non-essential travel.

X Don'ts X



No Close Contact

Close contact with people who have flu-like symptoms.



No Touching

Handshake, hugging or close contact with any other person.



Avoid Crowded Places

Visiting crowded or public places.



Refrain from Misinforming

Spreading misinformation, panic, unauthentic news through Social Media etc.



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DIAL 104

24X7 TOLL FREE MEDICAL HELPLINE

Be safe, protect yourself

Download "COVA" (Corona Virus Alert) Mobile App of Government of Punjab. Scan QR Code Or Search for "COVA" on Android Play store or Apple App Store



This app would inform citizens about various Travelling guidelines, Corona awareness material, Travelling instructions, Corona Care Hospitals, Preventive products, Real time dashboard, Report mass gatherings and one can also check for symptoms of Corona and have a quick self-screening.