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.

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.

✗ Don’ts ✗

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.

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 will inform updates about various traveling guidelines, Concerned awareness materials, Traveling instructions, Corona Case Simplicity, Preventive products, Real time containment, Avoid mass gatherings and one can also check for symptoms of Coronavirus and everyone’s self screening.

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