



Ministry of Health & Family Welfare
Government of India

NOVEL CORONAVIRUS DISEASE
(COVID-19)



Physical distancing is for your own safety



Together we will fight COVID-19

For information related to COVID-19

Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7 helpline number

104 or 1075 (Toll Free), Email at ncov2019@gov.in , ncov2019@gmail.com



mohfw.gov.in



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Novel Coronavirus Disease (COVID-19)



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

Together we can fight COVID-19!

For further information

Call at Ministry of Health, Govt. of India's 24X7 control room number **+91-11-2397 8046**
104 or 1075 (Toll Free number) Email at ncov2019@gmail.com



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Incorporate mindfulness and meditation into your regular routine
Reduce anxiety and stress
If you've never tried it before, now's your chance



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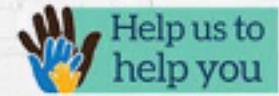
For information related to COVID-19

Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7 helpline numbers
104 or 1075 (Toll Free) or 011-23978046, Email at ncov2019@gov.in , ncov2019@gmail.com



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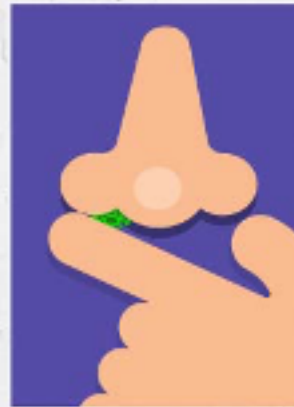


The New Normal

Avoid touching



Eyes



Nose



Mouth

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We follow COVID Appropriate Behaviour Do you?



Wear home-made reusable face-cover



2 Gaj Ki Doori Ham Sabke Liye Zaroori



Wash your hands frequently and thoroughly
with soap and water

Badalkar Apna Vyavahar, Karein Corona Par Vaar

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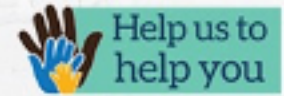


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**Do not visit
crowded places**

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handmade face-cover
at all times**

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