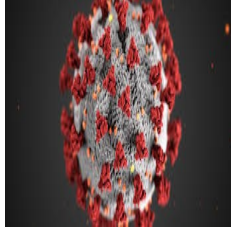# COVID-19

Protect yourself and others from COVID-19.

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if COVID-19 is spreading in your community, stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue. Check local advice where you live and work. Do it all!

0.1   Precautions

Maintain at least a 1-metre distance between yourself and others to reduce your risk of infection when they cough, sneeze or speak. Maintain an even greater distance between yourself and others when indoors. The further away, the better. Make wearing a mask a normal part of being around other people. Clean your hands before you put your mask on, as well before and after you take it off. Make sure it covers both your nose, mouth and chin Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. This eliminates germs including viruses that may be on your hands. Clean and disinfect surfaces frequently especially those which are regularly touched, such as door handles, faucets2 and phone screens. Avoid touching your eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately into a closed bin and wash your hands. By following good 'respiratory hygiene', you protect the people around you from viruses, which cause colds, flu and COVID-19.

s no.	state	cases	recovered
1	telangana	5cr	4cr
2	andhra pradesh	6cr	4cr