



Rotary Club of Dharamshala

THE BEACON

Monthly Club Bulletin

Club No: 15242



Volume 1 Issue: #7

March 2020

President

Rtn. Rajinder Rastogi

Editor

Rtn. PP Dr. Vijay Sharma

Hony. Secretary

Rtn. PP Dr. Y.K Dogra

Corona virus disease (COVID-19) advice for the public

REDUCE YOUR RISK OF COVID-19 INFECTION



WASH HAND

Wash your hand with soap and use hand sanitiser



COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve or tissue. Dispose and wash hand afterward



SOCIAL DISTANCING

Keep your distance around 1 meter with each other on the public



STAY AT HOME

Always stay home when there is no urgent or important need to stay out of the house

When and how to use masks

- + If you are healthy, you only need to wear a mask if you are **taking care of a person with suspected 2019-nCoV infection.**
- + Wear a mask if you are **coughing or sneezing.**
- + Masks are effective only **when used in combination** with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- + If you wear a mask, then you must know how to use it and **dispose** of it properly.
- + Before putting on a mask, **clean hands** with **alcohol-based hand rub or soap and water.**
- + Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- + **Avoid touching the mask** while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
- + **Replace the mask** with a new one as soon as it is damp and do not re-use single-use masks.
- + **To remove the mask:** remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

Source:



**World Health
Organization**

ROTARY INTERNATIONAL DISTRICT 3070

Official visit by CA Davinder Singh (DGE) at Dharamshala

CA Davinder Singh (DGE) and his team official visited at
Dharamshala on 13th March 2020 regarding the upcoming event
Rotary District Assembly



CA Davinder Singh (DGE) and team members with members of
Rotary Club of Dharamshala

ROTARY INTERNATIONAL DISTRICT 3070

HIM TARANG DISTRICT CONFERENCE 2020

Members of the Rotary Club of Dharamshala during HIM
TARANG District Conference 2020 at Palampur



ROTARY INTERNATIONAL DISTRICT 3070



We meet every **Second** and **Fourth Saturday** at **Hotel The Kunal**, Opp. MC Office, Dharamshala

<https://www.facebook.com/RotaryClubDharamshala/>

<https://www.youtube.com/channel/UCNM16zogE3O3-a2ipyf1PhQ>

Delineation By: Rtn. Dr. Satish Sood