

1. Ayurveda is quite good compared to other medical protocol as they are easy to get and has no side effects. But it is recommended to consult doctor if we have any symptoms.

Basics:

- It is essential to wear mask, maintain social distance, to use sanitiser or wash hands often.
- Do not step out unnecessarily.
- Everyone should put vaccination to stop the virus spreading.
- Avoid international travel.
- Follow the doctor's suggestion.
- People who have sugar or heart disease, aged-people and children must be even more careful.