



There is enough of everything, everyday for everyone  
**Don't Panic | Don't Rush | Don't Overstock**



Maintain at least 1 metre distance in market places, medical stores, hospitals, etc.



Have patience and keep calm while shopping for essential goods/medical supplies



Avoid frequent trips to the market to buy groceries/medical supplies



Avoid shaking hands and hugging as a matter of greeting



Avoid non-essential social gatherings at home



Don't allow visitors at home or visit someone else's home

### Observe social distancing at all times

If you have symptoms like cough, fever or difficulty in breathing, avoid any kind of exposure and immediately call the helpline numbers

#### For information related to COVID-19

Call Ministry of Health and Family Welfare, Government of India's 24x7 Control Room Number  
1075 (Toll Free) | 011-23978046 , Email at [ncov2019@gov.in](mailto:ncov2019@gov.in) , [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

Together we will fight COVID-19



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