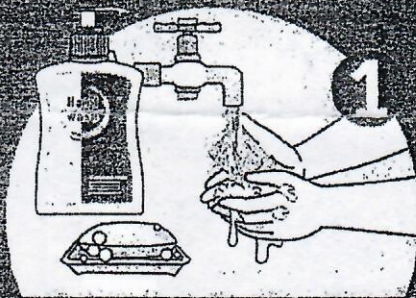




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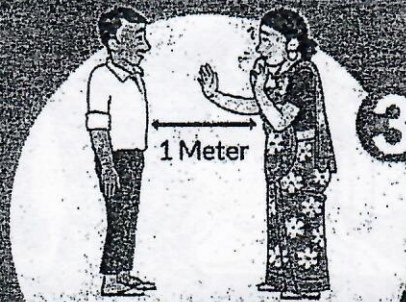
# Reduce the risk of Coronavirus infection Follow these important precautions



Wash hands with soap  
and water frequently



When coughing and sneezing,  
cover mouth and nose with  
handkerchief, tissue or elbow



Avoid close contact with anyone with  
cold, cough or flu like symptoms



If you have cough, fever  
or difficulty in breathing,  
contact a doctor immediately

**Stay  
protected!**

**Stay safe from  
Coronavirus!**

If you have returned  
from Wuhan, China, after  
January 15, then get  
yourself tested for  
2019-nCoV. To know  
about the centres for  
testing, call the Ministry  
of Health and Family  
Welfare Helpline.

If you have returned  
from China to the ICR  
15 days or have been in  
contact with any person  
affected by Coronavirus  
then limit your contact  
with others and use a  
separate room for  
sleeping.

If you develop fever,  
cough and difficulty  
in breathing within  
28 days of return  
from China,  
immediately call the  
Ministry of Health  
and Family Welfare  
Helpline.



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or email at [ncov2019@gmail.com](mailto:ncov2019@gmail.com)





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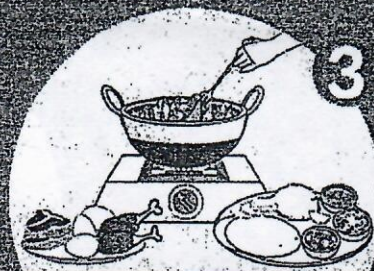
# Reduce the risk of Coronavirus infection Follow these important precautions



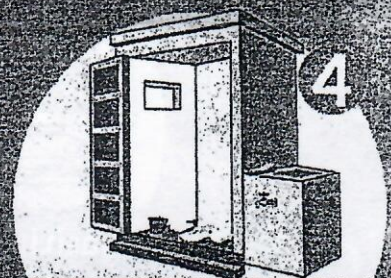
After coughing and sneezing



Clean your hands before and after caring for sick person



Before cooking, after cooking and before eating food



After using toilet



If you have cough, fever or difficulty in breathing, contact a doctor immediately

**Stay protected!**

**Stay safe from Coronavirus!**

If you have returned from Wuhan China after January 15, then get yourself tested for 2019-nCoV. To know about the centres for testing, call the Ministry of Health and Family Welfare Helpline.

If you have returned from China in the last 15 days or have been in contact with any person affected by Coronavirus, then limit your contact with others and use a separate room for sleeping.

If you develop fever, cough and difficulty in breathing within 28 days of return from China, immediately call the Ministry of Health and Family Welfare Helpline.



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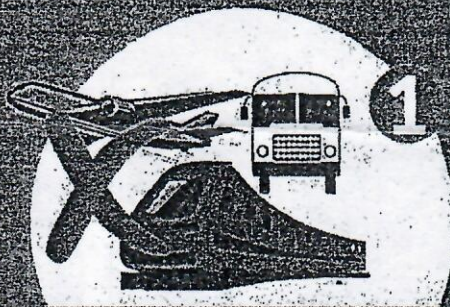
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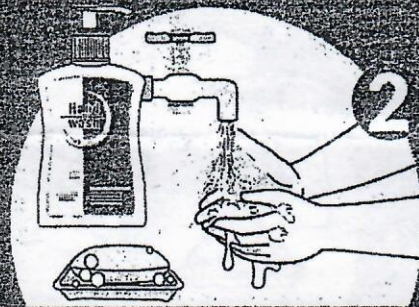


Ministry of Health & Family Welfare  
Government of India

# Reduce the risk of Coronavirus infection Follow these important precautions



**1**  
Avoid travel if you are  
suffering from fever and cough



**2**  
Wash your hands frequently  
with soap and water



**3**  
Share your travel history with  
your health worker (ASHA/ ANM)



If you have cough, fever  
or difficulty in breathing,  
contact a doctor immediately

**Stay  
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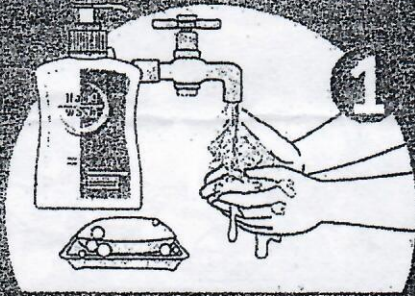
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स्वास्थ्य एवं परिवार कल्याण मंत्रालय  
भारत सरकार

# कोरोना वायरस संक्रमण का खतरा घटाएं ये सरल उपाय अपनाएं



नियमित रूप से साबुन  
और पानी से हाथ धोएं



खाँसते या छींकते समय नाक  
और मुँह टिशू या कोहनी से ढकें



जिस व्यक्ति में खाँसी, जुकाम या  
बुखार के लक्षण हों उससे दूरी बनाएं



अगर खाँसी, बुखार या साँस  
लेने में परेशानी हो तो तुरंत  
डॉक्टर से संपर्क करें

**सुरक्षित  
रहें!**

**कोरोना वायरस  
से बचे रहें!**

यदि आप पिछले 15 दिनों में  
कोया भी यात्रा करने का  
तो अपने आप को 2019-nCoV  
को लिए तैयार रहें।  
बुखार, खाँसी, साँस लेने में  
परेशानी, तो तुरंत स्वास्थ्य  
परिवार कल्याण मंत्रालय  
भारत सरकार के हेल्पलाइन  
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या ईमेल करें [ncov2019@gmail.com](mailto:ncov2019@gmail.com)