

## **Ministry of Rural Development**

Government of India

Keep your mouth and nose covered with a mask, scarf or a clean cloth while stepping out of the house and during work





## Practice Sutra Sutra at work

Wash your hands often for atleast 20 Seconds

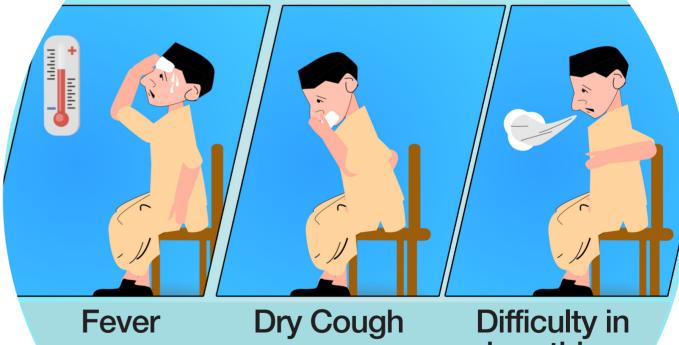


Drink warm water

Do not touch your eyes, nose or mouth



Seek medical help, if you show symptoms like



breathing



healthy food

