



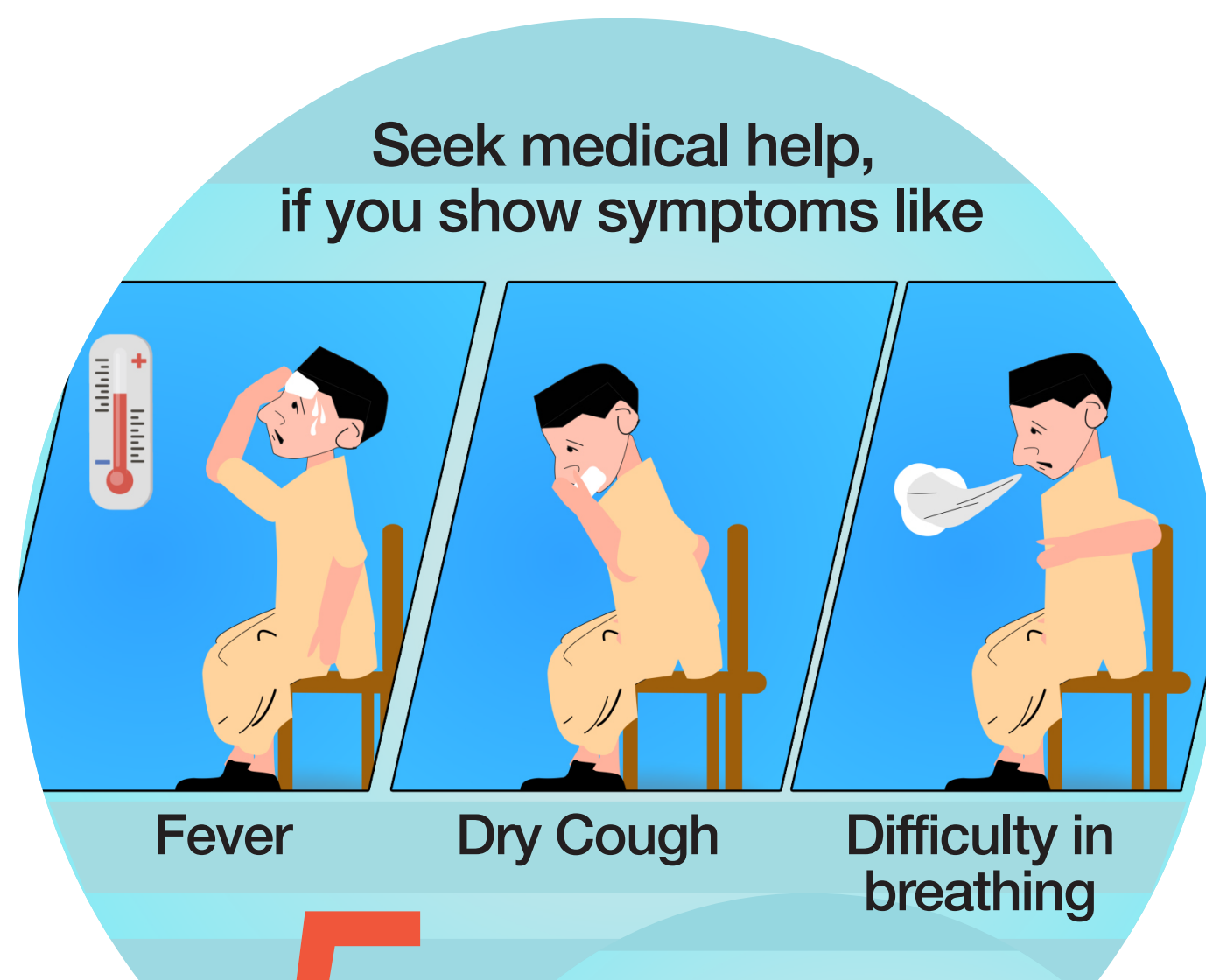
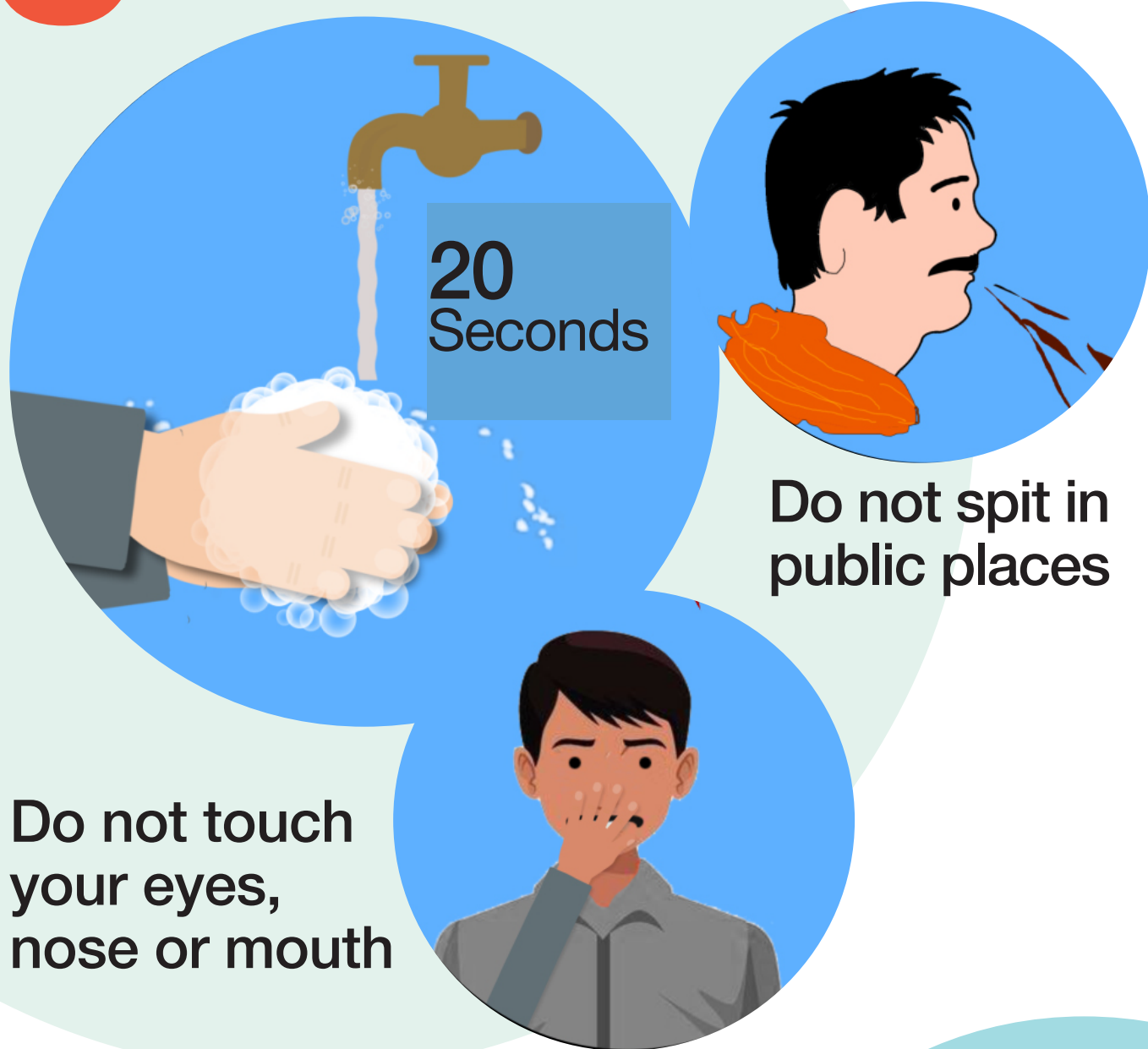
**1** Keep your mouth and nose covered with a mask, scarf or a clean cloth while stepping out of the house and during work



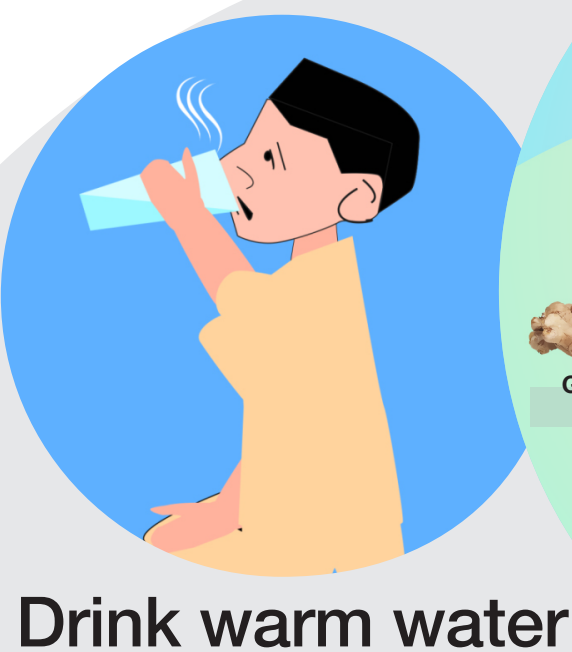
# Practice **5 Sutra** at work

**Fight Coronavirus**

**3** Wash your hands often for atleast 20 Seconds



**4**



**5**

