



COVID CARE

दिल्ली सरकार

आप की सरकार

## PROTOCOL TO FOLLOW WHEN LEAVING HOUSE



1) Wear long sleeves



2) Tie your hair, don't wear jewellery, make up or cream. You will touch your face less



3) Use a mask while stepping out



4) Try not to use public transport



5) If you take your pet, try to avoid him/her brushing against the surfaces



6) Take disposable tissues, use them to cover your fingers when you touch surfaces



7) Crunch up your tissues, place it in a bag and close it, then dispose it off



8) If you cough or sneeze, do not do it on your hands or in air, do it in your elbow



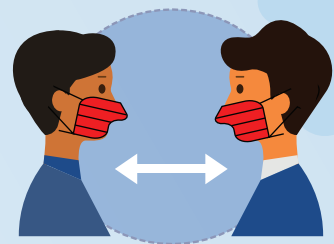
9) Try not to use cash. If you do, disinfect your hands



10) Wash your hands after touching any object/surface or use hand sanitizer



11) Do not touch your face until you have cleaned your hands



12) Practice social distancing