

REDUCE YOUR RISK OF **COVID-19** INFECTION



WASH HANDS

Wash your hands with soap or use a hand sanitiser



COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeves or tissues. Dispose the tissue and wash hands afterwards



SOCIAL DISTANCING

Keep a distance of around 1 meter away from others in public



STAY AT HOME

Always stay home unless you have an important reason to leave the house

WASH YOUR HANDS



Hand washing is a quick and simple way to protect you from germs. It's easy and only takes 20 seconds.

Sing these words to the melody of "Twinkle Twinkle" while washing your hands!

1

Palm to palm



Twinkle Twinkle little star 🎵

2

Between Fingers



See how clean my two hands are 🎵

3

Back of Hands



Soap and water wash and scrub

4

Finger-nails



Get those germs off rub a dub 🎵

5

Base of thumbs



Twinkle Twinkle little star 🎵

6

Wrists



See how clean my two hands are 🎵

8 WAYS

to keep yourself in a good physical and mental condition during the COVID-19 period



To stay connected to others, regularly speak with work colleagues, your family and friends.

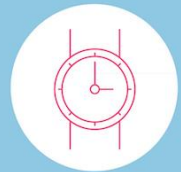
1



To prevent feelings of helplessness, plan your day as much as possible.

2

To reduce stress, structure your days, take regular breaks and adapt your daily life to the current situation.



Regularly practice physical exercise and relaxation to ensure your mental and physical wellbeing.

3

Separate your private and professional activities to ensure efficiency and to maintain a work-life balance.



4

Be selective and limit the time you spend watching the news to maintain your peace of mind.



5

6



To keep energised, devote time to creative activities and at the end of the day review what you have achieved.

7

Eat at regular times, choose a light, balanced and varied diet to maintain energy levels and boost your immune system.



8





सत्यमेव जयते
GOVERNMENT OF INDIA

Aarogya Setu App



COVID-19 Tracker launched to alert you and keep you safe!

[DOWNLOAD NOW](#)



COVID-19 से बचाव हेतु आयुर्वेद के प्राचीन ज्ञान का इस्तेमाल



COVID-19 के लिए अभी कोई दवा उपलब्ध नहीं है, इसलिए **रोग प्रतिरोधक क्षमता बढ़ाना ही बेहतर**



रोगों से बचाव के लिए आयुर्वेद स्वस्थ जीवन शैली अपनाने पर जोर देता है, जो मुख्यतः **दिनचर्या और ऋतुचर्या के सिद्धांत** पर आधारित है

प्रतिरोधक क्षमता बढ़ाने के सरल उपाय



दिन भर **गर्म पानी** पीएं



प्रति दिन कम से कम **30 मिनट प्राणायाम और ध्यान** करें



भोजन में **हल्दी, जीरा, धनिया और लहसुन** का प्रयोग करें





ENSURING MENTAL HEALTH OF ELDERLY DURING COVID-19



Spend quality time with family & get involved in family discussions



Involve in daily activities like gardening, cleaning & cooking to help reduce anxiety



Spend time on recreational activities such as board games, music, reading etc



Connect to loved ones through phone calls/video calls to keep the stress at bay



Make sometime for exercise, yoga to boost physical & mental health



Cut down on listening to News; seek information from credible sources like the Health Ministry website