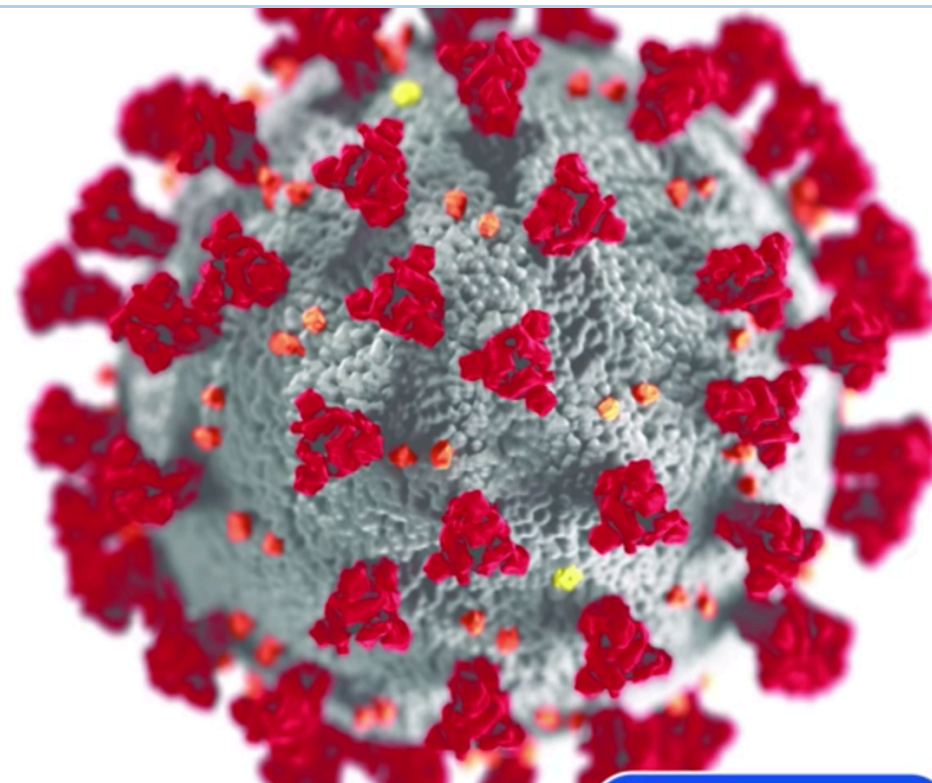




A healthy world begins with a healthy woman

SNEHA Covid-19 message

12th March 2020



SNEHA (Society of Nutrition, Education and Health Action)

STOP CORONAVIRUS IN MUMBAI

DON'T PANIC | FOLLOW CREDIBLE INFORMATION | TAKE SIMPLE MEASURES TO PROTECT YOURSELVES | STAY SAFE



**World Health
Organization**

MCGM message to avoid COVID-19



- With COVID-19 cases detected in India, it is important that Mumbaikars **stay vigilant** and **take preventive measures**
- The Ministry of Health, Government of India and renowned global organisations like the WHO, UNICEF and CDC have shared some key **measures that are easy to follow** such as
 - washing hands thoroughly,
 - maintaining social distance,
 - sneezing into elbows amongst others
- The following images are certified by professionals from expert organizations and we encourage you **to share these pictures in your community groups** to spread awareness regarding prevention of COVID-19
- To know more about COVID-19, simply also click on the links given below

<http://stopcoronavirus.mcgm.gov.in/>

Frequently washing hands

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water

Protect yourself and others from getting

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

Avoiding close contact with the sick

COVID-19
CORONA VIRUS

**STOP THE SPREAD
OF GERMS**

HELP PREVENT THE SPREAD OF
RESPIRATORY DISEASES LIKE COVID-19



**AVOID CLOSE CONTACT WITH ANYONE
THAT HAS FEVER AND COUGH.**

World Health Organization
सर्वजनिक आरोग्य विभाग, महाराष्ट्र शासन



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

Care during coughing and sneezing

COVID-19
CORONA VIRUS

**STOP THE SPREAD
OF GERMS**

HELP PREVENT THE SPREAD OF
RESPIRATORY DISEASES LIKE COVID-19



**COVER YOUR COUGH OR SNEEZE WITH A TISSUE,
THEN THROW THE TISSUE IN THE TRASH**



Throw used
tissues into closed
bins immediately
after use



CORONA
**SE MAT
DARONA**

**SNEEZE INTO YOUR
UPPER SLEEVE OR ELBOW,
IF NO TISSUE IS AVAILABLE**

Avoid crowded spaces



STAY HEALTHY WHILE TRAVELLING

Avoid travel if you have
a fever and cough



If you have a fever, cough and
difficulty breathing seek medical
care early and share previous
travel history with your health
care provider



Wearing a mask – CDC Atlanta guidelines



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

-



**If you choose to wear a face mask, be
sure to cover mouth and nose -
avoid touching mask once it's on**

**Immediately discard single-use mask
after each use and wash hands after
removing masks**



World Health
Organization

Thoroughly cooking meat and eggs

COVID-19
CORONA VIRUS

**STOP THE SPREAD
OF GERMS**

HELP PREVENT THE SPREAD OF
RESPIRATORY DISEASES LIKE COVID-19

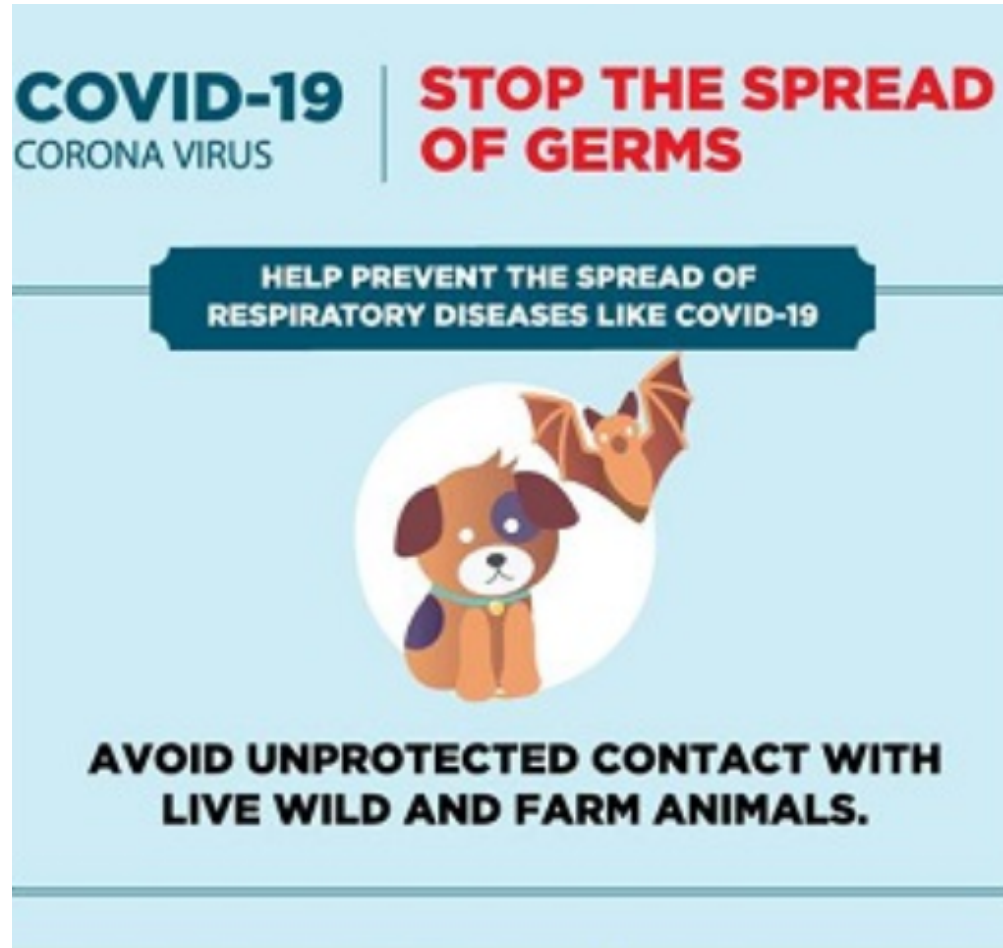


**MEAT PRODUCTS AND EGGS MUST BE
THOROUGHLY COOKED BEFORE CONSUMING.**

World Health Organization
Department of Non-Communicable Diseases



Avoid unprotected contact with animals



See a doctor



Other don'ts



Have a close contact with anyone, if you're experiencing cough and fever



Touch your eyes, nose and mouth



Spit in public

Don'ts ⊗

Contact information

For further information:

Call at Ministry of Health, Govt. of India's 24X7 control room number

+91-11-2397 8046

Email at **ncov2019@gmail.com**

dayp 17102/13/0021/1920

लक्षणे आढळून आल्यास येजबाबदारपणे वागू नये. उपचारासाठी आपल्या जवळील
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1916 Helpline



- MCGM has activated **1916 Helpline** for the assistance of citizens.
- MCGM staff is regularly undergoing training and briefings under the guidance of Doctors, and will try their best to answer all queries regarding the disease, and will guide & help on related matters.

