Helping people get the right information to stay healthy is more important than ever in the face of a global pandemic like COVID-19. The guidelines stress the importance of keeping up-to-date information. Frequent transparent communications with the public and strong community engagements enables the public to maintain trust in the system to safely meet their essential needs and to control infection risk in health facilities.

General measures will help to ensure that people continue to seek care when appropriate and adhere to public health advice.
Masks are an additional step to help slow the spread of COVID-19 when combined with everyday preventive actions and social distancing in public settings. Wear mask over your nose and mouth and secure it under your chin. Try to fit it snugly against the sides of your face. Make sure you can breathe easily.

#facemasks, #staysafe #socialdistancing
Keep the Distance

Social distancing is an infection control action that public health officials take to avoid close contact with each other. 

**Stay 06 feet/02 metre apart or minimum 03 feet/01 metre apart** as it helps to put up a roadblock to the aerosolized and droplet methods of covid-19 transmission.

#mindthegap, #keepthedistance, #sixfeetapart
Use Foot Operated Hand Washing Stations

The major challenge in the post covid era is to avoid common touch points.
Use pedal operated hand washing station without physically touching the water tap and other liquid soap dispensers, making it least potential for contamination at public/common places usage.
#pedaloperatedwash, #goodhygiene, #staysafe
Avoid Spitting in Public

Spitting in a public place indicates both lack of civic sense and poor awareness on hygiene practices and leads to the spread of diseases. Promote legislation that prohibits spitting in places of public work and also mandate the display of boards/signages pinpointing the offence with punishable heavy fine.

#donotspit, #respiratoryetiquette, #staysafe
With the outbreak of respiratory and airborne infectious diseases, the emphasis is largely on cough etiquette and hand hygiene. **Follow respiratory etiquettes by covering the mouth while coughing, covering the nose while sneezing. Cough/Sneeze into your elbows instead of using bare hands.**

#elbowcough,#respiratoryetiquette,
#socialdistancing
SUMMARY

Wear mask over your nose and mouth and secure it under your chin. Try to fit it snugly against the sides of your face. Make sure you can breathe easily.

Stay 06 feet/02 metre apart or minimum 03 feet/01 metre apart as it helps to block the aerosolized and droplet methods of covid-19 transmission.

Use pedal operated hand washing station without physically touching the water tap and other liquid soap dispensers, making it least potential for contamination at public/common places usage.

Promote legislation that prohibits spitting in places of public work and also mandate the display of boards/signages pinpointing the offence with punishable heavy fine.

Follow respiratory etiquettes by covering the mouth while coughing, covering the nose while sneezing. Cough/Sneeze into your elbows instead of using bare hands.