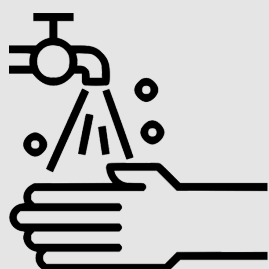


COVID-19: EVERYTHING YOU NEED TO KNOW

Source: World Health Organization

1

PERSONAL PROTECTIVE MEASURES



- **Regularly and thoroughly** clean your hands with soap and water.
- **Do not touch** your eyes, nose and mouth with unwashed hands
- **Cover your mouth** and nose with your bent elbow or tissue when you cough or sneeze.

2

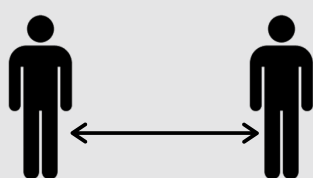
ENVIRONMENTAL MEASURES



- **Disinfect surfaces** like doorknobs, tables, desks, and handrails with disinfectant liquids.
- **Minimize sharing** food, utensils or objects.
- **Avoid contact** with live animals, poultry and birds.

3

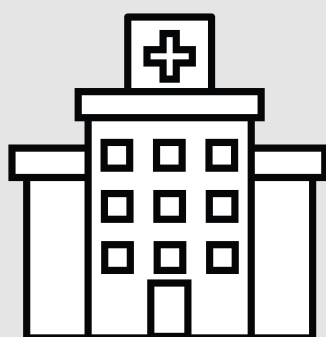
PHYSICAL DISTANCING MEASURES



- **Maintain at least 2 metre** (6 feet) **distance** between yourself and other people (even if they are not visibly unwell)
- **Avoid large crowds completely**, including religious and social gatherings.
- **Please stay at home**. It is critical that you not place a burden on the fragile healthcare system.

4

FEELING UNWELL?



- If you have a fever, cough and/or difficulty breathing, **go to your closest hospital/clinic** and ask your doctor if they think you need to be tested for COVID19.
- **Wear a mask.**
- Isolate yourself unless you are tested negative for COVID-19.

KASHMIRIS HAVE EXPERIENCE OF LIVING IN LONG CURFEWS. TAKE THINGS IN YOUR OWN CONTROL, AND IMPOSE RESTRICTIONS ON YOURSELF. MOST IMPORTANTLY, DO NOT PANIC AND TAKE CARE OF EACH OTHER.