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 COVID-19.
- 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.