



କରୋନା ଭୂତାଣୁ ସଂକ୍ରମଣ ପ୍ରସ୍ତରେ  
ସଚେତନତା  
(COVID-19)  
**ସ୍ଵାସ୍ଥ୍ୟାଦିକ ପରୀକ୍ଷା**  
ତା. ୧୭. ୨୦  
ସ୍ଥାନ: ଜିଲ୍ଲାପାଳଙ୍କ ବାସ, ଭୁବନେଶ୍ଵର



**NOVEL CORONAVIRUS (COVID-19)**

Protect yourself and others!  
Follow these Do's and Don'ts

- Do's: Wash hands frequently, Avoid going to crowded places, Avoid contact with people who have COVID-19, Wear a face mask, Avoid touching your face, Avoid sharing personal items, Avoid eating, drinking, or smoking in public places.
- Don'ts: Do not cough or sneeze into your hands, Do not spit, Do not touch surfaces that others have touched, Do not visit health care facilities unless necessary, Do not travel to areas with high COVID-19 cases.

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ମନୋବେଦନା  
(COVID-19)  
**ସ୍ତ୍ରୀମୁଖିକ ପଞ୍ଚମିଳନୀ**  
ତା. ୧୭. ୨୦୨୦  
ସ୍ଥାନ: କିଲ୍ଲାପାଳଙ୍କ ଚାନ୍ଦିନୀ କୋଠା, ଖାରବୁଝା



US  
(9)  
and others!  
and Don'ts



NOVEL CORONAVIRUS  
(COVID-19)

Protect yourself and others  
Follow these Dos and Don'ts

**Do's**

- 1. Wash hands frequently with soap and water for at least 20 seconds.
- 2. Avoid touching your face, especially your eyes, nose, and mouth.
- 3. Avoid close contact with people who have COVID-19.
- 4. Stay home, especially if you have a cough or fever.
- 5. Wear a face mask in public places.
- 6. Avoid going to crowded places.
- 7. Avoid public transport.
- 8. Avoid shaking hands.
- 9. Avoid hugging.
- 10. Avoid kissing.

**Don'ts**

- 1. Do not go to work or school if you are sick.
- 2. Do not visit nursing homes, hospitals, or other public places if you are sick.
- 3. Do not visit friends or family if you are sick.
- 4. Do not visit public places if you are sick.
- 5. Do not visit public transport if you are sick.
- 6. Do not visit public places if you are sick.
- 7. Do not visit public places if you are sick.
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Together we can fight Coronavirus