

# CORONA VIRUS

## IS SPREADING... RAPIDLY

No need to panic. No need to get worried by reading forwards and false news.

Remember PREVENTION is better than cure.



cover your mouth when you sneeze or cough. Use a tissue and throw it in the bin.



one thing to do, is stay away from people who cough or cold. Keep yourself away from people when you have it too.



restrict frequenting public places. Stay away from parties and gatherings or swimming pool.



one more thing you can do is disinfect frequently touched surfaces like door handles etc. With a wipe. In public places touch railings, door knobs etc. with a tissue.



namaste!  
No handshakes or hugs.



always wash hands with a good soap. Scrub fingers, thumb and wrists.



#vatsgyaan by Dr. Swati Popat Vats