



स्वास्थ्य एवं परिवार कल्याण मंत्रालय  
भारत सरकार

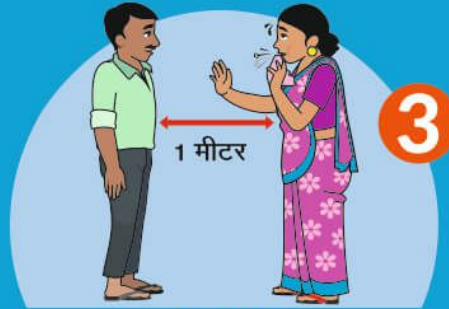
# कोरोना वायरस संक्रमण का खतरा घटाएं ये सरल उपाय अपनाएं



नियमित रूप से साबुन  
और पानी से हाथ धोएं



खाँसते या छींकते समय नाक  
और मुँह टिश्यू या कोहनी से ढकें



जिस व्यक्ति में खाँसी, जुकाम या  
बुखार के लक्षण हों उससे दूरी बनाएं



अगर खाँसी, बुखार या साँस  
लेने में परेशानी हो तो तुरंत  
डॉक्टर से संपर्क करें

सुरक्षित  
रहें!

कोरोना वायरस  
से बचे रहें!

यदि आप पिछले 15 जनवरी  
के बाद वुहान-चीन से लौटे हैं,  
तो अपने आप को 2019-nCoV  
के लिए टेस्ट जरूर करवाएं।  
टेस्ट करवाने के स्थान की  
जानकारी के लिए स्वास्थ्य एवं  
परिवार कल्याण मंत्रालय  
भारत सरकार के हेल्प लाइन  
पर कॉल करें :

यदि आप पिछले 15 दिनों में  
चीन से लौटे हैं, या कोरोना  
वायरस से संक्रमित किसी  
व्यक्ति के संपर्क में आए हैं,  
तो अगले 14 दिनों के लिए सब  
के साथ संपर्क सीमित करें  
और अलग कमरे में सोयें।

चीन से लौटने के बाद 28 दिन  
के भीतर, अगर आपको  
बुखार, खाँसी या साँस लेने में  
तकलीफ जैसी कोई भी  
समस्या हो, तो तुरंत स्वास्थ्य  
एवं परिवार कल्याण मंत्रालय  
भारत सरकार के हेल्पलाइन  
नंबर पर कॉल करें :



+91-11-23978046

या ईमेल करें [ncov2019@gmail.com](mailto:ncov2019@gmail.com)



Ministry of Health & Family Welfare  
Government of India

# Reduce the risk of Coronavirus infection

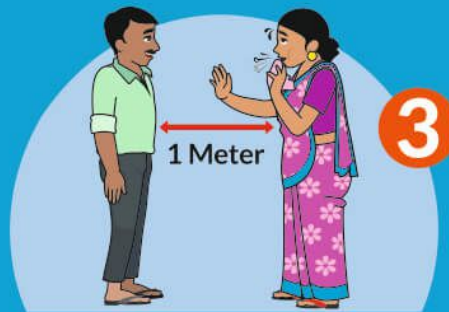
## Follow these important precautions



1  
Wash hands with soap and water frequently



2  
When coughing and sneezing, cover mouth and nose with handkerchief, tissue or elbow



3  
Avoid close contact with anyone with cold, cough or flu like symptoms



If you have cough, fever or difficulty in breathing, contact a doctor immediately

**Stay protected!**

**Stay safe from Coronavirus!**

If you have returned from **Wuhan** China after January 15, then get yourself tested for 2019-nCov. To know about the centres for testing, call the Ministry of Health and Family Welfare Helpline

If you have returned from China in the last 15 days or have been in contact with any person affected by Coronavirus, then limit your contact with others and use a separate room for sleeping

If you develop fever, cough and difficulty in breathing within 28 days of return from China, immediately call the Ministry of Health and Family Welfare Helpline



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or email at [ncov2019@gmail.com](mailto:ncov2019@gmail.com)





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Government of India

# Reduce the risk of Coronavirus infection

## Follow these important precautions



After coughing and sneezing

Remember to wash hands with soap frequently



After using toilet



Clean your hands before and after caring for sick person



Before cooking, after cooking and before eating food



If you have cough, fever or difficulty in breathing, contact a doctor immediately

**Stay protected!** **Stay safe from Coronavirus!**

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Ministry of Health & Family Welfare  
Government of India

# Reduce the risk of Coronavirus infection

## Follow these important precautions



**1**  
Avoid travel if you are suffering from fever and cough



**2**  
Wash your hands frequently with soap and water



**3**  
Share your travel history with your health worker (ASHA/ ANM)



If you have cough, fever or difficulty in breathing, contact a doctor immediately

**Stay protected!**

**Stay safe from Coronavirus!**

If you have returned from **Wuhan** China after January 15, then get yourself tested for 2019-nCov. To know about the centres for testing, call the Ministry of Health and Family Welfare Helpline

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