



Basic prevention techniques to avoid Coronavirus

1. For greetings, follow the tradition of Namaste!
2. Wash hands frequently (using soap or gel) especially when meet someone or come back home.
3. When outside and no water available use sanitizer gel.
4. Ensure you are at least 1m away from everyone not just people coughing or sneezing.
5. Ensure you catch your cough and sneezing using disposable tissues.
6. Throw away used tissues in closed bins and wash your hands.
7. Please carry tissues or handkerchiefs to ensure your cough or sneeze doesn't blow in air.
8. In case you use your hand to cover your mouth whilst coughing or sneezing, please wash your hands immediately.
9. Avoid touching your face with unwashed hands.
10. Avoid close contact with people who are unwell (it may be normal flu).
11. Kindly adhere to a diet that keeps your immunity strong/ boosts your immunity. Make preferred choices to go veggie vs non-veggie.
12. Be caring for others. Please isolate yourself in case you got in touch with family/friends with flu like symptoms.
13. Please do not take it lightly, even if you may seem to have a normal cold or flu or any of the symptoms.
14. Drink water (possibly warm) regularly in order to stay well hydrated.
15. Do hot water gargles with salt as much as possible.
16. Strictly do not consume any "cold" items (ice cream, beer, ice cubes, yogurt, etc.) or even directly out of the fridge.
17. Follow healthy diet and use grandma's recipe (like hot milk with turmeric, kadha - google kadha recipe to see what this is !!).
18. Avoid social meetings, gathering and interactions (best time to go digital ☺).
19. At home, please ensure you maintain cleanliness and extra hygiene (use disinfectant wipes, etc.).
20. Continue with your regular exercise routine to stay fit (add meditation and yoga, if needed)
21. Keep talking to your loved ones and friends to check up on their well-being.

Very importantly - remember it's a difficult situation for all of us, so DO NOT DISRESPECT any direct requests or instructions from others.