

Precautionary Practices for COVID-19

कोविड-19 के लिए एहतियाती कदम

DO NOT SPIT IN PUBLIC PLACES

सार्वजनिक स्थानों में न थूकें

IT IS PUNISHABLE WITH FINE

यह जुर्माना के साथ दंडनीय है



PROTECT YOURSELF AND OTHERS!

स्वयं और दूसरों की रक्षा करें

कोरोना वायरस से खुद को सुरक्षित रखें

अपने हाथों को
बार बार साबुन
और पानी से धोएं



यदि कोई व्यक्ति
खांस या छींक रहा है,
तो उसके संपर्क में
आने से बचें



खांसते या छींकते
समय अपने मुंह
को ढकें



KNOW CORONAVIRUS FOR NO CORONAVIRUS

What is Coronavirus?

Coronavirus is a large family of viruses that cause a variety of diseases including cold and has symptoms such as Sneezing, Running nose, Fatigue, Cough, Fever & Sore throat.

DO's



Wash your hands frequently with alcohol-based hand rub or with soap and water



Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing



Practice respiratory hygiene by covering your mouth and nose

DON'Ts



Touch your eyes, nose and mouth



Interact with animals and consume raw/undercooked meats



Travel to any region affected with Coronavirus



Participate in mass gatherings to prevent the spread of Coronavirus

Use trusted sources (WHO, UNICEF, National Centre for Disease Control, Ministry of Health & Family Welfare) for information on Coronavirus

कोरोना वायरस से बचाव के लिए जानकारी है जरूरी

कोरोनावायरस क्या है?

कोरोनावायरस का संबंध वायरस के विशाल परिवार से है जिससे जुकाम से लेकर गंभीर बीमारी तक हो सकती है। छींक आना, नाक बहना, थकान, खांसी, बुखार और गले में खराश आदि इसके लक्षण हैं।

क्या करें



अपने हाथों को अल्कोहल आधारित हैंड रब या साबुन और पानी से धोएं



यदि कोई व्यक्ति खांस या छींक रहा हो, तो उससे कम से कम 1 मीटर (3 फीट) की दूरी बनाएं रखें



अपने नाक और मुंह को ढककर रुवसन स्वच्छता अभ्यास को अपनाएं

क्या ना करें



अपनी आँखों, नाक और मुँह को छूना



जानवरों से संपर्क और कच्चा/अधपका मांस खाना



कोरोनावायरस प्रभावित क्षेत्र में यात्रा करना



भीड़-भाड़ वाले इलाकों में जाना जिससे कोरोनावायरस फैलने का खतरा हो

कोरोनावायरस के संबंध में अधिक जानकारी के लिए विश्वसनीय स्रोत (डब्ल्यूएचओ, यूनिसेफ, रोग नियंत्रण के लिए राष्ट्रीय केन्द्र, स्वास्थ्य एवं परिवार कल्याण मंत्रालय) का इस्तेमाल करें।

SNEEZING IS NOT A SYMPTOM OF COVID-19

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Pain	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No
Fatigue	Sometimes	Sometimes	Common	Sometimes
Diarrhoea	Rare	No	Sometimes	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common

छींकना कोविड-19 का लक्षण नहीं है

लक्षण	कोविड-19	जुकाम	फ्लू	एलर्जी
बुखार	सामान्य	असामान्य	सामान्य	कभी-कभी
सूखी खांसी	सामान्य	हल्की	सामान्य	कभी-कभी
सांस लेने में दिक्कत	सामान्य	नहीं	नहीं	सामान्य
सिरदर्द	कभी-कभी	असामान्य	सामान्य	कभी-कभी
दर्द	कभी-कभी	सामान्य	सामान्य	नहीं
गले में खराश	कभी-कभी	सामान्य	सामान्य	नहीं
थकान	कभी-कभी	कभी-कभी	सामान्य	कभी-कभी
दस्त	असामान्य	नहीं	कभी-कभी	नहीं
नाक बहना	असामान्य	सामान्य	कभी-कभी	सामान्य
छींकना	नहीं	सामान्य	नहीं	सामान्य

PROTECT YOURSELF FROM CORONAVIRUS

**Wash your
hands**

frequently with
soap and water



**Avoid
contact**

with the person who is
coughing or sneezing



**Cover your
mouth**


while coughing or
sneezing



An initiative by **TATA STEEL**

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

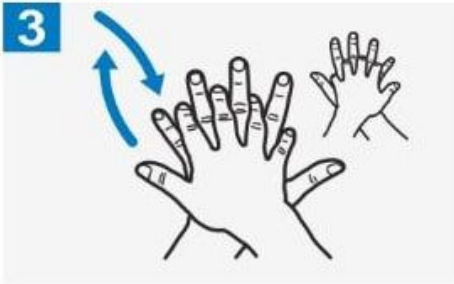
 Duration of the entire procedure: 20-30 seconds



1a Apply a palmful of the product in a cupped hand, covering all surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



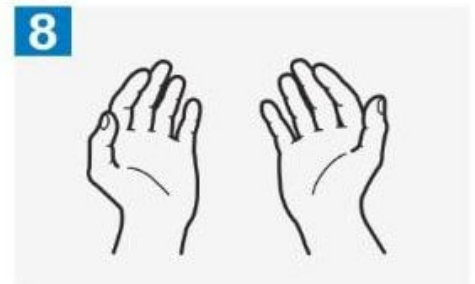
5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Once dry, your hands are safe.


CLEAN HANDS SAVE LIFE

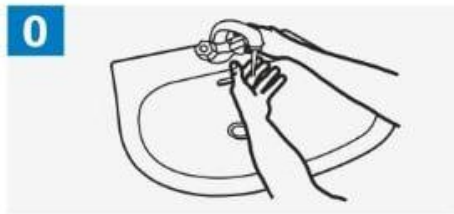
Source: World Health Organisation

An initiative by **TATA STEEL**

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



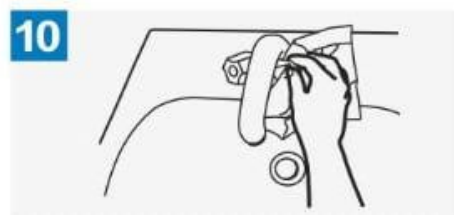
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



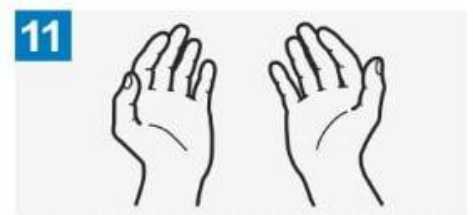
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

CLEAN HANDS SAVE LIFE

Source: World Health Organization

An initiative by **TATA STEEL**

Maintain not just social distancing but screen distancing as well

Spend less time on screen

Common symptoms of excessive usage of digital media are:



✓ Headaches

✓ Fatigue

✓ Irritated Eyes

✓ Vertigo/Dizziness

✓ Blurred Vision

✓ Eye Strain



✓ Double Vision

✓ Polyopia

✓ Dry Eyes

✓ Neck Pain

✓ Difficulty

✓ Refocusing the Eyes



#lockdownwellness

An initiative by **TATA STEEL**

Precautions for people living with someone with COVID-19

DO's



Monitor the patient for worsening symptoms



Clean high-touch surfaces and wash laundry frequently



Care for patient's pets, run errands as allowed



Open windows and use an air conditioner for good air flow



Wash hands often and avoid face-touching

DON'Ts



Let in non-essential visitors



Use the same bathroom or sleep in the same room, if possible



Share dishes, utensils, cups, towels or bedding



Touch patient without wearing a face mask and gloves



Reuse face masks and gloves

कोविड-19 से प्रभावित व्यक्ति के साथ रहनेवाले लोगों के लिए सावधानियां

क्या करें



मरीज़ के बिगड़ते लक्षणों पर नजर रखें



ज्यादा संपर्क में आनेवाले सतहों को साफ रखें और कपड़ों की नियमित रूप से धुलाई करें



मरीज़ के पालतू जानवरों की देखरेख करें, जहां तक संभव हो दैनिक कार्यों को सुचारू रूप से जारी रखें



खिड़कियों को खोलें और हवा के बेहतर प्रवाह के लिए एयर कंडिशनर चलाएं



थोड़ी-थोड़ी देर में हाथों को धोएं और चेहरे को छूने से बचें

क्या न करें



गैर-जरूरी आगंतुकों को बुलाना



एक ही शौचालय का प्रयोग करना और उसी कमरे में रहना, यदि संभव हो तो



खाना, बरतन, कप, तौलिया या बिस्तर साझा करना



बिना फेस मास्क और दस्ताना पहने मरीज़ का छूना



फेस मास्क और दस्ताने का पुनः उपयोग करना

MASK IS A VALID ASK

GET MASKED

COVID-19 PROTECTION MADE SIMPLE



MAKE YOUR OWN MASK AT HOME

Layers are key to making an effective mask. Fold the fabric such that it forms a snug seal over the mouth and nose. Double layer 100% cotton material is preferable.

Things we need

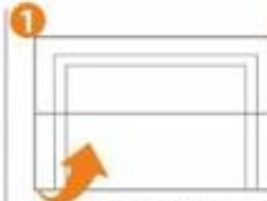


100% cotton material or a men's cotton handkerchief



Two rubber bands

Steps



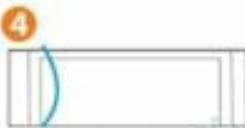
1 Fold the handkerchief from one side to the middle of the cloth



2 Fold the other edge over the first fold



3 Fold it again from the middle



4 Slide on the rubber band from one end



5 Slide on another rubber band from the other end



6 Take both the edges of the cloth and fold them



7 Now take one fold and insert into the other fold and your mask is ready



Ensure that the mask fits around your mouth and nose; and there is no gap between your face and mask while covering it.

ALWAYS FOLLOW

➡ Wash hands with soap & water

➡ Maintain social distancing

An initiative by **TATA STEEL**

FOLLOW THESE RULES WHEN YOU COME HOME



When you come home, try not to touch anything.



Remove your shoes.



Disinfect your pet's paws if you took them for a walk.



Remove your clothes and place them in a bag to be washed.



Leave your bag, purse, wallet, keys, etc. in box at the entry of your home.



Have a shower. If you can't, wash all exposed areas.



Wash your mobile phone and glasses with hot soapy water.



Clean all the stuff that you have brought with bleach before storing them.



Carefully remove and dispose your gloves, then wash your hands.



Remember that it is impossible to do complete disinfection, the goal is to minimise the risk.

SAFETY ALERT #1



Do not go near any fire source after applying alcohol-based hand sanitiser or spray, as it is highly inflammable.



#UseSanitiserWisely

To stay safe from COVID-19, wash your hands regularly with soap and water. If it is not available, use hand sanitisers containing 70% alcohol.

An initiative by **TATA STEEL**

**SAFETY
ALERT** #2



**Do not leave hand sanitiser in the vehicle.
It may lead to fire incident.**

#UseSanitiserWisely

To stay safe from COVID-19, wash your hands regularly with soap and water.
If it is not available, use hand sanitisers containing 70% alcohol.

An initiative by **TATA STEEL**

SAFETY ALERT #3



**Keep the hand sanitiser
out of reach of toddlers.
It can be dangerous, if swallowed.**

#UseSanitiserWisely

To stay safe from COVID-19, wash your hands regularly with soap and water.
If it is not available, use hand sanitisers containing 70% alcohol.

An initiative by **TATA STEEL**

What is Social distancing?

Social distancing aims, through a variety of means, to decrease or interrupt the spread of **COVID-19**. It does this by minimising contact between potentially infected individuals and healthy individuals.

Social distancing is keeping a **2m (6ft)** space between you and other people. You should not shake hands or make close contact where possible.

सामाजिक दूरी से क्या मतलब है?

सामाजिक दूरी का लक्ष्य विभिन्न माध्यमों से कोविड-19 के प्रसार को कम करना या बाधित करना है। इस प्रकार संभवतः संक्रमित लोगों और स्वस्थ लोगों के बीच संपर्क को न्यूनतम किया जा सकता है।

सामाजिक दूरी का अर्थ यह है कि आप अन्य लोगों से 2 मीटर यानी 6 फीट की दूरी बनाये रखें। आपको दूसरों से हाथ नहीं मिलाना चाहिए या जहां तक संभव हो करीबी संपर्क नहीं बनाना चाहिए।



Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

यदि कोई व्यक्ति खांस या छींक रहा हो, तो उससे कम से कम 1 मीटर (3 फीट) की दूरी बनाएं रखें।



Avoid large meetings/gatherings/get-togethers.
Examples- conferences, sporting events, religious events, national and international events.

बड़ी मीटिंग/सभाओं/मेल-जोल से बचें।
उदाहरण- सम्मेलन, खेल आयोजन, धार्मिक आयोजन, राष्ट्रीय और अंतर्राष्ट्रीय आयोजन।



Avoid crowded places- e.g., Malls, Restaurants, Cinema halls, Parks, Clubs etc.

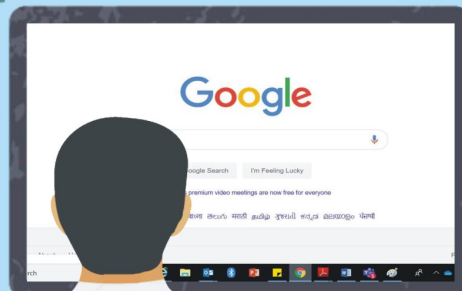
भीड़ भरे स्थानों से बचें, जैसे मॉल, रेस्तरां, सिनेमा हॉल, पार्क, क्लब आदि।

**In this lockdown,
remember to take care of your health.**

Use digital media wisely. Spend less time on screen.

Avoid potential health risks such as:

- Obesity
- Loss of social skills
- Violence
- Behavioural problems
- Less time for recreation
- Irregular sleep schedules and lesser duration of sleep



#lockdownwellness

An initiative by **TATA STEEL**

MASK IS A VALID ASK

GET MASKED

COVID 19 PROTECTION MADE SIMPLE



HOW CAN I TAKE CARE OF MY MASK?



Do not share your reusable mask



Wash reusable masks daily with soap and water



Avoid pulling off your mask frequently when outside



Maintain personal hygiene



An initiative by **TATA STEEL**

Self-quarantine tips if you are affected with COVID-19

DO's



Stay home, avoid public areas and mass transit



Isolate yourself from others in your home



Use a separate bathroom, if possible



Call ahead before visiting the doctor



Wash your hands often



Wear a face mask around other people and pets



Cover coughs and sneezes

DON'Ts



Go outside for any reason



Let in any non-essential visitors



Have contact with pets and other animals, if possible



Share space with housemates, if possible



Share dishes, utensils, cups towels or bedding



Go to the doctor without calling ahead



Discontinue home isolation until instructed

यदि आप कोविड-19 से पीड़ित हैं तो स्वयं को दूसरों से अलग रखने हेतु सुझाव

क्या करें



घर पर रहें, सार्वजनिक जगहों पर जाने और सामूहिक यातायात से परहेज करें



अपने घर पर खुद को दूसरों से अलग रखें



यदि संभव हो तो अलग शौचालय का प्रयोग करें



चिकित्सक के पास जाने से पहले उन्हें फोन करके सूचित करें



अपने हाथों को बार-बार धोएं



दूसरे लोगों और पालतू जानवरों के आस-पास जाने से पहले फेस मास्क पहनें



खांसते और छींकते समय अपना मुंह ढककर रखें

क्या ना करें



किसी भी काम के लिए बाहर जाना



किसी गैर-जरूरी आगंतुक को आने देना



पालतू और अन्य जानवरों के संपर्क में रहना, यदि संभव हो तो



घर के सदस्यों के साथ एक ही जगह में रहना, यदि संभव हो तो



खाना, बरतन, कप, तौलिया या बिस्तर साझा करना



बिना सूचित किए चिकित्सक के पास जाना



बिना किसी निर्देश के होम आइसोलेशन को भंग करना

MASK IS A VALID ASK

GET MASKED

COVID-19 PROTECTION MADE SIMPLE



TYPES OF MASK



Dust mask

Masks that are a part of PPE: these are meant for employees working in the plant.



Surgical mask

Graded disposable masks: these are primarily meant for medical professionals



Homemade mask

Reusable cloth homemade masks: meant for rest of the public



ALWAYS FOLLOW



Key Prevention Tips

Wash hands with soap and water

Maintain social distancing



An initiative by **TATA STEEL**

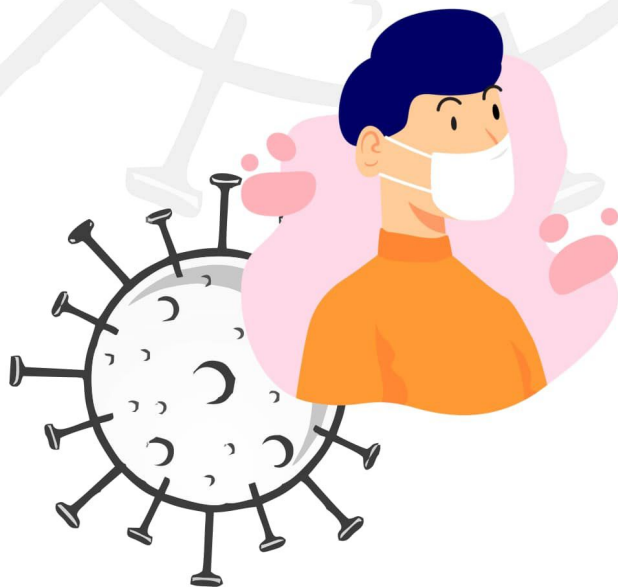
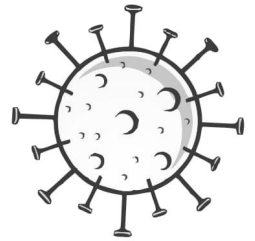
MASK IS A VALID ASK

DON'T FORGET!



Why wear a mask?

- | **Lowers risk of inhaling virus through infected droplets.**
- | **Prevents passing on germs through coughing/sneezing.**
- | **Helps stay safe.**



MASK IS A VALID ASK

GET MASKED

COVID 19 PROTECTION MADE SIMPLE



HOW NOT TO WEAR MASK

DO

Wear your mask so it comes all the way up, close to the bridge of your nose, and all the way down under your chin with no gaps between the mask and face

DON'T

Wear the mask below your nose

DON'T

Leave your chin exposed

DON'T

Wear your mask loosely with gaps on the sides

DON'T

Push your mask under your chin to rest on your neck

DON'T

Wear your mask so it covers just the tip of your nose

ALWAYS FOLLOW

Key Prevention Tips

Wash hands with soap & water
Maintain social distancing