GOOD HEALTH AND HYGIENE DURING COVID-19

Keep virus and germs away by following simple routine hygiene practices

- **Wash Your Hands**
  - Frequently with soap and water for at least 20 seconds. Dry hands using clean towel/cloth/tissue or air dry.

- **Hand Sanitizer**
  - When soap and water are not available, clean your hands with at least 60% alcohol based hand sanitizer.

- **Keep Your Body Clean**
  - Bath regularly, wear clean clothes, brush your teeth everyday.

- **Wear a Mask**
  - Cover your face with a clean mask while going out.

- **Physical Distancing**
  - Maintain a distance of two-arms length from other people.

- **Physical Activity**
  - Regularly exercise for at least 60 minutes to promote good health and to boost your immunity.

- **Eat Healthy and Safe Food**
  - Eat healthy and wholesome diet. The more colours, the richer your diet will be. Do not skip your meals. Drink at least two litres (8-10 glasses) of water everyday. Thoroughly wash your fruits and vegetables before consuming.

- **Say No to All Forms of Tobacco**
  - Smoking weakens the immune system and makes the body more susceptible to infections.

- **Get a Good Night’s Sleep**
  - Sleep for at least about 8-9 hours daily.

- **Mental Wellness**
  - Take time out to relax. Stay happy and positive!