

C VID-19 Protect yourself and loved ones



Help prevent the spread of respiratory diseases like COVID-19

WASH YOUR HANDS

Wash your hands with soap and warm water regularly.

COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hand afterwords.

DON'T TOUCH

Avoid touching eyes, nose or mouth, especially with unwashed hands.

KEEP YOUR DISTANCE

Avoid close contact with people who are sick

STAY HOME

If you experience respiratory systoms like a cough or fever, stay home.

GET HELP

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider.



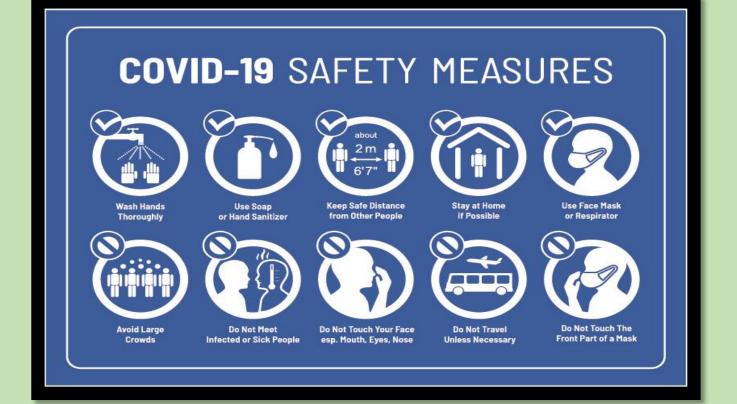
FEVER

MUSCLE PAIN



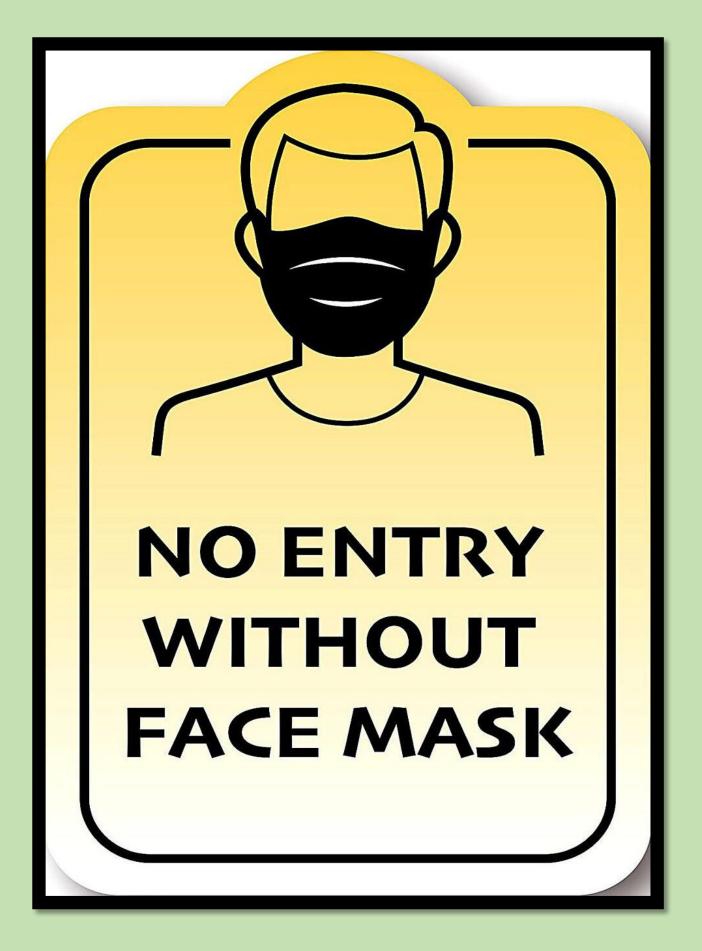
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How to properly wear a mask





Please Check Your Temperature before Entering Institute



"Please follow the above Instructions"