MAKE THE LOCKDOWN MOST EFFECTIVE

The Government of India has imposed a nationwide lockdown in an attempt to slow the spread of the coronavirus. If lockdown and social distancing measures are followed, the chain of transmission for COVID-19 can be disrupted. Together, we can make the lockdown fruitful by applying the following steps in our day to day lives:

1. Stay at home and stay safe. Step out only if it is absolutely necessary.
2. Wear masks/home-made masks.
3. Wash your hands with soap and water frequently.
4. Adhere to the lockdown guidelines of your local authority.
5. Boost your immunity by eating healthy, more so if you are living with HIV, TB or other critical diseases.
6. Follow a daily exercise routine and work on your passion/hobbies.
7. Be kind to those providing essential services – doctors, nurses, primary healthcare providers, police personnel, NGO workers, shopkeepers, vegetable and fruit sellers, sanitation workers etc.