



திருவள்ளூர் பல்கலைக்கழகம் THIRUVALLUVAR UNIVERSITY

(State University Accredited with "B" Grade by NAAC)

Serkkadu, Vellore - 632 115, Tamil Nadu, India.

Preventive measures to Combat CORONA Virus

How to stay
healthy and
avoid the
spread of
COVID-19



Use tissues and dispose
immediately after use



Wash your hands
regularly for 20 seconds



Stay home
when sick



Avoid touching
your face



Wipe high-touch
surfaces often




Avoid close contact
with others



Cover your mouth when
coughing or sneezing

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

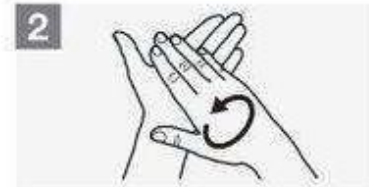
 **Duration of the entire procedure: 40-60 seconds**



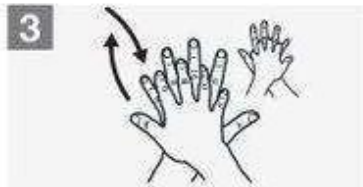
0 Wet hands with water;



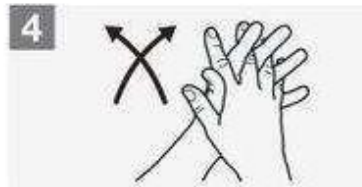
1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



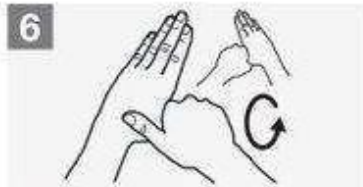
3 Right palm over left dorsum with interlaced fingers and vice versa;



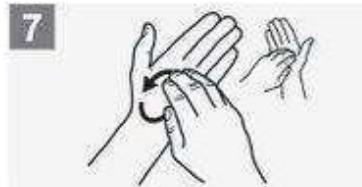
4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



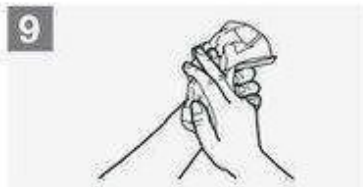
6 Rotational rubbing of left thumb clasped in right palm and vice versa;



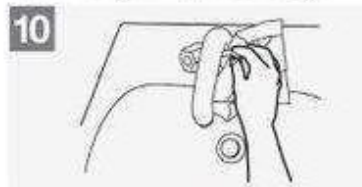
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



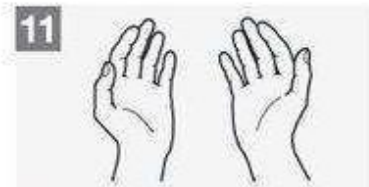
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.



World Health
Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES

Clean Your Hands

Thank you for practicing social distancing



2 metres
↔
6 feet



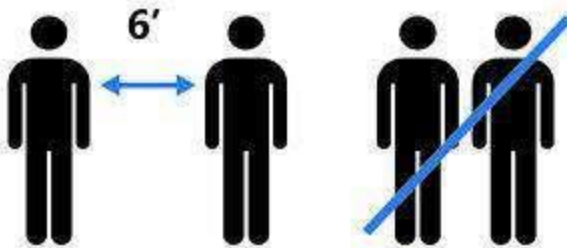
2 metres
↔
6 feet





NOTICE

TO HELP PREVENT THE
SPREAD OF COVID-19
PLEASE MAINTAIN
A SAFE DISTANCE
OF 6 FT. FROM
OTHER PEOPLE.



STOP!

TO HELP PREVENT THE
SPREAD OF COVID-19
A FACE MASK
IS REQUIRED
TO ENTER THIS
ESTABLISHMENT.





**Wear
face
mask**

COVID-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 hands afterward.



+ 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 symptoms 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 or local health department before seeking care.



