



A set of 15 promises, we need to follow, as part of COVID Appropriate Behaviours


1.  Greet without physical contact


2.  Maintain physical distance
2 Gaj ki Doori
(6 feet)


3.  Wear reusable face cover or mask

4.  Avoid touching eyes, nose and mouth


5.  Maintain respiratory hygiene


6.  Wash hands frequently and thoroughly

7.  Do not chew tobacco, khaini etc. or spit in the public places


8.  Regularly clean and disinfect frequently touched surfaces


9.  Avoid unnecessary travel


10.  Do not discriminate against anyone

11.  Discourage crowd - Encourage Safety

12.  Do not circulate social media posts which carry unverified or negative information

13.  Seek information on COVID-19 from credible sources

14.  Call National Toll-free helpline 1075 or State helpline numbers for any queries

15.  Seek psychosocial support for any stress or anxiety