

# Practise Good Personal Hygiene



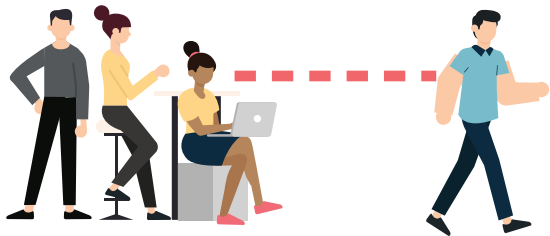
## Do's



**Wear a mask at all times**



**Keep a distance of min 1 metre apart from others**



**Cover your mouth and nose with tissue or shirt sleeves when coughing or sneezing**



**Wash hands regularly at least for 20 seconds.**



**Sanitise your hands upon entering a premise/office**



**Clean and disinfect frequently touched objects and surfaces**



## Don'ts



**Don't touch eyes, nose and mouth with unwashed hands.**



**Don't shake hands or touch another person**



**Don't keep the tissue you used for coughing/sneezing**



**Don't come to office if you have a flu, cough, fever or difficulty in breathing**



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