

About COVID-19

SYMPTOMS



DO'S

- Cover your mouth and nose.
- Wash hands thoroughly with alcohol-based cleaner.
- Avoid close contact with anyone who is sick.
- Clean surfaces you often touch.
- Take adequate sleep and rest.
- Drink plenty of water/liquids and eat nutritious food.

DONT'S

- Avoid being in crowded spaces
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Avoid sharing personal hygiene items.
- Avoid hugging, shaking hands while greeting.
- Don't spit in public places.
- Don't travel if you have a fever or symptoms and seek medical care.

COVID-19 Prevention

FOODS THAT BOOST IMMUNITY



Ginger has strong immunity-boosting properties.



Spinach is a nutrient-rich leafy vegetable.



Yogurt is great for your gut health.



Almonds are loaded with nutrients.



Fruits are known for excellent source of antioxidants.



Green tea is a healthy beverage.



Soup with a combination of cabbage, broccoli.