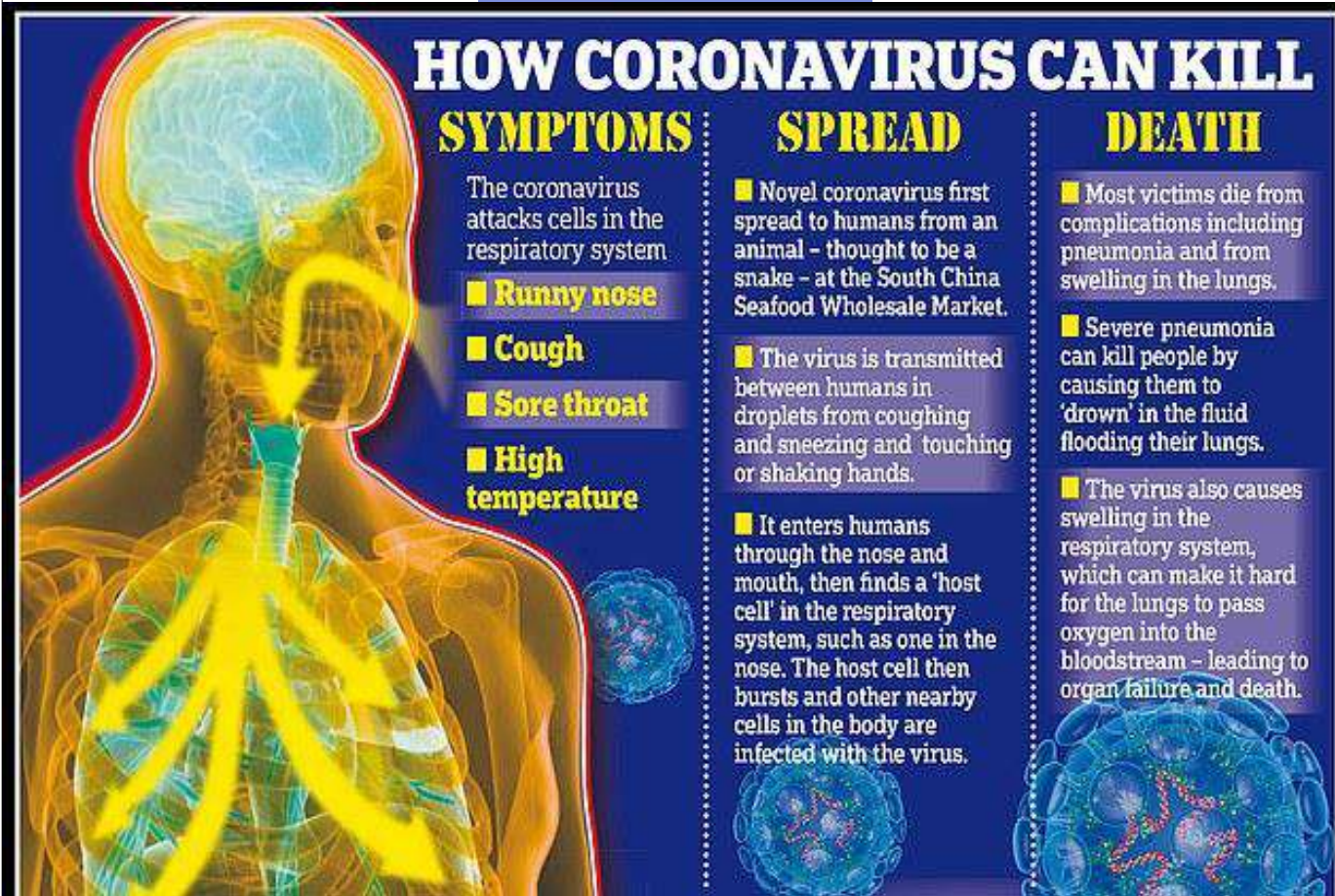


Coronavirus & Safety Measures

Tomgandhi Consulting Ltd.

Because We Care



Source: Dailymail.co.uk

About Coronavirus

Basic Protective Measures

Wash your hands

Wash your hands with
soap and running water
when **hands are visibly
dirty**



If your **hands are not
visibly dirty**,
frequently clean them
by using alcohol-based
hand rub or soap and
water



World Health
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Basic Protective Measures

Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

Basic Protective Measures

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



Basic Protective Measures

Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider

Food Safety

Practise food safety

Even in **areas**
experiencing outbreaks,
meat products can be
safely consumed if these
items are **cooked**
thoroughly and
properly handled during
food preparation.



Travel Safety

STAY HEALTHY WHILE TRAVELLING

**Avoid travel if you have
a fever and cough**



**If you have a fever, cough and
difficulty breathing seek medical
care early and share previous
travel history with your health
care provider**



World Health
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Travel Safety

STAY HEALTHY WHILE TRAVELLING

Avoid close contact
with people suffering
from a fever and cough



Frequently clean hands by
using alcohol-based
hand rub or soap and water

Avoid touching eyes,
nose or mouth

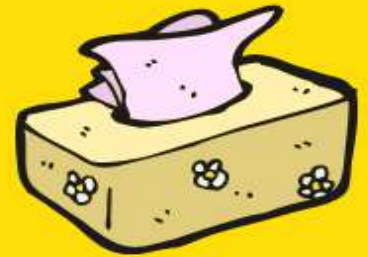


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Travel Safety

STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing
**cover mouth and nose with
flexed elbow or tissue – throw
tissue away immediately and
wash hands**



If you choose to wear a face mask, be
**sure to cover mouth and nose -
avoid touching mask once it's on**



**Immediately discard single-use mask
after each use and wash hands after
removing masks**



World Health
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Travel Safety

STAY HEALTHY WHILE TRAVELLING

If you become sick
while travelling,
**inform crew and
seek medical care
early**



If you seek medical
attention, **share travel
history with your health
care provider**



World Health
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Travel Safety

STAY HEALTHY WHILE TRAVELLING

**Eat only well-
cooked food**



Avoid spitting in public

**Avoid close contact
and travel with
animals that are sick**



World Health
Organization

Most Importantly!

- DO NOT Believe on Rumours
- DO NOT Believe on Myths like, having Garlic or applying Sesame oil can kill the Coronavirus, etc. As per World Health Organisation(WHO) there is no evidence for the same.
- AVOID Public Places like Malls, Theatres, etc. possibly

**IF YOU ARE UNWELL SEEK MEDICAL
HELP IMMEDIATELY!!**

Take Care!