

21 day Indian challenge for fighting Corona:

Dos and Donts to fight COVID-19 / Corona-Virus

In a nation-wide effort to contain COVID-19 pandemic, Hon'ble Prime Minister of India Shri Narendra Modi on 24 March 2020 announced a 21 day complete lockdown till 14 April 2020. In view of the guidelines issued by the Ministry of Home Affairs, Government of India vide Order No. 40-3/2020-D dated 24.03.2020¹, in the public interest, we have compiled a list of Dos and Donts in these times of pandemic.

Dos

- Stay at home i.e. practice social distancing
- If you step out for medical emergency or to buy household essentials, wear mask², carry sanitisers and keep 2 meter distance from people
- Work from home, exercise and keep your mind active
- Practice and maintain personal hygiene³
- Learn about the virus symptoms and keep a check on yourself

Donts

- Do not touch your nose, mouth and eyes without washing hands⁴
- Do not panic or spread misinformation unless proven⁵
- Do not leave home unless necessary or emergency
- Do not believe everything you read online⁶
- Avoid consumption of undercooked food⁷

Why stay home?

- To reduce rapid spread of the virus in India
- To better contact tracing and test only those who have symptoms
- To reduce pressure on critical healthcare units
- For larger social good that includes you and your family's wellbeing

¹ <https://mha.gov.in/sites/default/files/Guidelines.pdf>

² <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

³ <https://www.ndtv.com/india-news/coronavirus-precautions-dos-and-donts-common-misconceptions-2189392>

⁴ <https://www.webmd.com/lung/news/20200228/preparing-for-coronavirus-dos-and-donts>

⁵ <https://theprint.in/health/coronavirus-in-india-a-list-of-dos-and-donts-to-follow-to-check-spread-of-covid-19/374573/>

⁶ <https://theprint.in/health/coronavirus-in-india-a-list-of-dos-and-donts-to-follow-to-check-spread-of-covid-19/374573/>

⁷ <https://www.hindustantimes.com/india-news/coronavirus-dos-and-donts-to-contain-the-spread-of-covid-19/story-ywKud450nz1Hj7dF3zGufL.html>