

A Set of 15 Promises, we need to follow, as part of COVID

Appropriate behaviour.

- 1) Meet without physical contact
- 2) maintain physical distance
- 3) wear reusable hand-made face-cover or mask at all times.
- 4) Avoid touching eyes, nose and mouth
- 5) maintain respiratory hygiene
- 6) wash hands frequently and thoroughly
- 7) Regularly clean and disinfect frequently touched surfaces.
- 8) Do not spit in the open
- 9) Avoid unnecessary travel
- 10) Do not discriminate against anyone.
- 11) Discourage crowds - Encourage safety.
- 12) Do not circulate social media post which carry unverified or negative information
- 13) Seek information on covid-19 from credible source.
- 14) ^{call} National toll free helpline 1075 or state helpline numbers for any queries.
- 15) Seek psychosocial support for any stress or anxiety.