
















A set of 15 promises, we need to follow, as part of COVID Appropriate Behaviours

 <p>1. Greet without physical contact</p>	 <p>2. Maintain physical distance 2 Gaj ki Door (6 feet)</p>	 <p>3. Wear reusable face cover or mask</p>
 <p>4. Avoid touching eyes, nose and mouth</p>	 <p>5. Maintain respiratory hygiene</p>	 <p>6. Wash hands frequently and thoroughly</p>
 <p>7. Do not chew tobacco, khaini etc. or spit in the public places</p>	 <p>8. Regularly clean and disinfect frequently touched surfaces</p>	 <p>9. Avoid unnecessary travel</p>
 <p>10. Do not discriminate against anyone</p>	 <p>11. Discourage crowd - Encourage Safety</p>	 <p>12. Do not circulate social media posts which carry unverified or negative information</p>
 <p>13. Seek information on COVID-19 from credible sources</p>	 <p>14. Call National Toll-free helpline 1075 or State helpline numbers for any queries</p>	 <p>15. Seek psychosocial support for any stress or anxiety</p>