




Be on the safer side while





## Keep food safety in mind while buying essential items during COVID-19

-  1 Wash (fruits and vegetables, milk packets etc.)
-  2 Clean (packets of cereals and pulses) before storing.
-  3 Immediately wash your hands with soap and water

Together we can fight C<sup>o</sup>VID-19!



# How to shop groceries safely during COVID-19?



Keep at least 2-metre distance from others



Avoid touching your eyes, mouth and nose



Sanitize the handles of shopping trolleys or baskets



Once home, wash your hands and also after storing goods





स्वास्थ्य एवं परिवार कल्याण मंत्रालय  
भारत सरकार

नोवल कोरोनावायरस रोग (COVID-19)



अक्सर छुए जाने वाली सतहों और वस्तुओं  
को नियमित तौर पर साफ करें



बदलकर अपना व्यवहार, करें कोरोना पर वार

COVID-19 संबंधित जानकारी के लिए

राज्य हेल्पलाइन नम्बरों या स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार के 24x7 हेल्पलाइन नंबर पर कॉल करें

1075 (टोल फ्री) ई-मेल करें: [ncov2019@gov.in](mailto:ncov2019@gov.in) , [ncov2019@gmail.in](mailto:ncov2019@gmail.in)



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Ministry of Health & Family Welfare  
Government of India

NOVEL CORONAVIRUS DISEASE (COVID-19)



# Clean commonly touched surfaces and objects regularly



## Badalkar Apna Vyavahar, Karein Corona Par Vaar

For information related to COVID-19

Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7 helpline number  
1075 (Toll Free), Email at [ncov2019@gov.in](mailto:ncov2019@gov.in) , [ncov2019@gmail.com](mailto:ncov2019@gmail.com)



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