

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 Doori (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>