

## **Covid-19 Prevention and Management Activities**

**விழித்திருங்கள் – தனித்திருங்கள் – வீட்டிலேயே இருங்கள்”**

**Komarapalayam Municipality is providing the following Corona Preventive Activities on COVID 19**

**Creating adequate awareness among the citizens in Pallipalayam Municipality via Placards, Media, Vehicle announcements to take preventive measures against COVID 19.**

**Continuous monitoring of Corona control activities of all Streets.**

**Conducting regular review meetings then and there by adopting social distancing.**

**Helpline Control Room facilities available 24x7.**

**Disinfection activities done through Hand sprayers, Vehicle Mounted Sprayers, Mist Blowers and Other Vehicles on regular basis in all worship places, Public places, Government Hospitals and other public buildings.**

**Maintaining Social Distance in Markets, Grocery shops and Other Areas.**

**Free food is distributed in Dinner Amma Ungavagam and also.**

### **DO's**

- 1. Do wear a cloth covering on your face at all times when you are not at home.**
- 2. Do wash your hands before you wear your mask. Only touch the ear loops.**
- 3. Do practice good hand hygiene and wash your hands frequently.**
- 4. Do cover your cough or sneeze. The best way to cough or sneeze is into your elbow and not your hands.**
- 5. Do work from home. Do leave your home only for essential reasons, such as buying food or medication purposes.**
- 6. Do move away from others who cough or sneeze.**
- 7. Do wear a face mask and gloves if you are caring for a family someone who has tested positive for COVID 19.**
- 8. Do participate in “social distancing” to blunt the spread of the virus.**
- 9. Do self-quarantine yourself for 14 days if you come into contact with someone who tests positive for corona virus.**

### **DON'Ts**

- 1. Don't just tie a scarf around your face as that can be loose fitting and need more adjustment. Use a cloth covering that is more tight-fitting.**
- 2. Don't touch your eyes, nose, mouth or face without washing your hands.**
- 3. Don't interact with your pets if you think you may have symptoms concerning for COVID 19.**
- 4. Don't treat “social distancing” like a “vacation”.**
- 5. Don't share utensils or drinking glasses with others, including family members.**
- 6. Don't shake hands or give hugs as greetings. Use an alternative greeting that maintains 6-8 feet of distance.**
- 7. Don't visit your older relatives or community members, as they are the highest risk group.**
- 8. Don't go to public places like gyms, theatres, restaurants, saloon and beauty parlours**
- 9. Consume foods which could increase immunity level.**
- 10. Don't be panic over COVID 19 as excess fear and stress will decrease the immunity in our body.**