

# V-CARE VIMALITES



VIMALA COLLEGE (AUTONOMOUS), KERALA

## 1 SOCIAL DISTANCING

Avoid close contact with people who are unwell



## 2 PERSONAL HYGIENE

Wash hands frequently with soap or use sanitiser, and avoid touching your eyes, nose and mouth with unwashed hands. When coughing or sneezing, cover your mouth and nose with flexed elbow or tissue. Discard the tissue in the bin immediately after use.

20 SECONDS



## 3 DON'T SPREAD MISINFORMATION

Follow and forward only accurate information from reliable sources eg. WHO



## 4 STAY HOME

Avoid non-essential travel and unnecessary shopping



## 5 SEEK MEDICAL CARE EARLY

if you have a fever, cough, or difficulty breathing, seek medical care early.



## 6 LOOK AFTER YOURSELF

Take care of yourself by eating well, exercising, and getting plenty of sleep. Remember to keep in touch with your friends and family members. Check in on each other and be supportive.



## 7 MAKE USE OF YOUR TIME

You can use this time to be productive and do something creative or learn from online courses. Keep up a normal daily routine as much as possible.



If you feel stressed or anxious, or require further information, phone Disha Helpline on 1056. You can also speak to your tutors or any other teachers whom you are comfortable with. Don't panic, but be alert. We shall overcome.

