



## Reduce your risk of the **coronavirus** infection:



Clean hands with soap and water  
or alcohol-based hand rub

Cover nose and mouth when coughing  
And sneezing with tissue or flexed elbow



Avoid close contact with anyone with  
cold or flu-like symptoms

Thoroughly cook meat and eggs



Avoid unprotected contact with live  
wild or farm animals

BY THE ORDER OF  
MS. LUBNA CHOUDHURY  
FOUNDER PRINCIPAL & CHAIRPERSON