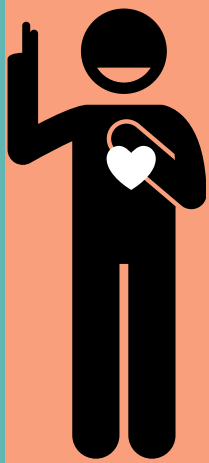


# I PROMISE



## I WILL SPREAD INFORMATION, NOT COVID

COVID HAS KILLED MORE THAN 33 LAKH PEOPLE WORLDWIDE SINCE IT STARTED IN SEP 2019. TILL NOW, MORE THAN 2.5 LAKH HAVE DIED IN INDIA. TILL 80-90% PEOPLE HAVE BEEN VACCINATED, I HAVE DECIDED TO BE A SPREADER OF CORRECT INFORMATION AND NOT OF COVID!

### 1) I WILL TEST MYSELF AND ISOLATE WHEN NEEDED

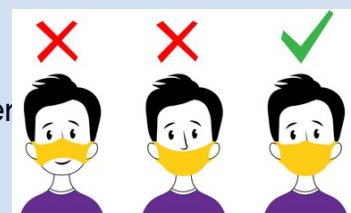
- Almost 90% people who get the virus or spread it, never get any symptom. If I meet others not staying with me in my house, I may catch the infection and within 1 to 5 days (rarely up to 10 days) I may give the virus to others without even knowing. So, I must be careful!



- If I have fever, cough or sore throat, I will get tested for Corona at the nearest health centre and isolate myself and my household members for 14 days.
- In 30 to 50% of cases – the commonest tests (RTPCR/ RAT) that check Corona, may actually miss detecting Corona! So, I will isolate myself for AT LEAST ten days if I have tested positive or negative for corona or I have recently met someone face to face in a walled/closed area.
- I will inform my neighbours if anyone in my family has symptoms of CoViD so that they can help us in getting tested for CoViD and will help me and family in getting medicines and groceries for my family and myself.
- Corona may also cause fatigue, bodyache, headache and diarrhoea besides fever and cough, so even this can be CoViD.

### 2) I WILL WEAR MY MASK PROPERLY

- I must maintain a distance of at least 6 feet (2 yards or “Do gaz”) with another person and wear a mask that covers my mouth and nose to save others from my infection and myself from getting the virus.



- The virus can spread from someone’s breath to me through the air that I breathe, or if I touch my nose, mouth or my eyes after I come in contact with the virus in droplets when the person speaks, coughs or spits. Hence, when I need to talk to, or come close to another person, I must always wear a double or preferably triple-layered cloth mask. Additionally, I must wear either a N95 mask or a double mask covering my nose and mouth when I go to a hospital or am in a public transport that touches the hospital where there might be many people with the virus.

### 3) I WILL WASH MY HANDS PROPERLY

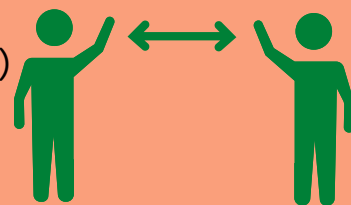
- Whenever I return from outside, i will remove my mask and use sanitizer or wash my hands properly with soap – counting and rub my hands till a count of 30 before i touch my face.



- I will wash my hands often and teach and ensure proper handwashing to everyone in my family and to those around me.

## 4) I WILL MAINTAIN PHYSICAL DISTANCE

• Experts tell us that a person needs around 250 sq feet per person (16x16 feet) to be able to prevent people from coming within 6 feet of each other even accidentally. So, unless I have so much of space, I will not gather in crowded spaces.



• If I must meet someone – who does not stay under the same roof – I will do so only in open or semi-open areas for the next few months until 80–90% of people are fully vaccinated. Even in such areas, I will wear my mask and keep physical distance.

• I will avoid entering any closed store, shop or hall and if need be, buy things from outside the door or in an open market or online.

• I will follow Government instructions for travel and also avoid any unnecessary travel outside the district.

• As a shopkeeper/ business person, I will deal with my customers responsibly. I will make systems to ensure that no one has to come within 6 feet distance of me at any time. I will wear a mask properly and avoid dealing with any customer who does not wear a mask inside my shop.

## 5) I WILL BE KIND TO THOSE WITH COVID

• I will be sensitive towards others who may suffer from CoViD. I will help others to isolate safely by buying food, vegetables and medicines for them and to arrange an ambulance for them if they fall ill or get serious.



• I will check on my friends and neighbours who have CoViD and will meet them and talk to them to keep their spirits up when they are ill, of course with both of us double-masked and with more than 6 feet distance between us!

## 6) I WILL SPIT AND COUGH RESPONSIBLY

• I must not spit or vomit in the open so that the droplets do not hang in the air to infect others who pass by. I will keep bags handy for such things.



• I must cough only on to my upper arm or into my elbow so that the droplets in my cough don't hang in the air to infect others who pass by.



## 7) I WILL GET VACCINATED

• As a responsible member of society, I will get myself fully vaccinated as that is the only long term solution to protect myself, my family and others.

• I will encourage others who are eligible for the vaccine to also get fully vaccinated.

