**Guidelines to protect yourself from Covid 19 infection**

1. Avoid social gatherings
2. Avoid using public transport as much as possible
3. Stay away from people coming from abroad
4. Don’t go to hospitals for trivial conditions, try to control at home with remedies like koththamalli or simple medicines like Paracetamol.
5. Limit going to hospitals to visit patients
6. Take a balanced diet and plenty of fluids to improve immunity .
7. Wash your hands before eating and after contact with people with risk.
8. Cover your face while sneezing and coughing
9. Avoid physical contacts with anybody except your family members.