

MECON fights COVID-19



Protect Yourself from the spread of COVID-19

Wash hands frequently with soap and water or alcohol-based hand sanitizer, lather for at least 20 sec



Avoid touching your eyes, nose and mouth with unwashed hands



Clean and disinfect frequently touched objects and surfaces



Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing



Stay at Home



#StayHomeStaySafe #CoronaStopKarna

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Gentle Reminder

General Measures To Boost Immunity



Drink warm water throughout the day



Daily practice of Yogasana, Pranayama and meditation for atleast 30 minutes as advised by Ministry of AYUSH



Spices like Haldi(Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking

#StayHome #StaySafe

#IndiaFightsCorona

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Let us observe Social Distancing while stepping out for essential purchase



Rules of safe shopping during COVID-19 outbreak

- **Maintain distance**
- **Shop alone, not in groups**
- **Only buy essential things**
- **Think of others, do not stock**

Remember maintaining social distancing will stem the spread of COVID-19

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Aarogya Setu

Government of India launches 'Aarogya setu' app, a bluetooth based COVID 19 Tracker.

This app will alert users if they come in proximity to an infected person .

Informs users about best practices & relevant medical advisories.

This app has highly scalable architecture and is **available in 11 languages**.



Download Now



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Protocol to follow while entering home



Remove shoes outside

Take a shower and wash all exposed areas



Go straight to bathroom and put clothes worn to wash & rinse with Dettol water



Use a tissue paper to open door knobs



Leave keys, wallet etc in a box



Do not touch anything before washing your hands with soap



Clean mobile phones/ glasses and all bags brought from outside with disinfectant

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MECON LIMITED    

#STAYHOME #STAYSAFE



Salutes



HEALTH WORKERS



SANITATION WORKERS



POLICE



VOLUNTEERS



MEDIA



DELIVERY BOYS

The **#RealHeroes** are all those who are working hard on the frontline of the pandemic to provide essential services and keep us safe.

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Hon'ble PM advises everyone to follow the following guidelines that will help in curbing coronavirus spread:

1. *Take care of elders*
2. *Use homemade facemasks*
3. *Follow AYUSH guidelines for strengthening immunity*
4. *Take Care of poor Families*
5. *Do not retrench the workers. Show sympathy*
6. *Honour the Coronavirus fighters and support them*
7. *Follow social distancing and download Aarogya Setu app*



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During this testing time,
Let's 'Stay Safe and Remain Optimistic'



Work from Home: Remain productive through WFH



Learn :With myriad online courses available



Read: Fiction/ Non Fiction, Complete the reading bucket list



Provide food & Water to needy People



Clean: Its time to clean your long pending corners



Cook: Try new healthy dishes



Create: Utilise time to bring out creative painting / craft ideas



Feed: distressed birds/ Animals

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DEFEAT COVID-19



MIND YOUR HEALTH

- 1. Connect With Friends And Family Using Technology**
- 2. Disconnect From Fake News And Factitious Information**
- 3. Plan A Routine And Find Time To Unwind**
- 4. Exercise And Sleep Well**
- 5. Be Compassionate**
- 6. Keep Your Mind Active**

#StayHomeStaySafe

#CoronaStopKaroNa