

PHYSICAL DISTANCING  
शारीरिक दुरी बनाये



STAND HERE  
यहाँ खड़े रहे

Early  
Childhood  
Association

APER  
ASSOCIATION FOR  
PRIMARY EDUCATION  
& RESEARCH

**Maintain Hand Hygiene**  
**हाथों को स्वच्छ रखें**



**Wash your hand upto 20 seconds**  
**अपने हाथों को 20 सेकंड तक धोएं**

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Use Hand Sanitizer

हैंड सेनिटाइज़र का  
उपयोग करें



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Avoid touching your eyes, nose and face



आँख नाक और मुँह  
को हात न लगायें

Do not spit  
in public



यहाँ वहाँ न थूकें

Sneeze and cough in  
your elbow or napkin



छीकते या खाँसते समय  
रुमाल का उपयोग करें

Do not hug or  
shake hands



ना हाथ मिलाये  
ना गले मिले

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**Avoid touching your eyes, nose and face**



**आँख नाक और मुँह को हात न लगाये**

**Do not spit in public**



**यहाँ वहाँ न थूकें**

**Sneeze and cough in your elbow or napkin**



**छीकते या खासते समय रुमाल का उपयोग करे**

**Do not hug or shake hands**



**ना हाथ मिलाये ना गले मिले**

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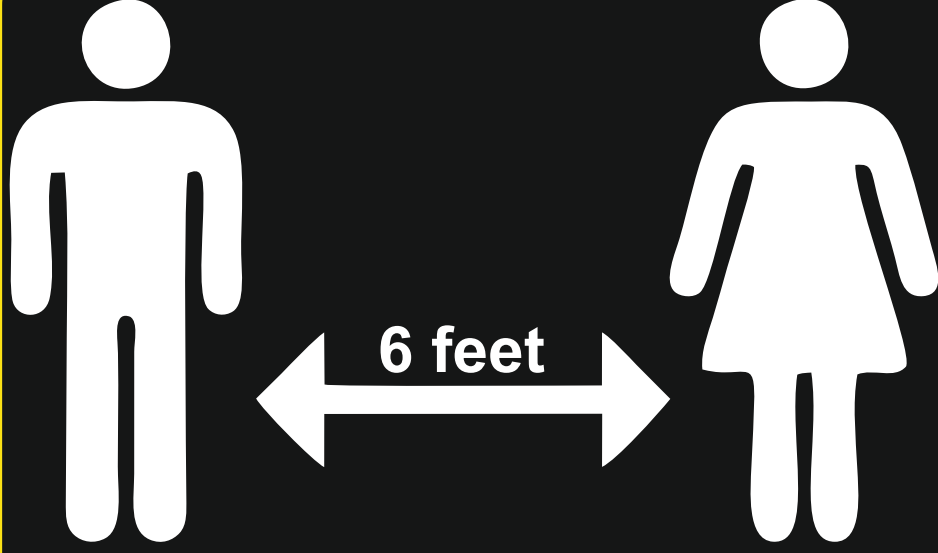
**Face mask  
must be worn**



**मुंह पर मास्क अवश्य  
लगाकर रखे**

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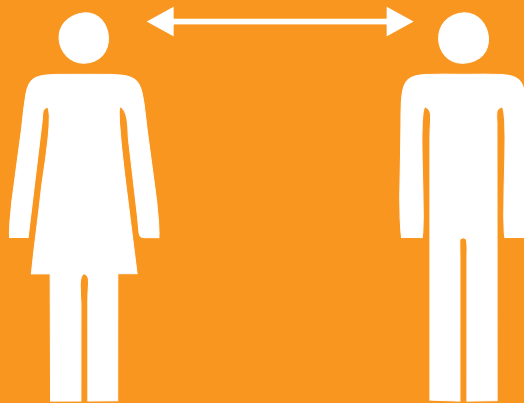
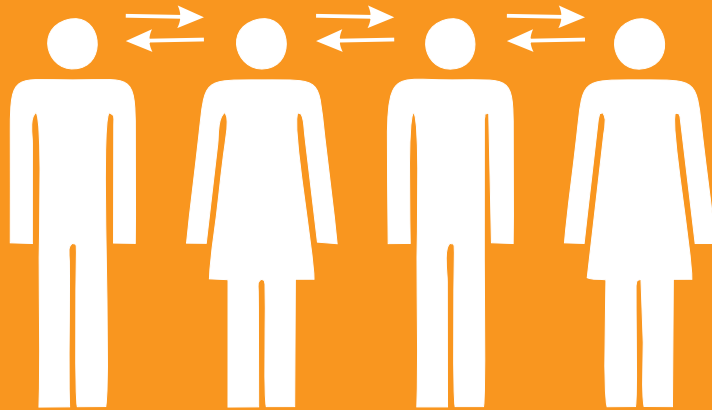
**PLEASE KEEP  
DISTANCE**

**कृपया दूरी बनाए रखे**

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# SOCIAL DISTANCING



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PRIMARY EDUCATION  
& RESEARCH





**No  
handshakes**



**No  
hugs**



**Just Smiles**



**Namaste**

# COVID - 19

## PREVENT THE SPREAD



### WASH YOUR HANDS OFTEN

With soap & water for at least 20seconds or use an alcohol based hand sanitiser.



### CLEAN & DISINFECT

frequently touched objects & surfaces.



### STAY HOME

If you are sick.



### WEAR A FACE MASK

If you are sick



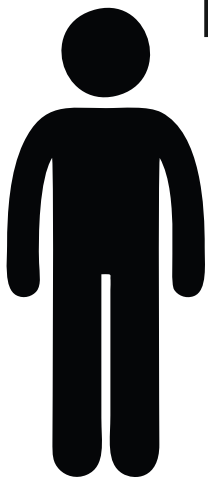
### AVOID TOUCHING

Your eyes, nose, & mouth  
With unwashed hands.



### COVER MOUTH & NOSE

With a tissue or your sleeve  
(not your hands)  
when coughing or sneezing.



**Please maintain  
distance**



**6 feet**

