

# **INFORMATION EDUCATION COMMUNICATION**

**GOVERNMENT  
POLYTECHNIC PORBANDAR**

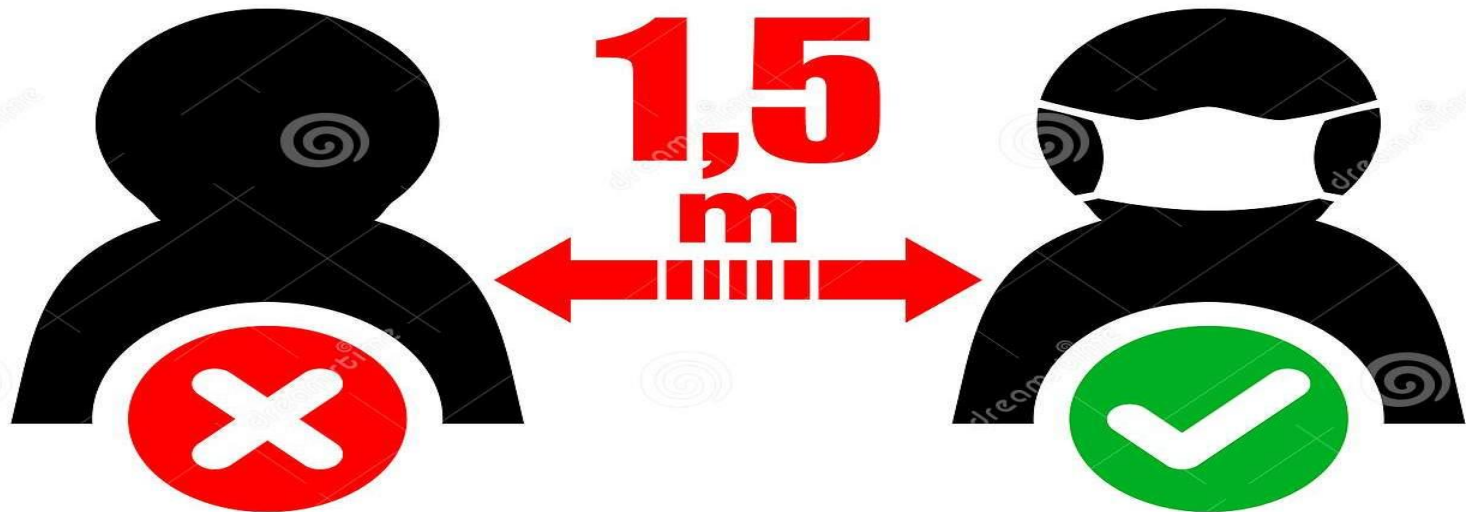
# MASK



**HELP US TO SAVE YOU**

# MASK & SOCIAL DISTANCING

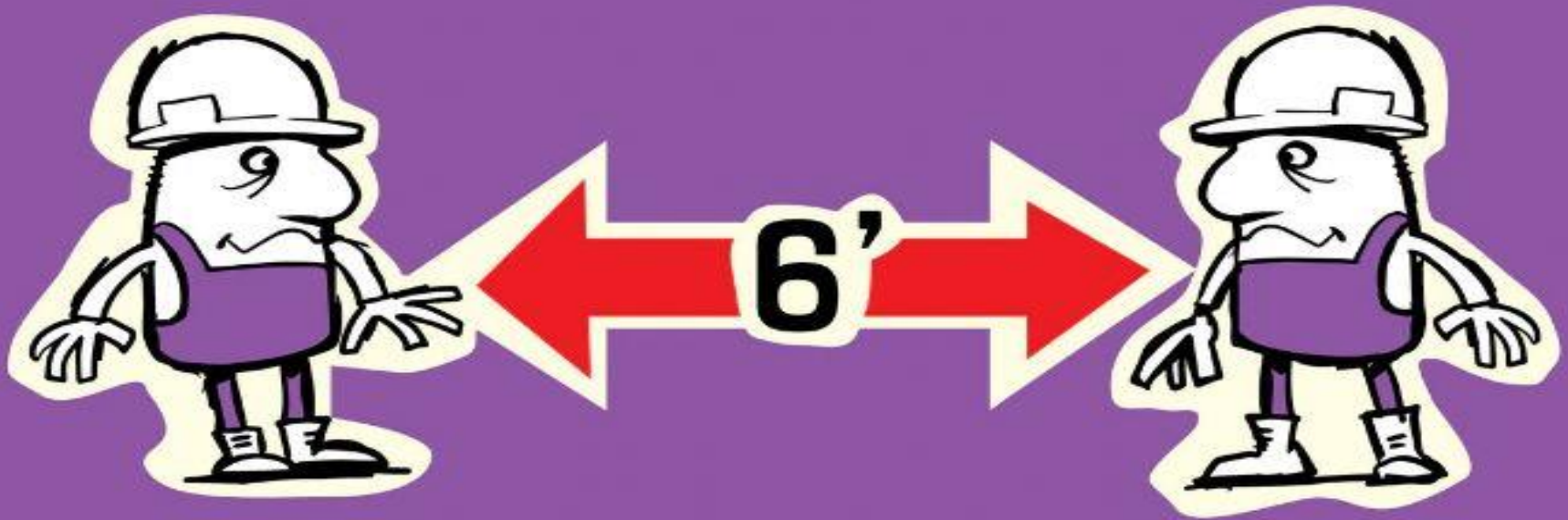
**NO ENTRY**  
**WITHOUT FACE MASK**



**PLEASE**  
**KEEP YOUR DISTANCE**

# SOCIAL DISTANCING

**KEEP YOUR DISTANCE**



**SOCIAL DISTANCING IS FOR  
EVERYONE'S SAFETY**



# HAND HYGIENE

## The Right Way to Wash Your Hands



**Wet hands under running water**



**Apply soap and rub palms together**



**Spread the soap lather over the backs of hands**



**Make sure soap gets in between fingers**



**Grip fingers on each hand**



**Make sure to clean thumbs**



**Press fingertips into palm of each hand**



**Dry thoroughly with clean towel or paper towel**

# IMMUNITY BOOST-UP PRACTICES

## 6 Immunity Booster Foods





# IMMUNITY BOOST-UP PRACTICES



# IMMUNITY BOOST-UP PRACTICES

## IMMUNE SYSTEM BOOSTERS



BERRIES

FRUITS



LEMONS



GINGER & SPICES

GREENERY &  
VEGETABLES





# REVERSE QUARANTINE

## WHO NEEDS PRIORITY CARE AGAINST COVID

➤ Those who are aged 60 years or more



➤ Have chronic lung disease or moderate to severe asthma

➤ Are immuno-compromised because of smoking, cancer treatment, organ transplantation, HIV/AIDS and prolonged use of corticosteroids



➤ Have severe obesity (body mass index of 40 and higher)



➤ Have diabetes, hypertension, chronic neurological conditions, kidney and liver disease