

COVID-19 is more likely to affect...



Senior citizens
(age >60 yrs).



People with **chronic lung disease** or moderate to severe **asthma, heart disease,**



People with **Immunocompromised** conditions;



People with **diabetes, hypertension and/or obesity.**

Take extra care!



Stay indoors and avoid guests and visitors as far as possible.



Maintain hand hygiene.



Clean and disinfect frequently touched surfaces at home.



If you have a caregiver, **ensure that they are healthy** with no underlying medical conditions



Consider ordering essentials and groceries **online.**



Continue with your prescribed medications on time



If you have to step out, **always wear a mask and maintain a distance of 2 metres (6 feet).**



Always **remain connected** with your loved ones.

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