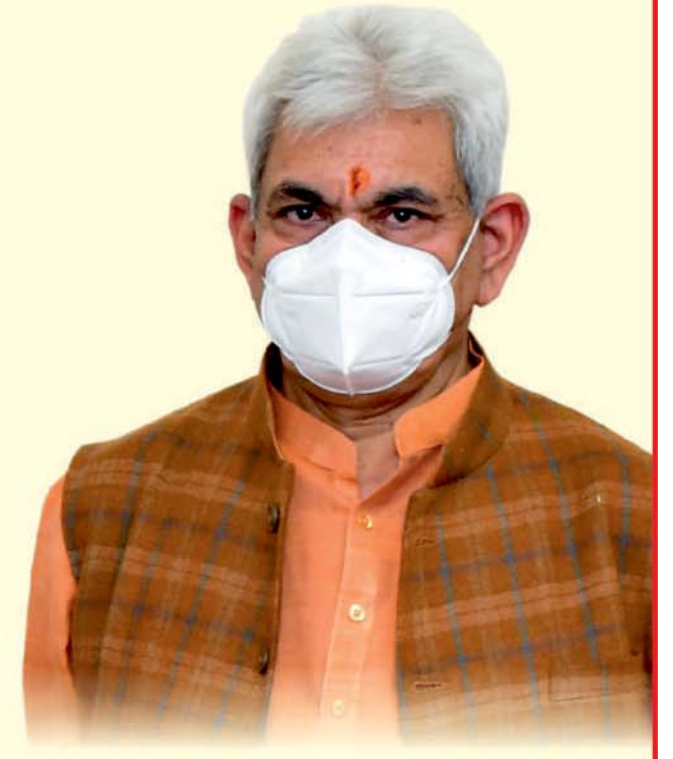


# Covid Appropriate Behaviour Mask Etiquettes



**Shri Manoj Sinha**  
Hon'ble Lieutenant Governor

Protect Yourself & Others from Coronavirus



Wear a Mask



Sanitise  
and  
Wash Your Hands



Maintain 6 ft.  
(2 Gaz)  
Physical Distance

Make sure your mask fits properly against your face



Use a triple layered medical mask or N95 mask



Tie the top string first while wearing it



Ensure mouth and nose are fully covered



Ensure you do not have any difficulty in breathing while mask is on



Do not touch the front of your mask with hands



Untie bottom string first while taking it off



Knotting the ear loops of the surgical mask and tucking in and flattening the material close to the face



Double masking (a cloth mask on top of a medical mask)

**Wear Double Mask Properly to Improve Protection from Corona**



**#Get Vaccinated**

**Safai, Dawai, Kadai, Jeetenge Corona se Ladai**



**LIVE PHONE IN PROGRAMME**

**Tele Consultation**



**GULISTAN CHANNEL**

COV-TALK With Doctors  
Daily 8:30 pm to 9:30 pm  
CALL: 0191-2520982

**AIR SRINAGAR**

Doctor on Radio  
Daily 3:00 pm to 3.30 pm  
Call on 0194-2452003,  
& 2480364

**DD KASHIR**

DOCTORS SPEAK  
Daily 8:15 am to 9:00 am  
& 8:30 pm to 8:30 pm  
CALL: 0194-2481813, 2481832

For any sort of query including medical advice  
Contact 24x7 Divisional Control Room

**Jammu:**

0191-2549676 / 2520982 / 2674444 / 2674115 / 2674908

**Kashmir:**

0194-2440283 / 2430581 / 2452052 / 2457313 / 2457312

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**HEALTH AND MEDICAL EDUCATION DEPARTMENT, J&K**

For Free Ambulance Service  
Please Call Toll Free no. 108



For any kind of Covid 19 query log on to [www.covidrelief.jk.gov.in](http://www.covidrelief.jk.gov.in)

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