



## Novel Coronavirus Disease (COVID-19)

# Advisory for Passengers travelling by Train



### Maintain hand hygiene:

- ▶ Wash or sanitize hands frequently



### Maintain respiratory hygiene:

- ▶ Respiratory diseases like COVID-19 spread through droplets of saliva, usually when people cough or sneeze, and when others come in contact with the droplets. So, cover nose and mouth with a tissue / handkerchief while coughing or sneezing
- ▶ Avoid touching your eyes, nose and mouth



### Wear a mask:

- ▶ It is mandatory to wear face covers / masks
- ▶ Avoid touching the face cover / mask
- ▶ Replace the mask with a new one as soon as it is damp and do not re-use single-use masks
- ▶ To remove the mask: remove it from behind (do not touch the front of mask)
- ▶ Clean your hands with alcohol-based hand rub or soap and water, every time after touching your mask
- ▶ Do not throw the used masks here and there



### Physical Distancing:

- ▶ Greet people without physical contact
- ▶ Keep a distance of at least 1 meter or maintain appropriate distance from others while in the train or at the railway station



### Do not follow unhealthy habits:

- ▶ Do not smoke.
- ▶ Do not chew tobacco, khaini, gutka
- ▶ Do not spit inside the train or from the window or on the platform. Spit only in the wash basin in the train toilet and then clean it with running water



### Clean up:

- ▶ Avoid touching frequently used surfaces/objects with bare hands
- ▶ Keep the windows open for circulation of air
- ▶ Do not share your personal items with co-passengers (phones, clothes, bedding, towels, eatables, toiletries etc)
- ▶ Ensure toilets are left clean after use and wash hands frequently



### Stay alert for any signs of illness:

- ▶ In case you develop cough / fever / difficulty in breathing inform Railway staff and follow their instructions



### Remember to:

- ▶ Download the Arogya Setu App
- ▶ Remember to keep practicing these simple DO's and Don'ts even afterwards and Be Safe



### Get the right information here-

- Government of India's national toll-free helpline-1075
- Ministry of Health and Family Welfare's website ([www.mohfw.gov.in](http://www.mohfw.gov.in))

