

# EVERYDAY ACTION FOR PREVENTION

FOLLOW  
COVID  
APPROPRIATE  
BEHAVIOUR  
(CAB)



EVERYDAY ACTION  
FOR PREVENTION

FOLLOW COVID  
APPROPRIATE  
BEHAVIOUR

**CAB - AT ALL PLACES, AT ALL TIMES**





**CAB - AT ALL PLACES, AT ALL TIMES**



**WEAR ....**

**WHEN YOU  
CARE ....**



**CAB - AT ALL PLACES, AT ALL TIMES**



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**WEAR YOUR FACE MASK**



**WHENEVER YOU GO OUT  
WHENEVER YOU ARE WITH OTHER PEOPLE**

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**CAB - AT ALL PLACES, AT ALL TIMES**





THE MASK SHOULD COVER  
YOUR NOSTRILS AND MOUTH

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**CAB - AT ALL PLACES, AT ALL TIMES**





IT IS NOT CORRECT IF THE MASK

\* COVERS ONLY THE MOUTH

\* SITS ON THE TIP OF THE NOSE

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**CAB - AT ALL PLACES, AT ALL TIMES**





THE MASK SHOULD COVER  
BOTH YOUR NOSTRILS AND  
MOUTH SO THAT WHATEVER  
AIR GOES IN IS FILTERED

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**CAB - AT ALL PLACES, AT ALL TIMES**







REMEMBER

A MASK IS NOT A NECK-TIE OR ORNAMENT OR CHIN-BAND

**CAB - AT ALL PLACES, AT ALL TIMES**





**MASK IS FOR YOUR OWN PROTECTION,  
NOT FOR TELLING OTHERS YOU HAVE ONE**

**CAB - AT ALL PLACES, AT ALL TIMES**





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**CAB - AT ALL PLACES, AT ALL TIMES**



# WEAR YOUR MASK

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WHEN SOMEONE COMES TO YOUR HOUSE



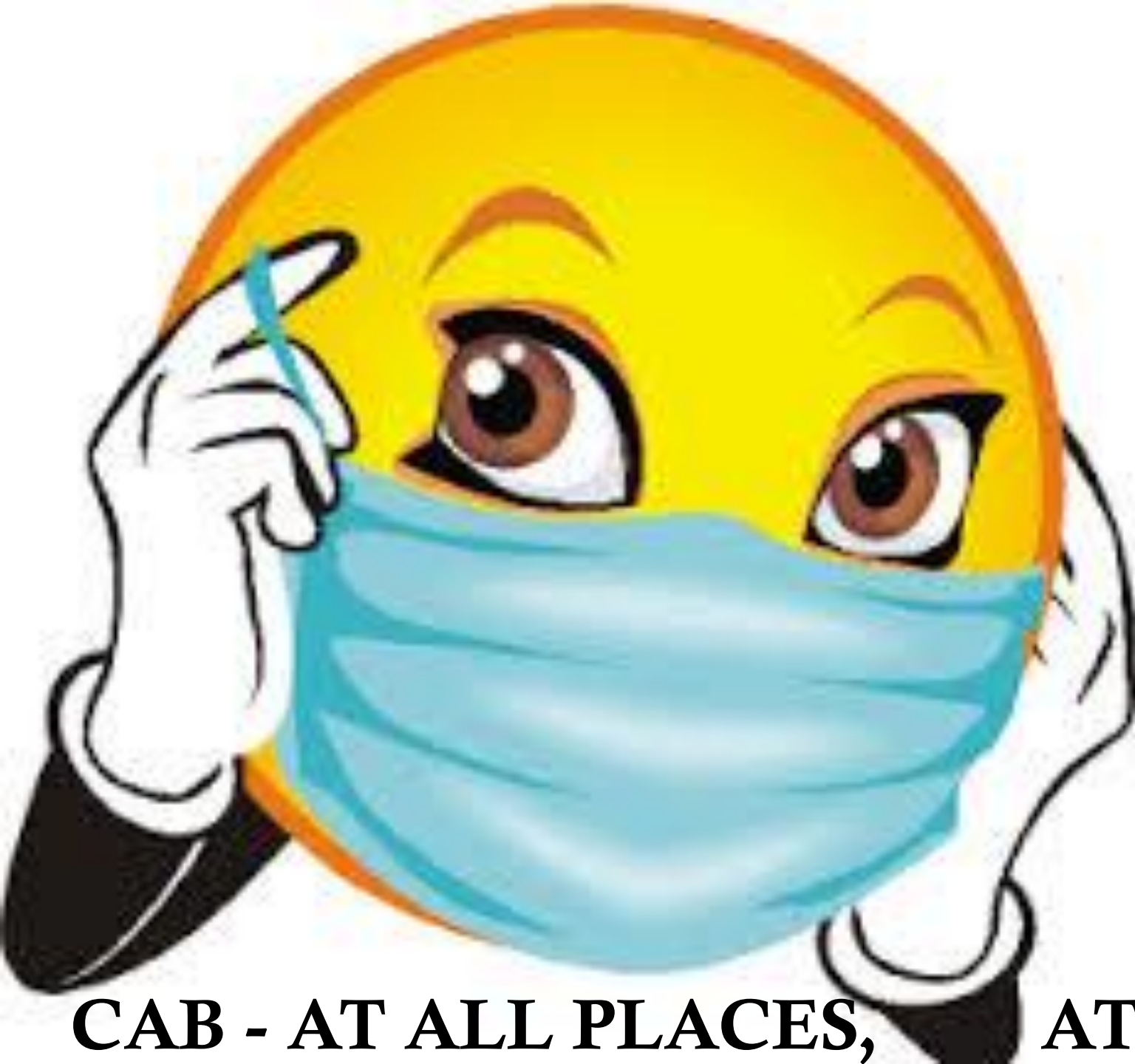
WHEN YOU ARE WITH OTHERS

WHEN YOU FEEL SICK OR HAVE SOME SYMPTOMS

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**CAB - AT ALL PLACES, AT ALL TIMES**





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IT IS NECESSARY TO  
WEAR A MASK  
WHILE COUGHING,  
SNEEZING

AND .....

SPEAKING & TALKING  
TOO

**CAB - AT ALL PLACES, AT ALL TIMES**



DISTANCE ....

IS THE  
SUBSTANCE

....

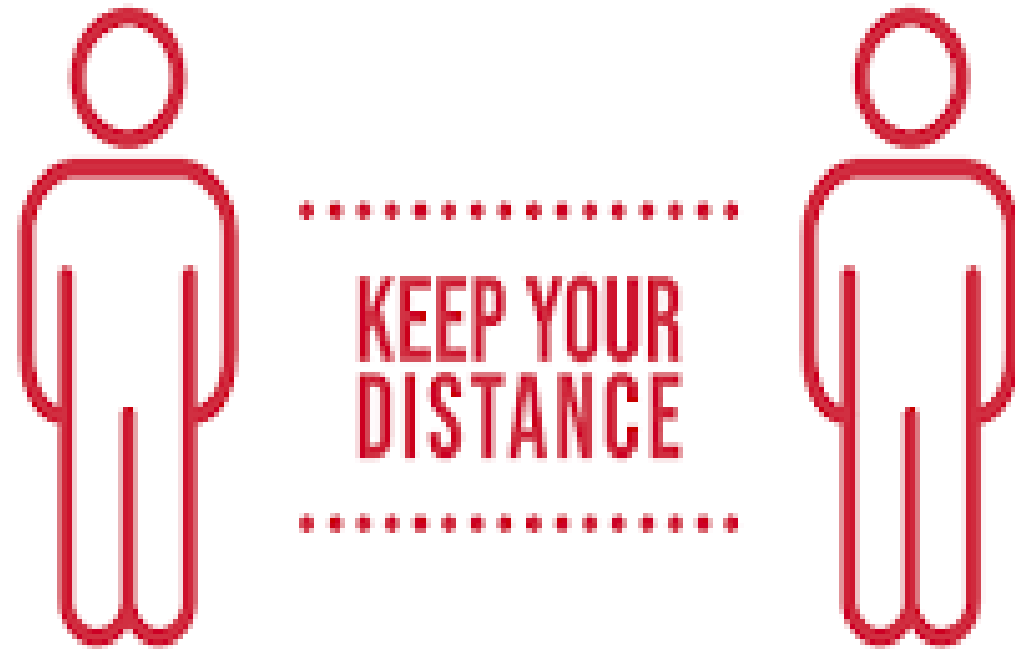


**CAB - AT ALL PLACES, AT ALL TIMES**



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# MAINTAIN DISTANCING



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**CAB - AT ALL PLACES, AT ALL TIMES**



**REMEMBER**

**DISTANCING KEEPS YOUR LOVED ONES NEAR YOU**



**CAB - AT ALL PLACES, AT ALL TIMES**





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**AVOID GATHERINGS**



**AVOID STREET CORNER CHATS**

**AVOID EATING IN A GROUP**

**AVOID TRAVELLING IN A CROWD**

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**CAB - AT ALL PLACES, AT ALL TIMES**



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YOU DON'T HAVE TO

\* TOUCH & TALK

\* HOLD HANDS & WALK



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**CAB - AT ALL PLACES, AT ALL TIMES**





**MAINTAIN A DISTANCE OF 6 FEET**

**IF NOT POSSIBLE  
AT LEAST 3 FEET MINIMUM**

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**CAB - AT ALL PLACES, AT ALL TIMES**



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# PRACTISE DISTANCING



AT COLLEGE  
IN THE LABORATORY  
AT HOME  
IN SHOPS & EATERIES  
AT BUS STOPS & PUBLIC  
PLACES

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**CAB - AT ALL PLACES, AT ALL TIMES**



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# PRACTISE DISTANCING



EVERY WHERE &  
ANYWHERE

EVERY TIME & ANYTIME

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**CAB - AT ALL PLACES, AT ALL TIMES**



CLEANLINESS...

.

IS GODLINESS

....



**CAB - AT ALL PLACES, AT ALL TIMES**



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# PRACTISE HAND & GENERAL HYGIENE



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**CAB - AT ALL PLACES, AT ALL TIMES**





WASH YOUR HANDS  
FREQUENTLY

WASH AFTER TOUCHING ANY  
OBJECT

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**CAB - AT ALL PLACES, AT ALL TIMES**





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**SANITISER IS NOT ALWAYS  
NECESSARY**

**SIMPLE SOAP & WATER WILL  
DO**



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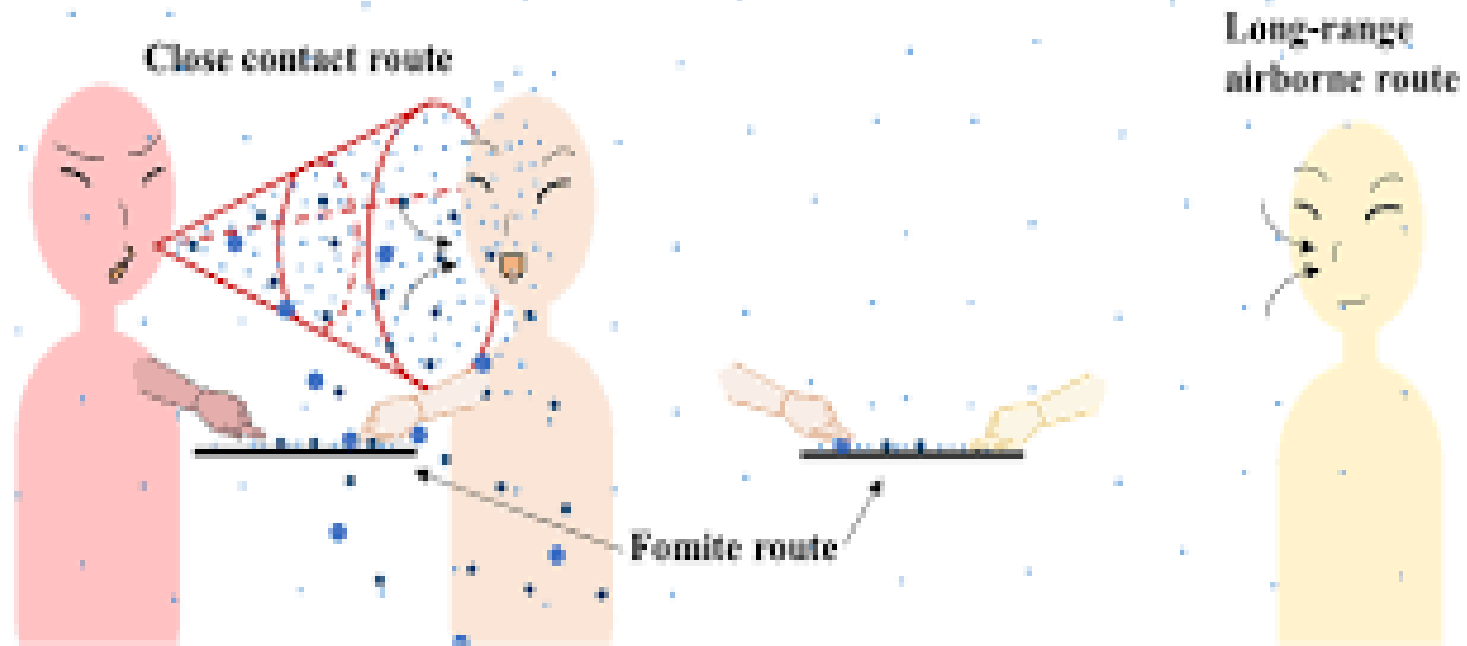


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## REMEMBER

OBJECTS, SURFACES  
MAY BECOME FOMITES

VIRUS CAN SPREAD  
FROM FOMITES



• Airborne droplets ( $d_0 \leq 10 \mu\text{m}$ )

• Respiratory droplets ( $d_0 > 10 \mu\text{m}$  and  $d_0 \leq 100 \mu\text{m}$ )

• Large droplets ( $d_0 > 100 \mu\text{m}$ )

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# CAB - AT ALL PLACES, AT ALL TIMES



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TO PREVENT FOMITE SPREAD

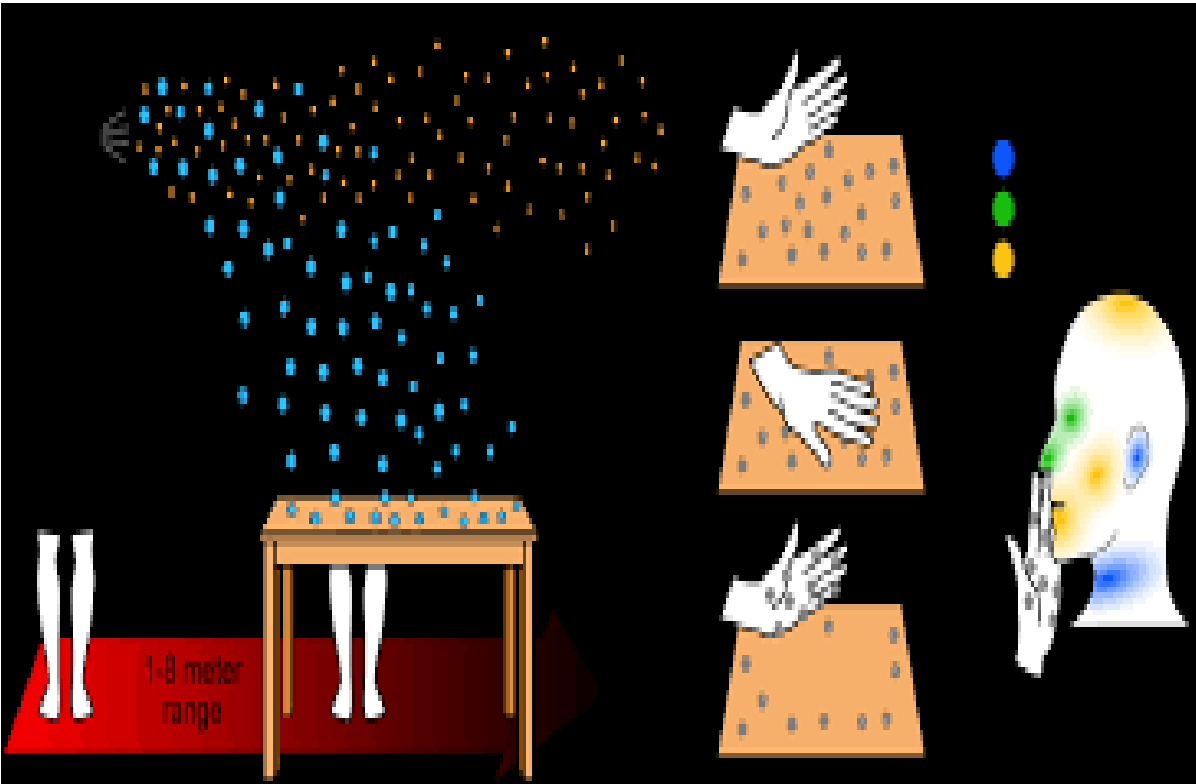
DON'T TOUCH YOUR NOSE OR MOUTH OR FACE WITHOUT CLEANING YOUR HANDS

KEEP SURFACES & OBJECTS CLEAN – CLEAN THEM PERIODICALLY



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**CAB - AT ALL PLACES, AT ALL TIMES**



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REMEMBER  
YOUR PHONE CAN BECOME A FOMITE  
DON'T TAKE IT OUT, IF YOU CAN AVOID IT



KEEP IT CLEAN

DON'T SHARE MOBILE PHONES

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**CAB - AT ALL PLACES, AT ALL TIMES**



**YOU CAN BE  
THE MODEL,**

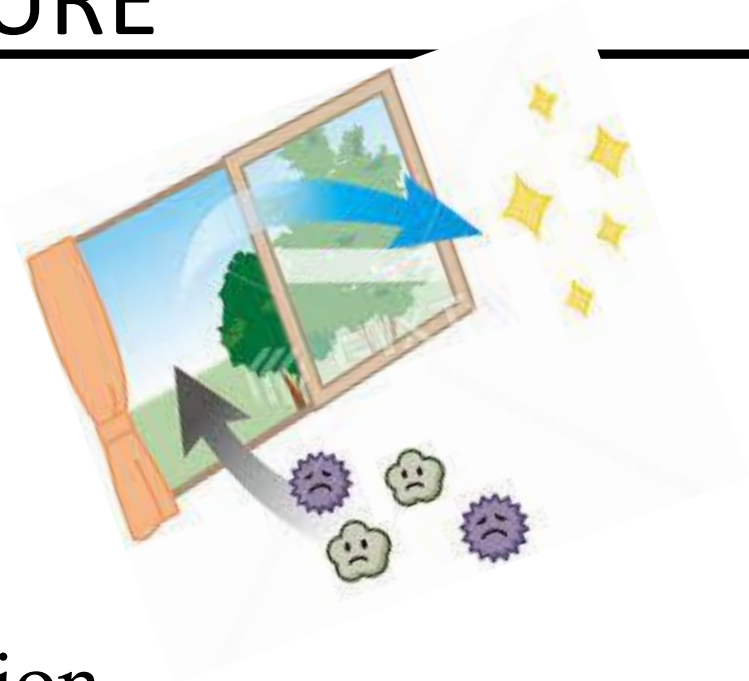
**YOU CAN LEAD  
THE WAY**



**CAB - AT ALL PLACES, AT ALL TIMES**



# ALSO ENSURE



- Good ventilation
- Open windows
- Contact or Physical Proximity is less than 15 minutes



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PLEASE SMS.....

S. Social or Physical Distancing

M.Mask use

S. Sanitising hands, Surfaces, Objects

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## AND REMEMBER VENT-15

- VENT – Adequate Ventilation
- 15 – Maximum of 15 Minutes interaction only



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YOU CAN BE THE  
MODEL,

YOU CAN LEAD THE  
WAY

TOGETHER WE CAN  
DO



**CAB - AT ALL PLACES, AT ALL TIMES**

