GOING OUT AND RETURNING HOME

Limit trips outside as much as possible. Combine multiple tasks when you go out

Have the **same person** in the household do all the shopping and other tasks outside the house, ideally not someone who is sick or elderly

BEFORE LEAVING HOME

Wear a mask or face covering

Optionally, an extra layer of clothing

WHILE OUTSIDE

Try not to touch any surfaces

Keep a distance of 1-2 m from others

WHEN YOU RETURN HOME

LEAVE FOOTWEAR OUTSIDE

KEEP A BUCKET OF SOAPY WATER AND SANITIZER NEAR AT THE ENTRANCE TO WASH HANDS AND CLEAN ITEMS

SOAK AND/OR WASH OUTDOOR CLOTHING AND MASK IN DETERGENT

TAKE A SOAP BATH AS SOON AS POSSIBLE, OR AT LEAST, WASH ALL EXPOSED SURFACES OF YOUR BODY AND FEET WITH SOAP

/indscicovid

Indian Scientists' Response to COVID-19