

Reduce your risk of COVID-19



Clean your hands often

Cough or sneeze in your bent elbow – not your hands!



Avoid touching your eyes, nose and mouth

Limit social gatherings and time spent in crowded places



Avoid close contact with someone who is sick

Clean and disinfect frequently touched objects and surfaces





COVID-19 Crisis



Ministry of AYUSH recommendations, based on Ayurvedic literature and scientific publications, for preventive health measures and boosting immunity with special reference to respiratory health.

Measures for Enhancing Immunity

- ① Drink warm water throughout the day.
- ① Daily practice of Yogasana, Pranayama and Meditation for at least 30 minutes.
- ① Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) recommended in cooking.

Simple Ayurvedic Procedures

- ① **Nasal Application**– Apply Sesame Oil/Coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- ① **Oil Pulling Therapy**– Take 1 table spoon Sesame or Coconut Oil in mouth. Do not drink, swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

Ayurvedic Immunity Enhancing Tips

- ① Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
- ① Drink Herbal Tea/Decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black Pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (Natural Sugar) and/or fresh Lemon Juice to your taste, if needed.
- ① Golden Milk- half tea spoon Haldi (Turmeric) powder in 150 ml Hot Milk - once or twice a day.

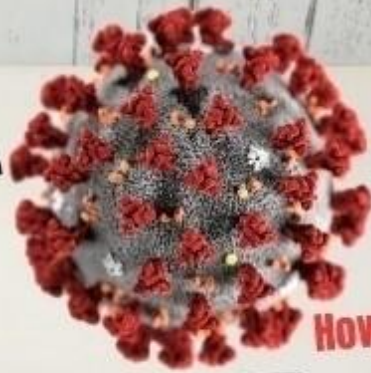
Immunity Boosting Measures for Self-Care

Actions During Dry Cough/Sore Throat

- ① Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway Seeds) can be practiced once in a day.
- ① Lavang (Clove) powder mixed with Natural Sugar/Honey can be taken 2-3 times a day in case of cough or throat irritation.
- ① These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

NOTICE OF USING ATM AMID COVID-19 EPIDEMIC





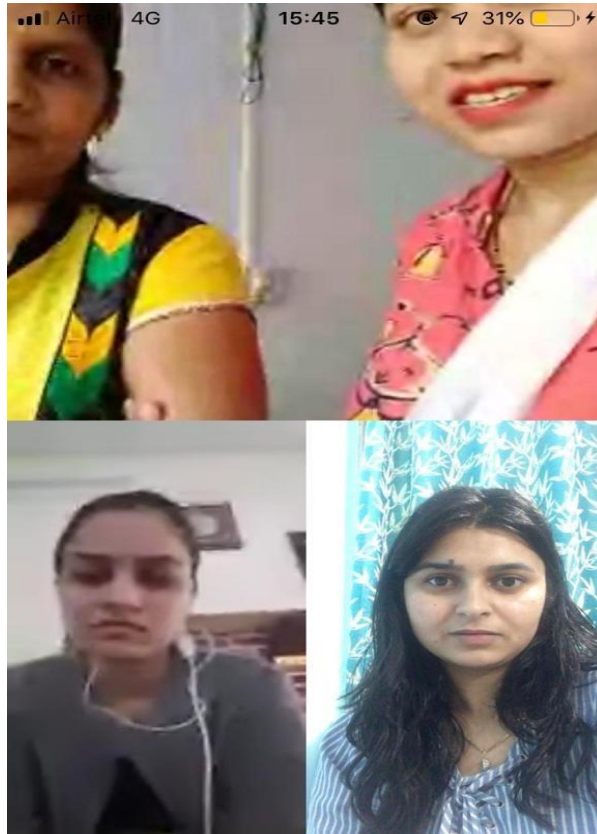
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COVID 19

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