Reduce your risk of coronavirus infection:



Wash your hands with soap and water or frequently clean by using alcohol-based hand rub

When coughing and sneezing cover mouth and nose with flexed elbow or tissue- throw tissue away immediately and wash hands

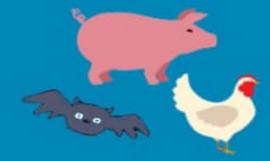




Avoid close contact with anyone who has fever and cough

Thoroughly cook meat and eggs





Avoid unprotected contact with live wild and farm animals











तस्र्यात्रस्यात्रवर्षाण्यायात्रस्य । स्याप्तर्यस्य स्याप्तरस्य । स्याप्तरस्य

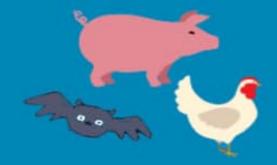
म्यात्तर्, र्ष्णाश्चिषःम्यात्रिःम्यान्यत्वः न्या वर्षाः वर





A.रेट.झूट.रू.वा.क्.ज़बन:सूथ.झॅ.वर्ड्स.रेग्री





देव् श्रुर उक्त त्या त्या त्येव स्था त्या स्था के से ते राज्य के से ते राज्य के से ते राज्य के से ते राज्य के स









Protect yourself and others from getting sick

Wash your hands



- After coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After toilet use
- When hands are visibly dirty
- After handling animals or animal waste











- र्म्युमाययम् त्विष्ठसायसायम् । विष्णुम्
- वर्गः श्रुरः चल्वा तयर लेवा. • वर्गः श्रुरः चल्वा तयर लेवा.
- चित्राः स्त्रीं स्त्राः चर्चः स्वर्धः स्वरं स्वर
- पर्षेत्रःसूर्यःयःच्यःपर्यःहेःयः ध्यापाःत्वसुर्यः
- म्यायम् । त्यु । त्यायम् । त्यु । त्यायम् ।
- श्रम्भान्डवार्ष्यात्राप्त्रम्याः









Help to reduce the risk of Coronavirus (COVID-19) infection





Disinfectant Surfaces like dashboad, steer wheel, seat, door handle and mobile phones regularly.

Always keep hand sanitizer for you and your passanger.



For more information dial hotline No.2121

www.health.gov.bt,

🛂#MoHBhutan 🌃 Ministry of Health 🌀 ministryofhealthbhutan_



Always use face mask



दश्च या वर्ष र के वी वर ये वि र वि वर्ष र वि वर वि वर्ष प्रति वर्ष के वर्ष वि (COVID-19) त्रश्चनायाः बुद्धः व्यवश्चाया







श्रुम पार्वर की होगाय दर हीर पार्वर हेंद हो



वियोशन में दूर ले नर्मे प्रत्मे अर्थ अर अअ ले प्रमृत मायम योगर

नुसम्बुद्धाया रहा या यो यो तहार दुवी

www.health.gov.bt,



#MoHBhutan Ministry of Health @ ministryofhealthbhutan







Question: Can I visit the hospital for my regular check up? (example pregnancy, diabetes and hypertension follow up or appoinments, etc)

Answer: Yes, there is no problem in visiting the health faciliites for your regular follow ups. The only advise is that people should maintain good hygiene at all times.







Question: Can I travel to other places within Bhutan?

Answer: There is no travel restriction for any Bhutanese to travel within the country, however, we request everyone to maintain good hygiene at all times.

For any queries related to COVID-19, please call 2121.







Question: Can drinking alcohol kill the corona virus?

Answer: Drinking alcohol cannot kill the virus since the virus infects the lungs. Alcohol is only effective as an antiseptic when used as an alcohol-based hand rub.







Question: What are the symptoms of a person infected with corona virus?

Answer: In most cases the infected person will show flu like symptoms such as fever, cough and shortness of breath.





ADVISORY



For flu and cough, please visit the dedicated Flu Clinics.

For other health services, please continue to visit the nearest health facility.





Ministry of Health, Bhutan



APPEAL



Hotline 2121 is for COVID-19 related queries.

Hotline 112 is for Ambulatory Services

We request the public to refrain from making prank calls to these hotline numbers.

Prank calls can delay the delivery of critical and life saving health services.







Contact Person for COVID-19 Home Quarantine

Sl.No	Name	Mobile No.
1	Mr. Rixin Jamtsho (Coordinator)	17606984
2	Dr Chencho Dorji	17296890
3	Dr Kesang Dorji	77232566
4	Dr Dorji Tsheing	17517821
5	Dr Tandin Zangpo	17828860
6	Dr Ugyen Wangdi	17733500
7	Dr Tshokey	17589485
8	Dr Thinley Pelzang	77391619
9	Dr Palden Wangchuk	17827843