

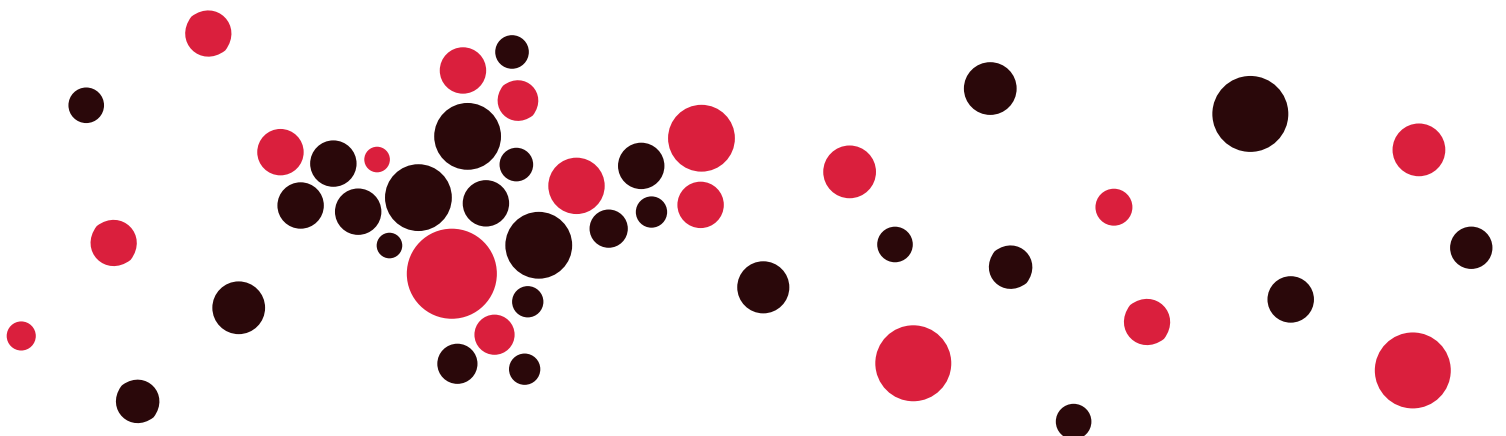
THE CHOPRAS GROUP IS BECOMING

tc global

**CORONAVIRUS**



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**Guidelines on How to Stay Safe**



Hello everyone,

Hope you are in good spirits. We say this because, in light of the current grim scenario, we all need to keep our chins up. Yes, the virus is worrying, but we need to stay positive.

We don't know what's in store and we can't control how the virus will spread and affect us. What we can control, however, is our own behavior.

It is **absolutely imperative that we take all precautions we can to stay safe.**

**So here are the guidelines that you need to follow to the T!**

- ✚ Wash your hands frequently and thoroughly
- ✚ Do not touch your face (hard but not impossible)
- ✚ Skip the handshake - Namastes or Air Bumps will do
- ✚ Sneeze/Cough into a tissue and dispose it of properly
- ✚ Stay away from people who seem to have a cold
- ✚ Stay home if you feel unwell
- ✚ If you have any of the following symptoms, talk to us virtually
  - Cough
  - Fever
  - Shortness of breath (difficulty in breathing)
- ✚ If you've travelled recently, especially to and from the following countries over the last 14 days, talk to us virtually.
  - China
  - Italy
  - South Korea
  - Iran
  - France
  - Spain
  - Germany
  - Switzerland
  - Netherlands
  - UK
  - USA
  - Hong Kong
  - Singapore
  - Malaysia

Do reach out to us if you have any questions.

