



ROTARACT CLUB OF AGURCHAND MANMULL JAIN COLLEGE SHIFT-II

PROUDLY PRESENTS

# POSITIVE CARE

THIS PROJECT IS TO CREATE AN AWARENESS AMONG THE PEOPLE ABOUT THE DO'S AND DON'T, IF A PERSON IS TESTED POSITIVE FOR COVID19.



RTR.HARISH  
PRESIDENT 20-21

RTR.DEEPAK  
SECRETARY 20-21

**PROJECT NAME:** Positive care

**PROJECT DESCRIPTION:** This project is to create an awareness among the people about the do's and don't, if a person is tested positive for covid19. These information are shared as posters by the hierarchy of the college management in downward flow.

**PROJECT DATE:** 07/05/2021 (started)



Rotary Opens Opportunities



Rotaract  
Since 1932



## ROTARACT CLUB OF AGURCHAND MANMULL JAIN COLLEGE SHIFT-II

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# POSITIVE CARE

### DO's

1. DRINK ALL HOT, EAT ALL HOT
2. CHECK YOUR SP02 EVERY ONE HOUR, IF BELOW 93, CONTACT HELPLINE.
3. USE SEPARATE BATHROOM
4. EAT HEALTHY FOOD

**HARISH**  
**PRESIDENT 20-21**

### DON'Ts

1. EAT UNCOOKED FOOD
2. USE AIR CONDITIONER
3. TOUCH YOUR FACE, EYES AND NOSE
4. USE PUBLIC TRANSPORT

**RTR.DEEPAK**  
**SECRETARY 20-21**



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Club of 1935



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### DO's

1. TAKE MEDICATIONS PROPERLY WITH THE CONSENT OF A DOCTOR.
2. WRAP WARM CLOTH AROUND YOUR NECK
3. DRINK HOT WATER
4. GET PROPER SLEEP

**RTR.HARISH**  
PRESIDENT 20-21

### DON'Ts

1. SKIP YOU MEALS, EVEN IF YOU AIN'T FEELING HUNGRY.
2. TOUCH FRONT PART OF YOUR MASK
3. SPIT ON SURFACES
4. HAVE PHYSICAL CONTACT WITH OTHERS.

**RTR.DEEPAK**  
SECRETARY 20-21





Rotary Opens Opportunities



Rotaract  
Clear it, Solve it



## ROTARACT CLUB OF AGURCHAND MANMULL JAIN COLLEGE SHIFT-II

PROUDLY PRESENTS

# POSITIVE CARE

### DO's

1. KEEP UPDATING YOUR SYMPTOMS TO YOUR CARETAKER.
2. EAT FRUITS AND VEGETABLES
3. PRACTICE BREATHING EXERCISES
4. BE ACTIVE

**RTR.HARISH**  
PRESIDENT 20-21

### DON'Ts

1. STAY IN A SEALED ROOM
2. TOUCH UNCLEAR SURFACE
3. EAT JUNK FOOD
4. WEAR UNCLEAR CLOTHES.

**RTR.DEEPAK**  
SECRETARY 20-21