* **GENERAL INSTRUCTION FOR BIOMETRIC**

***STAY SAFE AND HEALTHY***

* Instructions to be followed while marking your **BIO-METRIC.**

1. Hands should be washed thoroughly with soap and water using hand-washing technique at least for 20seconds & dry your hands accordingly before and after marking.

2. To maintain 1-2 Meter distance at work places (while standing in **QUEUE**as well).

3. Focus on good health etiquettes such as covering cough and sneeze with the elbow andWashing hands.

* Here some ideas to stay healthy:

🏃‍Be active

🥕 Eat healthy

🚭Don’t smoke

🧘‍ Meditate

📚Read books

***(Initiative taken by Akal College of Nursing and akal charitable hospital Baru Sahib)***

**THANKYOU**