

A Guidebook on  
**Combating Covid 19**  
as **#OneVedanta**





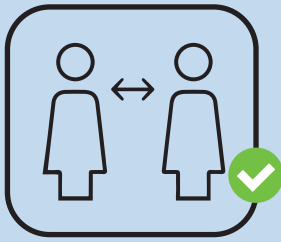
## Introduction

The Covid 19 pandemic has led to unprecedented and unanticipated challenges requiring collective action and support from all. This guidebook aims to list down DO's and DON'T's which are critical to winning the fight against the deadly virus.

**For healthcare assistance,  
please call the Apollo helpline: 18605003475**

\*dedicated to Vedanta employees, for general ailments only

## DO's:



Social distancing



Wear mask/face cover



Wash hands



Maintain hygiene



Disinfect regularly

## DON'T's:



Avoid touching eyes,  
nose and mouth



Avoid unnecessary travel



Do not share



Do not spit



Do not hesitate to get help

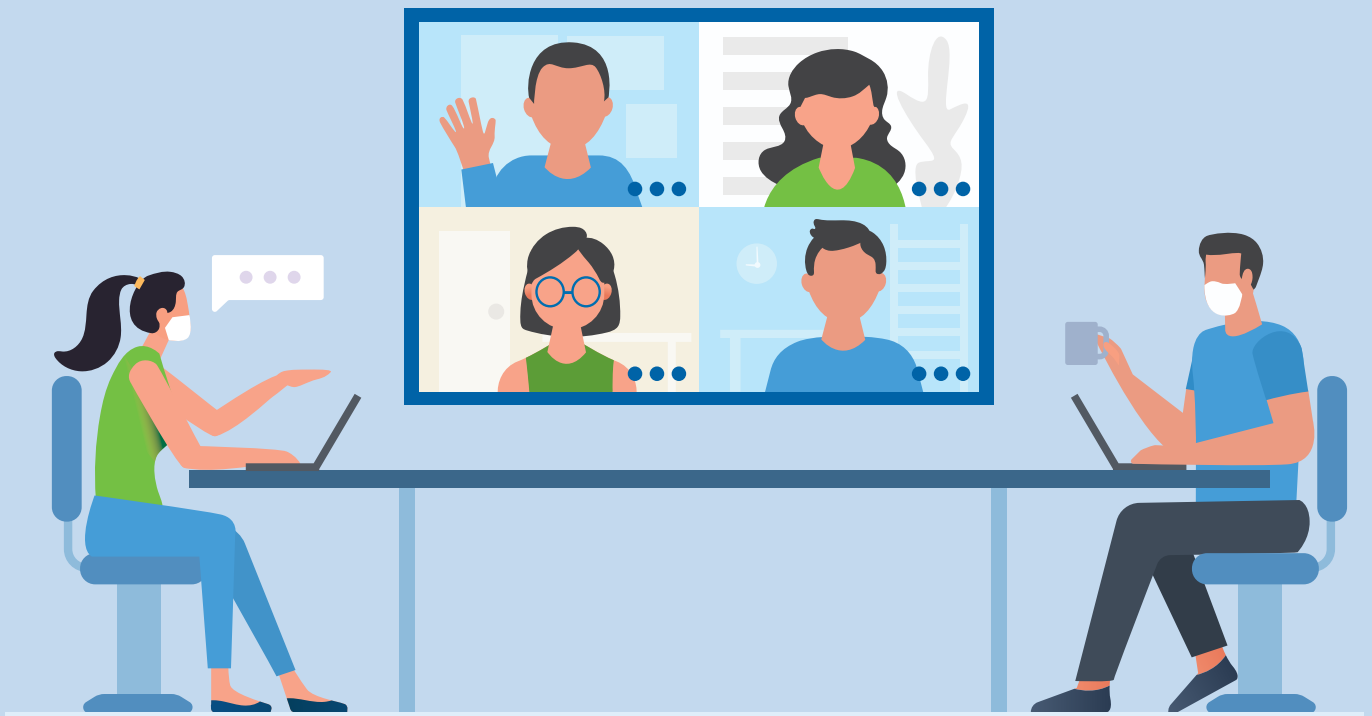
# Social Distancing

**Maintain physical distance (6 feet) in all public places.**



## Social Distancing

**Ensure distancing in office too - connect virtually whenever possible.**



## Social Distancing

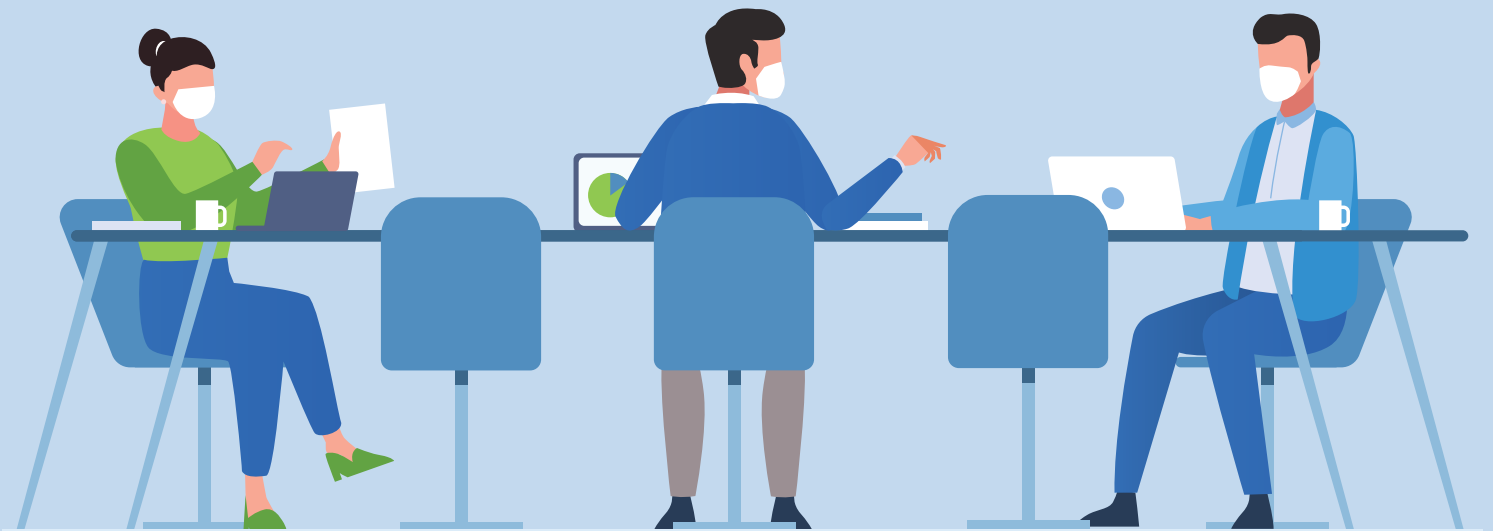
**Greet without physical contact  
'Namaste!'**



## Wear Mask/Face Cover

**You MUST wear a mask when you are**

- 1. Traveling**
- 2. In a room with other people**
- 3. Showing signs of cough/cold**



## Wear Mask/Face Cover

### How to wear a mask – 6 steps





# Wash Hands

**Wash your hands frequently and thoroughly with soap and water.**



Wet hands



Apply soap



Rub hands palm to palm



Lather the back of both hands



Scrub between your fingers



Rub the back of fingers on the opposing palm



Clean thumbs



Wash fingernails and fingertips



Rinse hands



Dry with a single use towel



Use the towel to turn off the faucet



Your hands are clean

**Alternative – Use alcohol-based hand sanitizer.**

## Maintain Hygiene



**Cover your nose and mouth with a handkerchief/tissue when you cough/sneeze.**

**Alternative - Cough/sneeze into your elbow.**



## Maintain Hygiene

**Use elbows/arms  
to open doors.**



**Sanitize your hands if you touch  
any common surfaces such as  
lift buttons, door handles, etc.**



## Disinfect Regularly

**Regularly clean and disinfect frequently touched surfaces.**



**Infected droplets are likely to settle on surrounding surfaces – don't forget to use gloves.**

## **AVOID Touching Eyes, Nose and Mouth**

**Hands touch many surfaces and may pick up the virus - once contaminated, hands can transfer the virus to your body through eyes, nose and mouth.**



## **AVOID Unnecessary Travel**

**Travel only if it is absolutely essential.  
Preferably use your own transport.  
Wear mask and carry sanitizer.  
Ensure social distancing, and open the  
windows for fresh air ventilation.**



## **AVOID Unnecessary Travel**

**Limit going to social gatherings and say no to crowded places.**



## DO NOT Share

**No sharing food, water or even office stationery.  
In these Covid times, NOT sharing is caring.**





## DO NOT Spit

**Your saliva may be carrying the virus, and spitting increases the risk of spreading Covid.**



## DO NOT Hesitate To Get Help

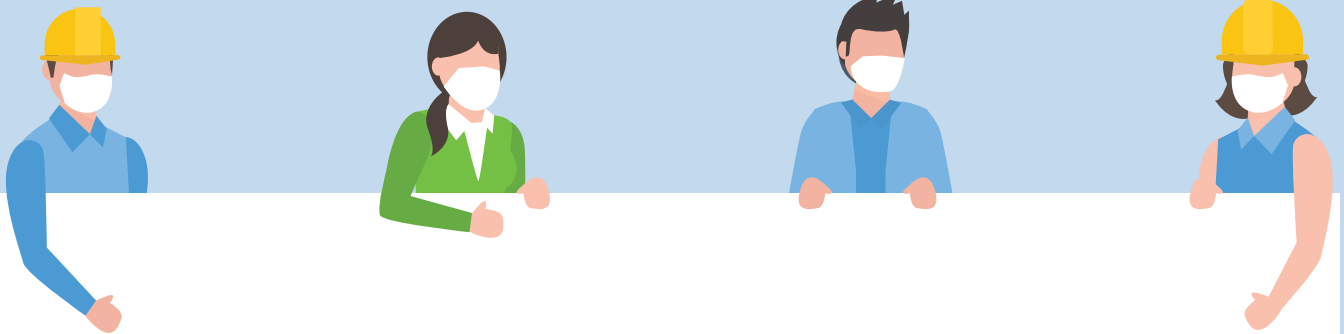
**Do not fear to disclose your symptoms – earlier you seek help, faster you will beat the disease.**

**Do not ignore or suppress feelings of anxiety or distress.**



## Fundamental Law Of Protection

**Consider everybody around you as an asymptomatic carrier of Covid 19, capable of infecting you. Consider yourself too as an asymptomatic carrier of Covid 19, capable of infecting those around you. Train yourself and follow health practices to neither get infected nor infect others.**



# RESPONSIBLE CITIZEN

Together, we shall overcome  
**#OneVedanta**

## Emergency Contacts

**National Helpline - 1075 (toll free) +91 11 23978046**

State	Emergency Contact	Source
<b>Delhi</b>	State helpline - 011 22307145	Ministry of Health & Family Welfare <a href="https://www.mohfw.gov.in/">https://www.mohfw.gov.in/</a>
<b>Haryana</b>	State helpline - 8558893911 Gurugram - 0124 2322412 +91 9953618102	Govt. of Haryana <a href="https://haryana.gov.in/helpline/">https://haryana.gov.in/helpline/</a>
<b>Punjab</b>	State helpline - 104 0172 2920074 +91 8872090029	Govt. of Punjab, Dept. of Health & Family Welfare <a href="http://pbhealth.gov.in/">http://pbhealth.gov.in/</a>
<b>Rajasthan</b>	State helpline - 104/108 (toll free) 0141 2225000 0141 2225624 WhatsApp chatbot - +911412225624	Govt. of Rajasthan, Dept. of Medical, Health & Family Welfare <a href="http://www.rajswasthya.nic.in/">http://www.rajswasthya.nic.in/</a>
<b>Gujarat</b>	State helpline - 104 Health - 079 23250818 SEOC - 079 23251900 WhatsApp - +91 7433000104	Govt. of Gujarat, Health & Family Welfare Dept. <a href="https://gujhealth.gujarat.gov.in/corona-virus-guidline.htm">https://gujhealth.gujarat.gov.in/corona-virus-guidline.htm</a>
<b>Maharashtra</b>	State helpline - 020-26127394	Ministry of Health & Family Welfare <a href="https://www.mohfw.gov.in/">https://www.mohfw.gov.in/</a>
<b>Orissa</b>	State helpline - 104 +91 9439996555	Govt. of Odisha, Dept. of Health & Family Welfare <a href="https://health.odisha.gov.in/">https://health.odisha.gov.in/</a>
<b>Chhattisgarh</b>	State helpline - 104 0771 2235091	+91 8651036009 <a href="mailto:Sandeep.Acharya@vedanta.co.in">Sandeep.Acharya@vedanta.co.in</a>
<b>Jharkhand</b>	State helpline - 104/181 1950 (toll free) 0651 2282201	Govt. of Jharkhand <a href="http://www.jharkhand.gov.in/Home/Covid19Dashboard">http://www.jharkhand.gov.in/Home/Covid19Dashboard</a>
<b>Goa</b>	State helpline - 104 Food helpline - +91 9423890077 (North Goa) +91 9423890066 (South Goa)	Govt. of Goa <a href="https://www.goa.gov.in/covid-19/">https://www.goa.gov.in/covid-19/</a>
<b>Karnataka</b>	State helpline - 104/1075 080 46848600 080 66692000 +91 9745697456 Food helpline - 155214	Govt. of Karnataka <a href="https://covid19.karnataka.gov.in/page/Hotline/en">https://covid19.karnataka.gov.in/page/Hotline/en</a>
<b>Andhra Pradesh</b>	State helpline - 0866 2410978	Ministry of Health & Family Welfare <a href="https://www.mohfw.gov.in/">https://www.mohfw.gov.in/</a>
<b>Tamil Nadu</b>	State helpline - 044 29510500	0461 424 2181 <a href="mailto:R.Kailasam@vedanta.co.in">R.Kailasam@vedanta.co.in</a>



ZINC-LEAD-SILVER | OIL & GAS | ALUMINIUM & POWER | COPPER | IRON ORE & STEEL

**VEDANTA LIMITED**

1st Floor, 'C' wing, Unit 103, Corporate Avenue, Atul Projects, Chakala,  
Andheri (East), Mumbai-400093, Maharashtra  
CIN: L13209MH1965PLC291394 | [www.vedantalimited.com](http://www.vedantalimited.com)