



**Ministry of Social Justice and Empowerment
Government of India**

Advisory for Transgender Persons for Covid-19

This is an advisory for Transgender Persons on how to protect themselves from Covid-19 during current situation.

Do's	Don'ts
<ol style="list-style-type: none">1. Transgender Persons are advised to get vaccinated to reduce the risk of Covid-19. As per guidelines issued by MoHFW (available on website https://www.mohfw.gov.in/covid_vaccination/vaccination/faqs.html), All those aged above 18 can register for vaccination on the CoWIN platform and Aarogya Setu App. Following ID's are accepted on the portal:<ul style="list-style-type: none">• Aadhaar card• Driving License• PAN card• Passport• Pension Passbook• NPR Smart Card• Voter ID Card (EPIC)2. As per information available on MoHFW website, if a person does not have a mobile number, person can take help from others for registration. Up to 4 people can be registered for vaccination using the same mobile number.3. Keep the list of addresses and contact numbers of Health Care	<ol style="list-style-type: none">1. Don't come in close contact with someone who is having fever/cough/breathing difficulties.2. Don't shake hands or hug your friends and near ones.3. Don't go to crowded places like parks, markets and religious places.4. Don't cough or sneeze into your bare hands.5. Don't touch your eyes, face, and nose.6. Don't self-medicate.7. Don't go out unless it is absolutely essential.8. Don't invite friends or people from outsider.

Centres/Hospitals/Ambulance and other services in the locality.

4. Due to Summer, avoid dehydration. Consume adequate amount of water.
(Caution for individuals with pre-existing Heart and Kidney disease).
5. Stay within the place of residence all the time.
6. Avoid having visitors at place of residence.
7. If meeting is essential, maintain a distance of 2 yards.
8. If living alone and feeling ill, one can consider depending on healthy neighbours for acquiring essentials for home.
9. Avoid small and large gatherings at all cost.
10. Remain actively mobile within the place of residence.
11. Consider doing light exercise and yoga.
12. Practice meditation.
13. Maintain hygiene by washing hands properly with soaps for at least 20 seconds, especially before having meals and after using the washroom.
14. Clean frequently touched objects with disinfectant regularly.
15. Sneeze and cough either into your elbow or into tissue paper/handkerchief. After coughing

or sneezing dispose of the tissue paper in a closed bin/wash your handkerchief and hands thoroughly.

16.Ensure proper nutrition through home cooked fresh hot meals, hydrate frequently and take food which boosts immunity.

17.Monitor your health. If you develop fever, cough and/or breathing difficulty or any other health issue, immediately contact nearest health care facility and follow the medical advice.
