

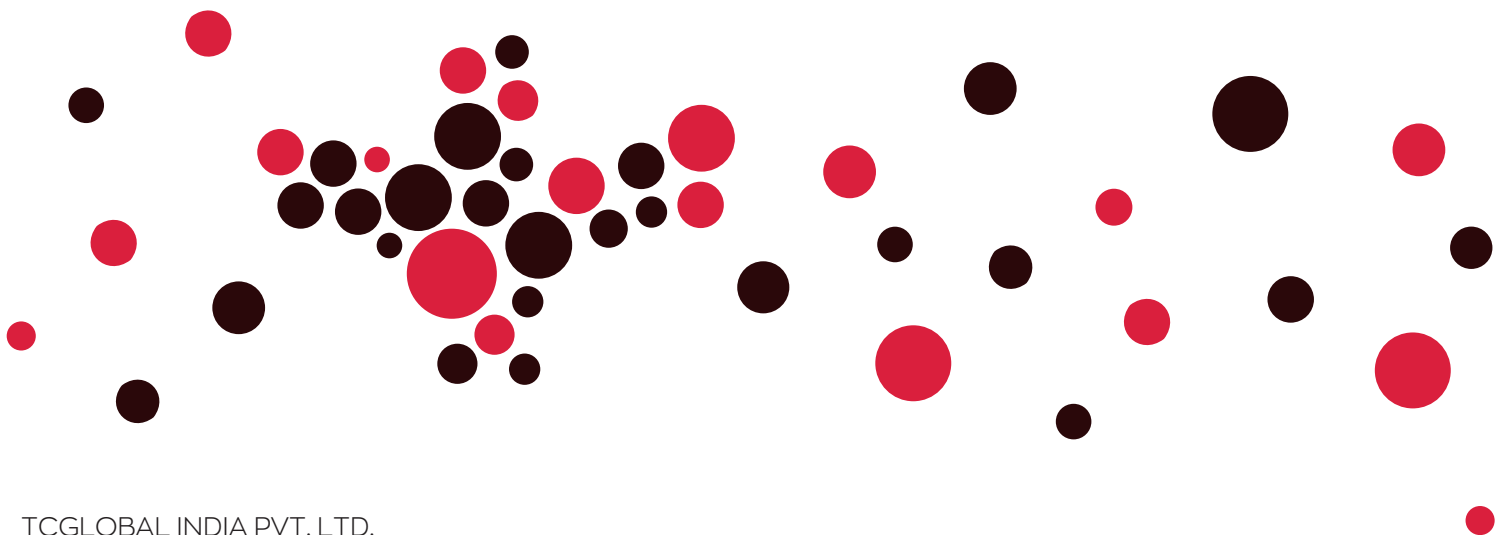
THE CHOPRAS GROUP IS BECOMING

tc↓global

CORONAVIRUS



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Guidelines on How to Stay Safe



Hello everyone,

These are trying times and the only thing to do right now is to focus on staying safe and staying fit. At TC Global, we care about our community, and we hope you ride this wave safely.

At a time like this, we want to reinforce the importance of following protocol, and not losing focus. True, that we're tired of fighting the virus, but this is not the time to give up. This is the time to pull ourselves together, and stay the course.

It's been over a year since the pandemic was declared, and there are a few things we know, and many we don't.

Let's focus on what we need to keep doing. Here are some key points to remember.

- ✚ Masks work. Double masking works better – it is said to reduce the risk of getting the virus significantly.
- ✚ Also, remember that following protocol of mask wearing is critical. [Here's a superb link](#) that tells you all about the dos and don'ts of mask wearing, and protocols around it.
- ✚ Social distancing is key. Stay away from people as much as you can – it's your greatest defence.
- ✚ The virus affects different people differently – so know the signs, and know when to seek help. Don't self medicate.
- ✚ Vaccinate, if possible. Check with your doctor about anything to be careful of, but as far as we know, it's our best hope of fighting the infection. You can also log on to the website of the [Ministry of Health and Family Welfare](#) for any updates.
- ✚ Stay positive and fit – work on your immunity

We pray for your safety and for that of your loved ones.

Stay safe.

