

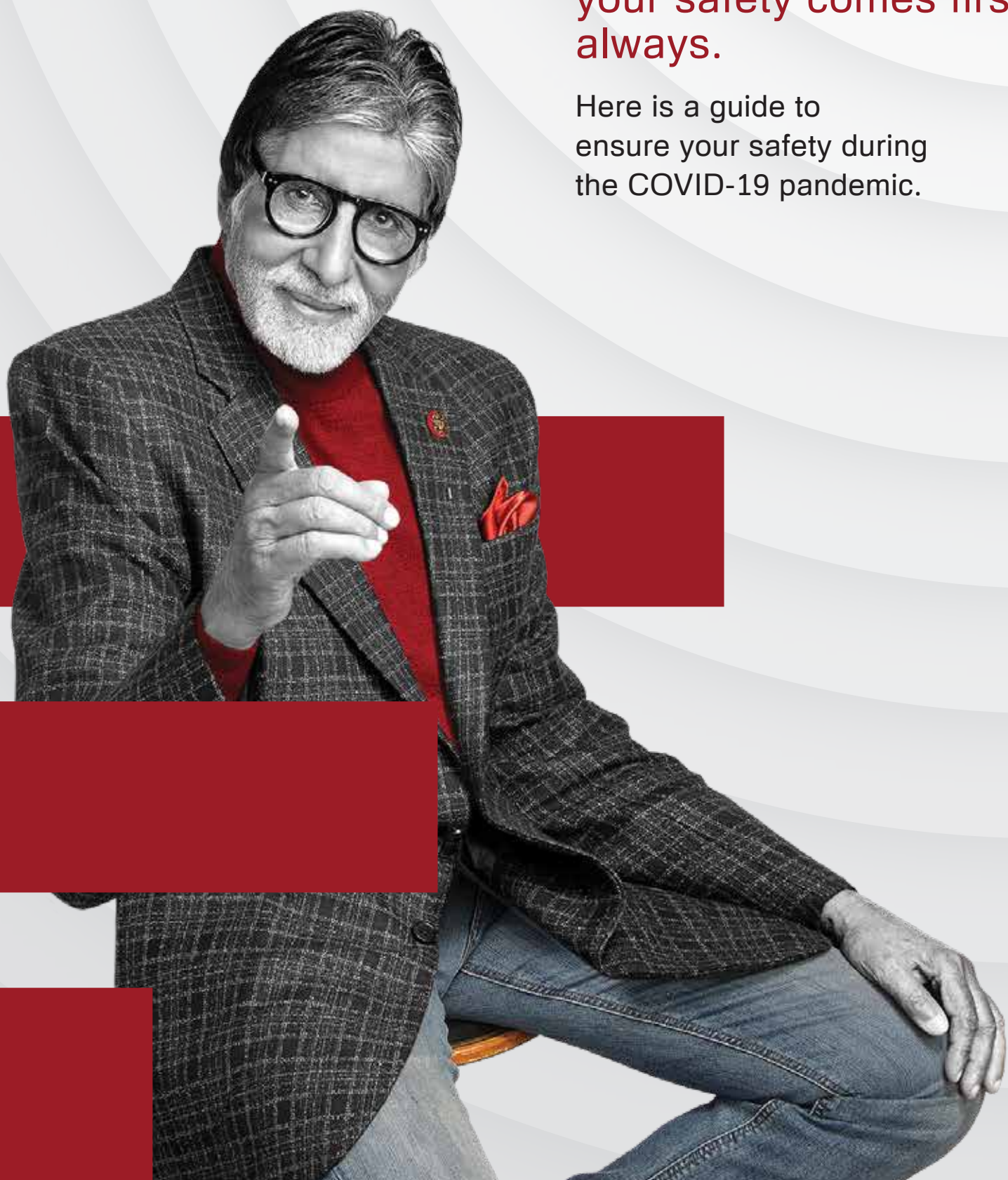


**IDFC FIRST  
Bank**

**ALWAYS YOU FIRST**

**For us,  
your safety comes first,  
always.**

Here is a guide to  
ensure your safety during  
the COVID-19 pandemic.



**D**uring these uncertain times, there is varied information available on multiple platforms regarding safety.

Which is why, we have collated a number of assured precautionary measures and listed them down to keep you and your loved ones safe.



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# A step closer to being safer

The Government of India has launched AAROGYA SETU APP specifically to help make your fight against COVID-19 easier, by informing you about the risks and best practices relevant to its containment.



Some of its salient features are as follows:



Self Assessment Test



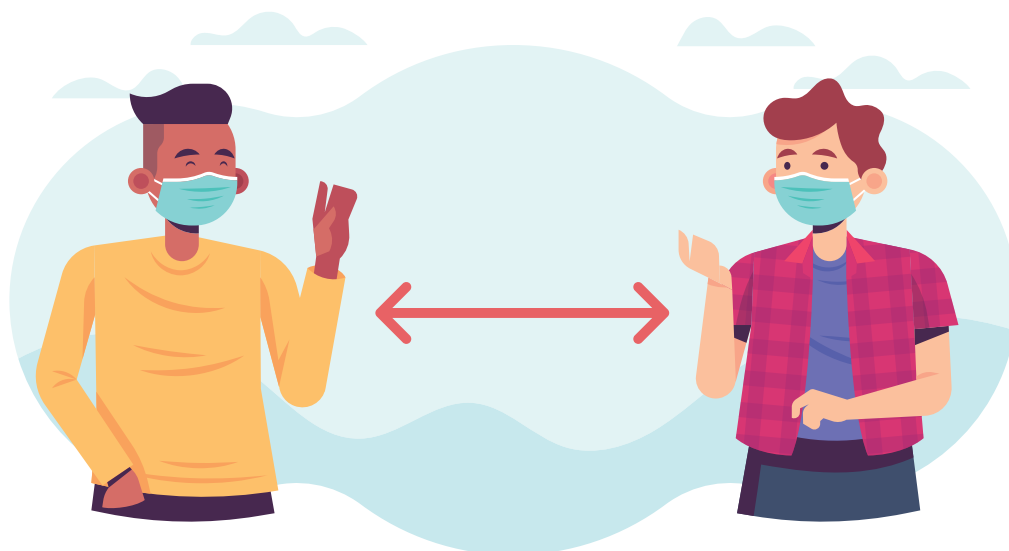
Your Current Status



Updates On COVID-19 Cases



E-pass

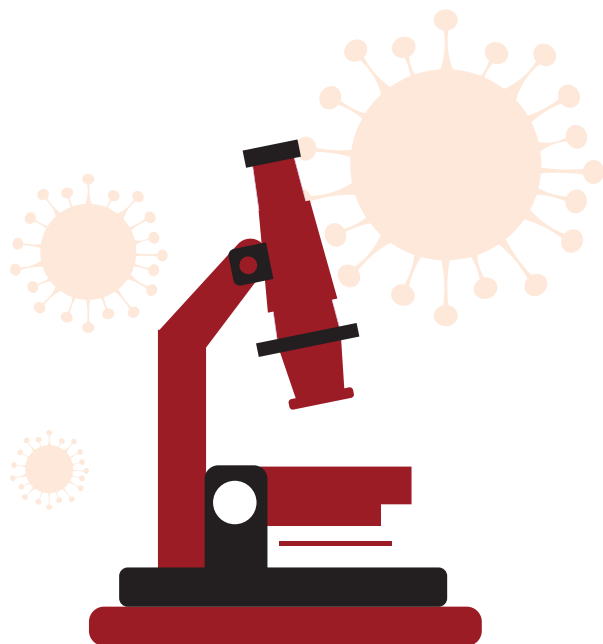


We encourage you to get a step closer to safety.

Please download the app from:



# Everything you need to know about testing for COVID-19







1

About 80% of COVID-19 patients recover without any special treatment while 1 out of 6 develop serious illness.



More vulnerable to COVID-19 are those above the age of 60 or with underlying medical conditions:

-  Higher blood pressure
-  Heart problems
-  Diabetes
-  Asthma

2

3

Testing results are helpful to avoid further spreading of the virus.



Lessen the risk by practicing home quarantine, regardless of being tested or not.

4

# 5

Even an asymptomatic person must practice home quarantine in the following cases:



Travel history to COVID-19 affected countries in last 14 days



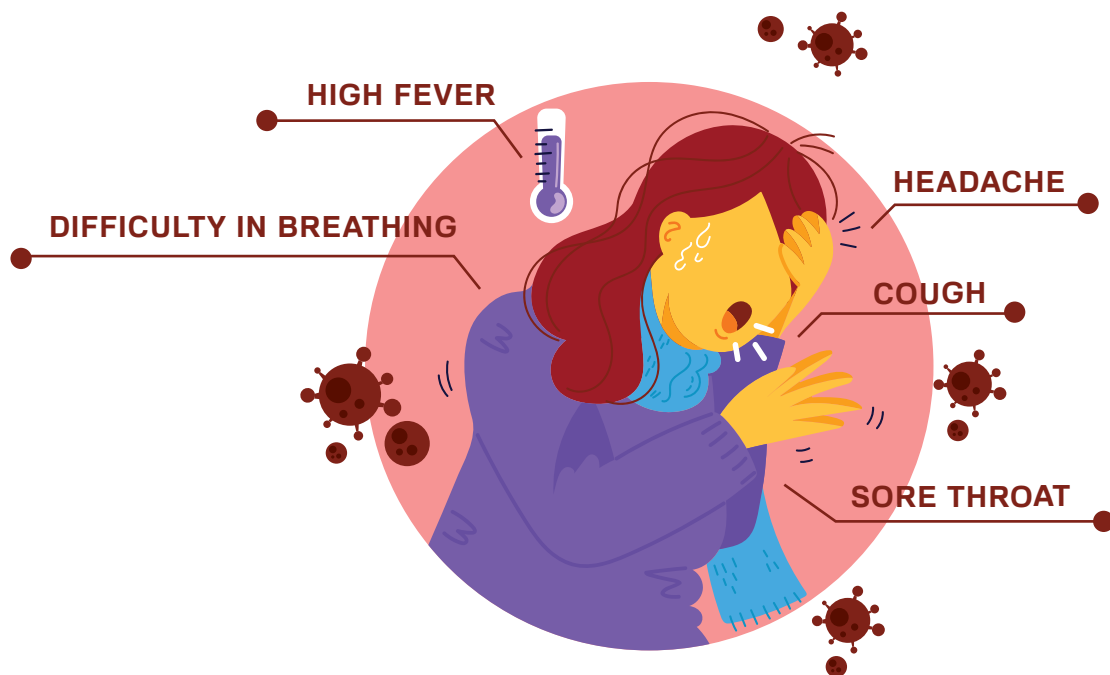
Physical exposure to COVID-19 case or body fluids or secretions or soiled items



Living in the same household with a COVID-19 suspect who turned positive

Call the helpline number if you feel unwell during the home quarantine or have the following symptoms:

# 6



**COVID-19 Helpline Number:**  
**1075 (Toll Free) or 011-23978046**





# Precautions to take when you're home

1

Stay in a well-ventilated room.

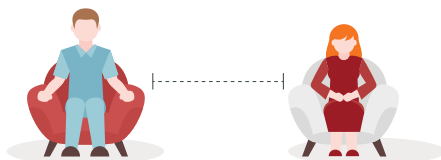


Practice frequent hand-washing for at least 20 seconds with soap and water, or use alcohol based hand rubs.

2

3

Cover your nose and mouth with tissue while sneezing or coughing and dispose it into a closed bin immediately.



Strictly avoid close contact especially with elders, pregnant women or children.

4

5

Wear a face mask if you develop symptoms or if you are caring for a suspect/confirmed COVID-19 case.



Avoid sharing household items.

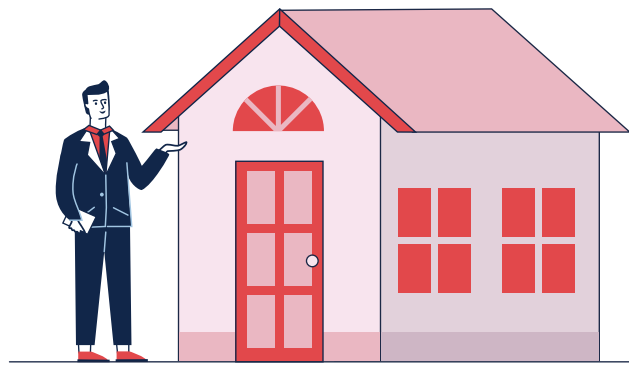
6

7

Strictly avoid visitors at home.



# Safety measures for when you step out



1

Wear a mask if you step out to visit a doctor or to buy home essentials.



Use digital payment methods such as UPI, Debit & Credit Card.

2

3

Avoid participating in any large gatherings or crowded environment.

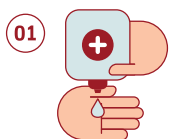


Do not spit in public or even cough without covering your mouth.

4

5

On returning home, disinfect everything along with your clothes and mask.



Make sure to wash your hands thoroughly for at least 20 seconds.

6



# Different ways to spend time at home



1

Spend quality time with your family.



Follow a daily routine and make to-do lists.

2

3

Read books that you never found time for before.



Work on your passion/hobbies.

4

5

Avoid excessive exposure to COVID-19 news, but also stay updated.



Video call friends or family and spread love.

6

7

Write down your thoughts.



Learn any form of meditation and practice it.

8

9

Rearrange your wardrobes and clean your house.



# Easy-access digital banking, now from home

We provide you with a host of digital banking services to ensure that you bank safely and effortlessly from the comfort of your home.



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MOBILE BANKING



SMS BANKING



SMARTWATCH BANKING



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BANKING

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