

## HEALTH ADVISORY ON HOLI

( Issued by Health Department Haryana in public interest)

### DO'S

1. KEEP YOURSELF WELL HYDRATED.
2. EXCHANGE GREETINGS, PLEASANTRIES, AND HOME MADE SWEETS
3. PLAY TILAK HOLI
4. USE ONLY ORGANIC COLORS OR FLOWERS
5. PROTECT EYES, SKIN, NOSE WITH SUNGLASSES, SUNSCREEN OR MASK
6. IN CASE OF EMERGENCY CONSULT QUALIFIED MEDICAL PRACTITIONER OR CALL 112.

### DON'T

- 1 DO NOT DRINK AND DRIVE.
- 2 DO NOT INDULGE IN USE OF DRUGS.
- 3 DO NOT GAMBLE
- 4 DO NOT PLAY WITH ANIMALS
- 5 DO NOT HIT PEOPLE WITH WATER BALLOONS
- 6 DO NOT PLAY LOUD MUSIC
- 7 DO NOT USE SYNTHETIC COLOR, MUD OR COWDUNG.