

BURA NA MANO HOLI HAI PAR HEALTH BHI ZAROORI HAI

Follow the below tips for a safe holi

1

Oil your skin and hair well before playing with colors

Choose organic and skin friendly colors instead of chemical ones.

2

Protect your eyes by wearing shades. Do not use contact lens.

3

Wear clothes covering the body as much as possible.

4

5

Keep yourself hydrated.

Avoid too much of bhang and alcohol to avoid accidents.

6

7

Use luke warm water & suitable cleanser to clean yourself.

With Coronavirus spread, it is advisable to avoid large group parties this time.

8

In case of irritation in the eyes or on the skin consult the doctor.

*Wish you all
a very Happy and Safe Holi.*