

CORONA VIRUS: COVID-19

Corona virus or COVID-19 is a newly discovered virus which causes infection of the upper respiratory tract (nose, throat, airways and lungs).

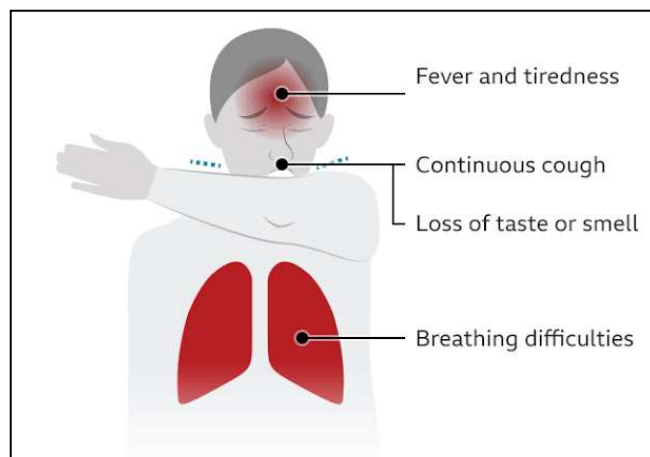
HOW DOES IT SPREAD?

The infection gets into human body through the eyes, nose and mouth.

- i. Through droplets from infected person when they sneeze or cough and droplets come into contact with your eyes, nose or mouth.
- ii. Droplets can land on objects or surfaces and by touching these objects or surfaces, a person can transfer the virus to the eyes, nose or mouth

WHAT ARE THE SYMPTOMS

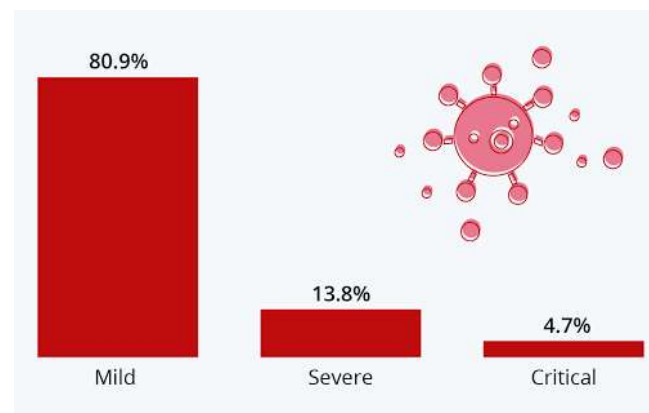
- Fever
- Cough
- Shortness of breath
- Sore throat
- Headache



The most common symptoms are: fever, dry cough, difficulty in breathing, runny nose, sore throat and body ache

Does COVID-19 make everyone sick?

Most people may remain asymptomatic or suffer mild illness. Approximately 1 in every 5 people who get it will need hospital care. The elderly and people with pre-existing medical conditions are likely to have more severe symptoms.



HOW TO KEEP YOURSELF AND OTHERS SAFE

1. Wash your hands regularly with soap and water or clean with an alcohol based sanitizer.



2. Avoid touching your eyes, nose and mouth.
3. Maintain social distance (6 feet) between yourself and someone who is sneezing or coughing.
4. Sneeze or cough into your flexed elbow if need be or use disposable tissue



5. Regularly clean the items and surfaces around you with soapy water or disinfectant
6. Stay home if you feel unwell.



7. Avoid public gatherings or events
8. Wear face mask while in public places or meeting other people who are not members of your household

