

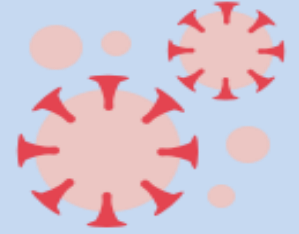


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(Established by an Act of Parliament of India, No. 25 of 2009)

# CORONAVIRUS DISEASE (COVID-19): AWARENESS



## WHAT IS A 'NOVEL' CORONAVIRUS?

- A NOVEL CORONAVIRUS (CoV) - A NEW STRAIN OF CORONAVIRUS.
- THE DISEASE CAUSED BY THE NOVEL CORONAVIRUS FIRST IDENTIFIED IN WUHAN, CHINA.
- COVID-19 - CO- CORONA; VI – VIRUS; AND D-DISEASE.
- THIS DISEASE WAS REFERRED TO AS '2019 NOVEL CORONAVIRUS' OR '2019-nCoV.'
- THE COVID-19 IS LINKED TO THE SAME FAMILY OF VIRUSES AS SEVERE ACUTE RESPIRATORY SYNDROME (SARS)





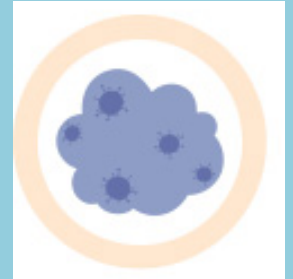
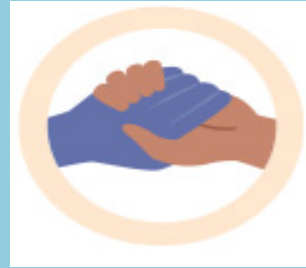
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## HOW IT SPREAD

- ✓ AIR - BY COUGH OR SNEEZE
- ✓ PERSONAL CONTACT
- ✓ CONTAMINATED OBJECTS
- ✓ SURFACE TRANSMISSION
- ✓ COMMUNITY SPREAD
- ✓ DROPLETS
- ✓ PERSON-TO-PERSON TRANSMISSION
- ✓ MASS GATHERING



The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it.



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## SYMPTOMS

COUGH

FEVER

DIFFICULTY IN BREATHING

PNEUMONIA IN BOTH LUNGS



*Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease*

Virus can be transmitted to others from someone who is infected but not showing symptoms.

This includes people who are:

**Pre-symptomatic:** have not yet developed symptoms

**Asymptomatic:** never develop symptoms



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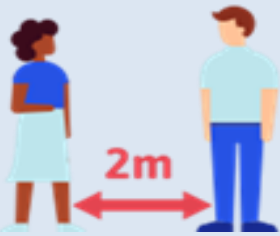
## PREVENTION



Wash your hands often



Use sanitizer



Maintain Social Distancing



Wear a mask



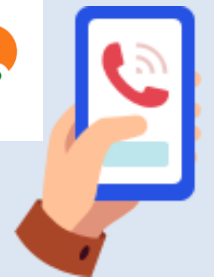
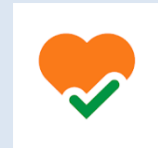
Always cover your nose and mouth  
during cough or sneeze



Be Updated with information



Utilize time - from home



[Download Aarogya Setu App](#)



Maintain Cleanliness and hygiene



Contact Covid helpline



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## ADVISE

- ❖ Avoid common greetings, such as handshakes
- ❖ Stay at home unless you have to go to work
- ❖ Avoid all non-essential trips
- ❖ Do not gather in groups
- ❖ limit contact with people at higher risk, such as older adults and those in poor health
- ❖ If you leave your home, always keep a distance of at least 2 arms lengths from others
- ❖ Avoid crowded places and non-essential gatherings
- ❖ Cover your mouth and nose with flexed elbow or tissue when coughing or sneezing
- ❖ Avoid touching your eyes, nose, and mouth with unwashed hands
- ❖ If you are feeling unwell, stay home and minimize contact with others
- ❖ If you suspect you have COVID-19 symptoms, contact a medical professional immediately

***Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical (social) distance is proven to be one of the most effective ways to reduce the spread of illness during an outbreak.***



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For Latest Updates - You can visit

[www.mygov.in](http://www.mygov.in)  
[www.mohfw.gov.in](http://www.mohfw.gov.in)

**[Download the Aarogya Setu App](#)**

India launches WhatsApp chatbot to create awareness about coronavirus, asks social media services to curb spread of misinformation



my  
GOV  
मेरी सरकार



**MYGOV CORONA HELPDESK**

WHATSAPP NUMBER

**+91 90131 51515**

PREPARE, DON'T PANIC

#IndiaFightsCorona

**24x7 Medical Help:**

Phone: +91-11-23978046

Toll Free Number: 1075

Email: [ncov2019@gov.in](mailto:ncov2019@gov.in)



## खुद रहें सुरक्षित और दूसरों को भी कोरोनावायरस से बचाएं!

### क्या करें



अपने हाथ बार-बार साबुन  
और पानी से धोएं या हैंड  
सेनिटाइज़र का उपयोग करें



स्वास्थ्य संबंधी जानकारी  
के लिए 011-23978046  
पर कॉल करें



अस्वस्थता महसूस होने पर  
डॉक्टर से मिलें। डॉक्टर के  
पास जाते समय मास्क पहनें



इस्तेमाल के बाद टिशू को  
तुरंत किसी बंद डब्बे में  
फेंक दें



छींकते और खांसते समय  
अपने नाक और मुंह को  
रूमाल से ढंक कर रखें



भीड़-भाड़ वाली जगहों  
पर जानें से बचें

## खुद रहें सुरक्षित और दूसरों को भी कोरोनावायरस से बचाएं!

### क्या न करें



खांसी और बुखार होने पर किसी के संपर्क में  
न आयें



अपनी आंख, नाक या मुंह को ना छूएं



सार्वजनिक स्थानों पर ना थूकें



## Protect Yourself & Others from **CORONAVIRUS**

### Do's



Wash your hands frequently with soap & water or use hand sanitizer



See a doctor if you feel unwell. Wear a mask while visiting a doctor



Cover your nose & mouth with handkerchief while sneezing & coughing



For health-related query, call 011-23978046



Throw used tissues into closed bins immediately



Avoid participating in large gatherings

## Protect Yourself & Others from **CORONAVIRUS**

### Don'ts



Have a close contact with anyone, if you're experiencing cough and fever



Touch your eyes, nose and mouth



Spit in public



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## Useful links and Notifications COVID -19

<https://www.mygov.in/>

<https://www.mohfw.gov.in/>

<http://newsonair.com/Coronavirus/Coronavirus.aspx>

[https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)

<https://www.unicef.org/lebanon/coronavirus>

[UGC Circular on Precautions to be taken in the light of Novel Coronavirus \(COVID-19\)](#)

[UGC Advisory for Universities and Colleges- Novel Coronavirus \(COVID-19\)](#)

[Advisory on Social Distancing Measure in view of spread of COVID-19 disease \(Ministry of Health & Family Welfare\)](#)

**TAKE PRECAUTIONS**

**DON'T BE PANIC!**