

## Novel Coronavirus (COVID-19)



### SCHOOL ADVISORY

- Schools are advised to **avoid any large gathering** of students during the course of the day in the school.
- Any student/staff with **travel history to any COVID-19 affected country** or in contact with such persons **in last 28 days**, should be monitored and home quarantined for 14 days.
- Class teachers should be alert to any child with **signs and symptoms i.e. fever, cough and difficulty in breathing**, and should immediately inform the parents to have the child tested.
- Ask parents not to send child back to school till advised so by the treating doctor.
- Teachers, school staff and students should also be advised about simple public health measures of hand and respiratory hygiene.  
**Hand hygiene: Wash hands frequently and thoroughly** with soap & water or use alcohol based hand sanitizer, even when hands are visibly clean.  
**Respiratory hygiene:**
  1. Everyone should **cover their mouth** with a tissue/handkerchief (or their sleeve if there are no tissues available) when they cough or sneeze and wash their hands afterwards.
  2. **Do not touch** your eyes, nose and mouth.
  3. Everyone should **throw away used tissues** in a bin and wash their hands after contact with coughing/sneezing.
- **Frequently touched surfaces** - door knobs, switches, desk tops, hand railings etc. should be disinfected.
- Provide **alcohol based hand cleaners/sanitizers** in frequented spots of the school.
- Ensure **availability of soap and water** in rest rooms at all times.
- **Foot operated pedal bins lined with plastic bag** should be provided in each classroom & rest room.
- In hostels, health status of students as well as the other ancillary staff, should be **monitored on regular basis**. In case there are suspected cases, the **authorized local medical authority** should be called for examination.
- Anybody with **signs & symptoms (cough, fever or difficulty in breathing)** should call State/UT helpline number or Ministry of Health & Family Welfare's 24X7 helpline at 011-23978046 or visit public health facility with a mask or mouth covered.

#### For further information

Call at Ministry of Health, Govt. of India's 24X7 control room number **+91-11-2397 8046**

Email at **ncov2019@gmail.com**



## Novel Coronavirus (2019-nCoV)-General Advisory for Public

The 2019 novel coronavirus (2019-nCoV), Wuhan coronavirus, is a contagious virus that causes respiratory infection and can easily transfer from human to human.

### Symptom

- Fever
- Difficulty in Breathing
- Coughing
- Tightness of Chest
- Running Nose
- Head Ache
- Feeling of being Unwell
- Pneumonia
- Kidney Failure

**Incubation Period: 14 days asymptomatic**

### Mode of transmission

Human Coronavirus (2019-nCoV) is most commonly spread from an infected person to other through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hand
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

### How to reduce risk of Coronavirus infection (2019-nCoV)

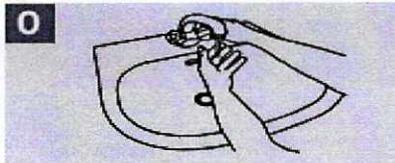
- Clean hands with soap and water or alcohol based hand rub for, at least, 20 seconds.
- Cover nose and mouth when coughing & sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu like symptoms
- Avoid frozen meet
- Isolation of symptomatic patients for at least 14 days.

### DO's and DON'T's

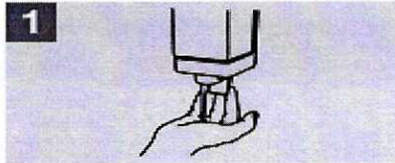
<b>DO's</b>	<b>DON'Ts</b>
<ul style="list-style-type: none"><li>• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing.</li><li>• Frequently wash your hands with soap and water for, at least, 20 seconds.</li><li>• Avoid crowded places.</li><li>• Person suffering from Influenza like illness must be confined at home.</li><li>• Stay at more than one arm's length distance from persons sick with flu.</li><li>• Take adequate sleep and rest.</li><li>• Drink plenty of water/liquids and eat nutritious food.</li><li>• Person suspected with Influenza like illness must consult doctor immediately.</li></ul>	<ul style="list-style-type: none"><li>• Touching eyes, nose or mouth with unwashed hands.</li><li>• Hugging, kissing and shaking hands while greeting.</li><li>• Spitting in public places.</li><li>• Taking medicines without consulting doctor.</li><li>• Excessive physical exercise.</li><li>• Disposal of used napkin or tissue paper in open areas.</li><li>• Touching surfaces usually used by public (Railing, door gates, etc).</li><li>• Smoking in public places.</li><li>• Unnecessary testing.</li></ul>

24\*7 Control Room has been established at DGHS (HQ), may be contacted for any query related to nCoV-2020  
Ph: 011-22307145, 22300012, 22300036

### Steps for Hand washing



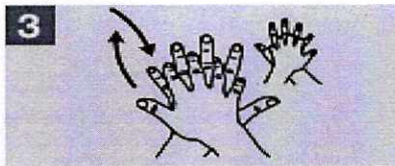
**0** Wet hands with water;



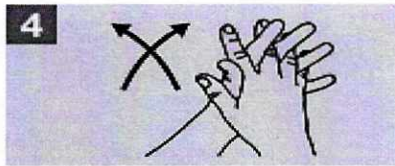
**1** Apply enough soap to cover all hand surfaces;



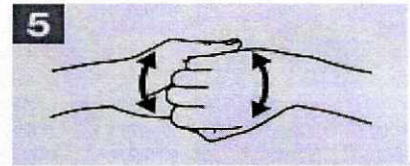
**2** Rub hands palm to palm;



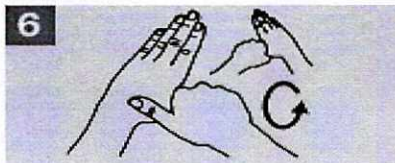
**3** Right palm over left dorsum with interlaced fingers and vice versa;



**4** Palm to palm with fingers interlaced;



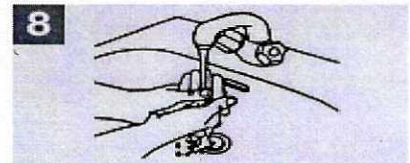
**5** Backs of fingers to opposing palms with fingers interlocked;



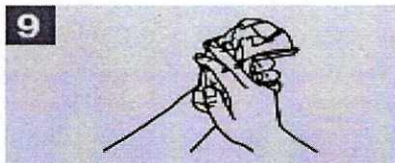
**6** Rotational rubbing of left thumb clasped in right palm and vice versa;



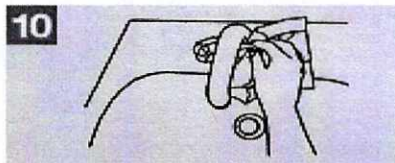
**7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



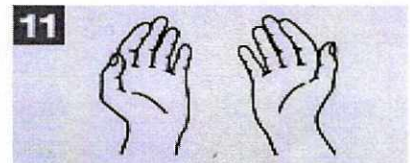
**8** Rinse hands with water;



**9** Dry hands thoroughly with a single use towel;



**10** Use towel to turn off faucet;



**11** Your hands are now safe.

## कोरोना वायरस

कोरोना वायरस एक तरह का संक्रमित वायरस है। यह वायरस एक व्यक्ति से दूसरे व्यक्ति में संक्रमण के जरिए फैलता है। इस वायरस के लक्षण निमोनिया की तरह है।

**कोरोना वायरस के लक्षण :-**

- सिर दर्द।
- साँस लेने में तकलीफ़।
- छींक।
- खांसी।
- बुखार।
- किडनी फेल।

**कोरोना वायरस से बचाव :-**

- अपने हाथ साबुन और पानी या अल्कोहल युक्त हैंडरब से कम से कम 20 सैकेंड तक साफ करे।
- खांसते और छींकते वक्त अपनी नाक और मुंह को रुमाल या टिशू या मुड़ी हुई कोहनी से ढके।
- जिन्हें सर्दी या फ्लू जैसे लक्षण हो तो उनके साथ करीबी संपर्क बनाने से बचें।

**क्या करें - क्या न करें**

क्या करें	क्या न करें
<ul style="list-style-type: none"><li>• खाँसने और छींकने के दौरान अपनी नाक व मुँह को कपड़े अथवा रुमाल से अवश्य ढकें।</li><li>• अपने हाथों को साबुन व पानी से नियमित धोयें।</li><li>• भीड़-भाड़ वाले क्षेत्रों में जाने से बचें।</li><li>• फ्लू से संक्रमित हों तो घर पर ही आराम करें।</li><li>• फ्लू से संक्रमित व्यक्ति से एक बाजू तक की दूरी बनाए रखें।</li><li>• पर्याप्त नींद और आराम लें।</li><li>• पर्याप्त मात्रा में पानी / तरल पदार्थ पियें और पोषक आहार खाएं।</li><li>• फ्लू से संक्रमण का संदेह हो तो चिकित्सक से तुरंत सलाह अवश्य लें।</li></ul>	<ul style="list-style-type: none"><li>• गंदे हाथों से आँख, नाक अथवा मुँह को छूना।</li><li>• किसी को मिलने के दौरान गले लगना, चूमना या हाथ मिलाना।</li><li>• सार्वजनिक स्थानों पर थूकना।</li><li>• बिना चिकित्सक के परामर्श के दवाएं लेना।</li><li>• इस्तेमाल किए हुए नेपकिन, टिशू पेपर इत्यादि खुले में फेंकना।</li><li>• फ्लू वायरस से दूषित सतहों का स्पर्श (रेलिंग, दरवाज़े इत्यादि)।</li><li>• सार्वजनिक स्थलों पर धूम्रपान करना।</li><li>• अनावश्यक एच 1 एन 1 की जांचें करवाना।</li></ul>

सम्बंधित जानकारी के लिए 24x7 कंट्रोल रूम के निम्नलिखित नम्बरों पर संपर्क करें -

22307145, 22300012, 22300036