Noval Coronavirus (2019-nCoV)-General Advisory for Public

The 2019 novel coronavirus (2019-nCoV), Wuhan coronavirus, is a contagious virus that causes respiratory infection, can 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) 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 hand with soap and water or alcohol based hand rub
- 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 atleast 14 days.

**DO's and DON'T's**

<table>
<thead>
<tr>
<th>DO's</th>
<th>DON'Ts</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Cover your nose and mouth with disposable tissue or handkerchief</td>
<td>- Touching eyes, nose or mouth with unwashed hands</td>
</tr>
<tr>
<td>while coughing or sneezing</td>
<td>- Hugging, kissing and shaking hands while greeting</td>
</tr>
<tr>
<td>- Frequently wash your hands with soap and water</td>
<td>- Spitting in public places</td>
</tr>
<tr>
<td>- Avoid crowded places</td>
<td>- Excessive physical exercise</td>
</tr>
<tr>
<td>- Person suffering from Influenza like illness must be confined at</td>
<td>- Disposal of used napkin or tissue paper in open areas</td>
</tr>
<tr>
<td>home</td>
<td>- Touching surfaces usually used by public (Railing, door gates, etc)</td>
</tr>
<tr>
<td>- Stay more than one arm's length distance from persons sick with flu</td>
<td>- Smoking in public places</td>
</tr>
<tr>
<td>- Take adequate sleep and rest</td>
<td>- Unnecessary testing</td>
</tr>
<tr>
<td>- Drink plenty of water/liquids and eat nutritious food</td>
<td></td>
</tr>
<tr>
<td>- Person suspected with Influenza like illness must consult doctor</td>
<td></td>
</tr>
</tbody>
</table>
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.
Always remember!

A sick person's saliva can get on to other things such as:

- Their hands
- Pens
- Train straps
- Cups
- Door knobs
- Digital devices
- Tissues
- Stair bannisters
- Mouse
- Chopsticks

For further information:
Call at Ministry of Health, Govt. of India's 24*7 control room number
+91-11-2397 8046
Email at ncov2019@gmail.com
Novel Coronavirus (COVID-19)

Basic Protective Measures For All

Help us to help you

- Wash your hands frequently
- Maintain social distancing
- Avoid touching your eyes, nose and mouth
- Practice respiratory hygiene by covering your mouth and nose with your bent elbow or tissue when you cough or sneeze
- If you have fever, cough and difficulty breathing, seek medical care at the earliest
- Stay informed and follow the advice given by your doctor
- See a doctor if you feel unwell - while visiting a doctor wear a mask/cloth to cover your mouth and nose
- If you have any symptoms, please call State Helpline Number or Health Ministry 24*7 helpline number +91-11-23978046 or email at ncov2019@gmail.com

For further information:
Call at Ministry of Health, Govt. of India's 24*7 control room number +91-11-2397 8046
Email at ncov2019@gmail.com
Novel Coronavirus (COVID 19)

Help us to help you

How does a Coronavirus spread?
The virus spreads when

these droplets

eyes

nose

mouth

Get in to your

Sick Person

Healthy Person

For further information:
Call at Ministry of Health, Govt. of India's 24*7 control room number
+91-11-2397 8046
Email at ncov2019@gmail.com
Maintain at least 1 m (3 feet) distance between yourself and anyone who is coughing or sneezing.

For further information:
Call at Ministry of Health, Govt. of India's 24*7 control room number
+91-11-2397 8046
Email at ncov2019@gmail.com
NOVEL CORONAVIRUS (COVID-19)

Protect yourself and others!
Follow these Do's and Don'ts

Do's ✔

- Practice frequent hand washing. Wash hands with soap and water or use alcohol-based hand rub. Wash hands even if they are visibly clean.
- Cover your nose and mouth with handkerchief/tissue while sneezing and coughing.
- Throw used tissues into closed bins immediately after use.
- See a doctor if you feel unwell (fever, difficulty breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose.
- If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24*7 helpline at 011-23978046.
- Avoid participating in large gatherings.

Don'ts ☓

- Have a close contact with anyone, if you're experiencing cough and fever.
- Touch your eyes, nose and mouth.
- Spit in public.

Together we can fight Coronavirus

For further information:
Call at Ministry of Health, Govt. of India's 24*7 control room number +91-11-2397 8046
Email at ncov2019@gmail.com
Novel Coronavirus (COVID19)

Protect yourself and others!

Help us to help you

Follow these Do’s and Don’ts

☑️ Do’s

- Observe good personal hygiene
- Practice frequent hand washing with soap
- Follow basic respiratory etiquette - cover your mouth while sneezing and coughing
- Wash your hands with soap and running water (when hands are visibly dirty)
- Clean your hands with alcohol-based hand rub or soap and water (when your hands are not visibly dirty)
- Throw used tissues into closed bins immediately after use
- See a doctor if you feel unwell - while visiting a doctor wear a mask/cloth to cover your mouth and nose
- If you have any symptoms, please call State Helpline Number or Health Ministry 24*7 helpline number +91-11-23978046 or email at ncov2019@gmail.com

❌ Don’ts

- Have a close contact with anyone, if you’re experiencing cough and fever
- Spit in public
- Contact with live animals or consumption of raw/undercooked meat
- Travel to farms, live animal markets or where animals are slaughtered

For further information:
Call at Ministry of Health, Govt. of India’s 24*7 control room number +91-11-2397 8046
Email at ncov2019@gmail.com
NOVEL CORONAVIRUS (COVID-19)

Protect yourself and others!

WHEN TO GET TESTED FOR COVID-19?

- You are not required to get tested for COVID-19 if you do not have any symptoms (Cough, fever or difficulty in breathing).
- If you have any of the above symptoms and have travelled to any of the COVID-19 affected countries including Italy, Iran, Republic of Korea, France, Spain, Germany, UAE etc or you are a contact of a laboratory confirmed positive case immediately call the State Helpline Number or Ministry of Health & Family Welfare, Government of India’s 24X7 helpline 011-2397 8046.
  - The helpline service will note down your contact details and contact you with the testing protocols of COVID-19.
  - If you qualify as a case for testing as per the protocol, you will be tested at a Government approved lab only.

Togethers we can fight Coronavirus

For further information call Ministry of Health & Family Welfare, Government of India’s 24X7 control room number +91-11-23978046 or email at ncov2019@gmail.com