



GOVT OF INDIA
LAKSHADWEEP ADMINISTRATION
(Department of Health Services)
KAVARATTI ISLAND 682 555



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**IMPORTANT INFORMATION ON COVID-19 FOR GENERAL PUBLIC
FROM DIRECTORATE OF HEALTH SERVICES, U T OF LAKSHADWEEP**

1. COVID-19- is an infectious disease that spreads through close human-to-human contact by way of droplets (small and wet particles generated during coughing, sneezing or face-to-face talking at a short distance and falling on eyes, nose or mouth of the other person) and, to a lesser extent, through direct contact with surfaces that are contaminated with droplets.
2. The spread of this disease can be easily prevented to a large extent by **reducing inter-personal contacts**, maintaining at least **one meter distance** from one another and ensuring good general hygiene, such as regular hand washing, and covering mouth and nose while coughing and sneezing, etc.
3. Reducing inter-personal contact by **avoiding all forms of travel** and, by working from home, wherever possible, is a very effective method to break the chain of transmission of this infection.
4. Publics are requested to **co-operate in crowd reduction measures**, avoid travel, large gatherings social functions, and any situation which puts one in contact with a larger number of people. This is the only way we can avoid infection at individual level as also break the chain of infection.
5. Public are requested to **avoid hospital visits other than for emergencies. All are advised to not visit hospitals for regular health check, for reissue of regular medications and for minor ailments**, etc. This is because hospitals are in general a highly-crowded environment with sick people and a high risk of transmission of infection. This will ensure your safety as well as that of the sick patients.
6. Patients with history of overseas travel and/or exposure to suspected patients with Covid-19 **must not directly visit hospitals**. They are requested to call the following Covid 19 helpline phone numbers to seek guidance and help. (Lakshadweep helpline: 104). This will ensure that general public is not exposed to Covid- 19 infections, and that you are provided with the best possible care with necessary precautions as per guidelines.

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7. A large proportion of those infected with Covid-19 have a mild disease. Such patients can be **managed efficiently at home by ensuring preventive measures** to control the spread of infection by maintaining social distance and good hygienic practices. These patients only need drugs to relieve their symptoms (e.g. for reducing fever or cough), and no special drugs are needed. Only sick patients with difficulty in breathing need hospitalization. They carry a higher risk of transmission of disease, and hence need stringent infection control measures to prevent spread to other patients and healthcare personnel.

8. The disease can be managed efficiently, with everyone's co-operation.

9. Do not blindly believe or follow a lot of incorrect information and rumours that are circulating. Please look for information from reliable or official sources.

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