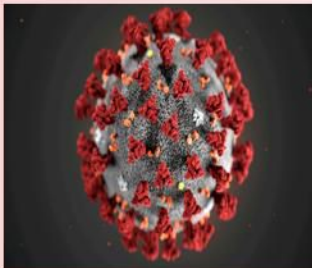


MEGHALAYA STATE DISASTER MANAGEMENT AUTHORITY

# COVID-19



Coronaviruses are viruses that circulate among animals but some are known to affect humans.

The 2019 novel coronavirus was identified in China at the end of 2019 and is a new strain that has not previously been seen in humans.

The World Health Organisation has named it COVID-19 in February 2020.

**SYMPTOMS OF COVID-19 INCLUDE:**



**COUGH**



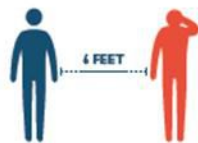
**FEVER**



**SHORTNESS OF BREATH**



If you have travelled outside India in the past 21 days, as well as have a fever, cough or shortness of breath, please visit the hospital as soon as possible.



The virus usually spreads from **CLOSE PERSON-TO-PERSON CONTACT** through respiratory droplets from coughing and sneezing.



The virus may also spread **THROUGH AIRBORNE TRANSMISSION**, when tiny droplets remain in the air even after the ill person leaves the area.



Only **DESIGNATED LABORATORY TESTS** can diagnose the virus.



**SYMPTOMS MAY DEVELOP WITHIN 14 DAYS OF EXPOSURE** to the illness.

## THE BEST WAY TO PROTECT YOURSELF



Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick, sneezing or coughing.

## HELPLINE



**+91-11-23978046**



**ncov2019@gmail.com**