

FIGHT BACK COVID 19

Prepare, DO NOT PANIC

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus originated in Wuhan city of China. The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing

PREVENTION



WASH HANDS

Wash your hands with soap or use a hand sanitiser



COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeves or tissues. Dispose the tissue and wash hands afterwards



SOCIAL DISTANCING

Keep a distance of around 1 meter away from others in public



STAY AT HOME

Always stay home unless you have an important reason to leave the house

SYMPTOMS



fever



cough



shortness of breath

If you have the above symptoms see a doctor and do not take medicines on your own

The Helpline Number for corona-virus :

+91-11-23978046 or 1075

STAY HEALTHY PHYSICALLY & MENTALLY

It's important to note that we are not helpless considering current events. We can always choose our response. If you are struggling, here are some things you can do to take care of your mental health in the face of uncertainty:

1. Maintain a balanced diet which includes green vegetables and fruits
2. Exercise regularly
3. Set aside enough time for sleep/rest
4. Spend quality time with family
5. Indulge in reading or doing activities that you wanted to take up since long
6. Listen to songs

WASH HANDS REGULARLY WITH SOAP AND WATER



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WHEN TO WEAR A MASK

1. Healthy people wear mask if taking care of suspected cases of Corona Virus (Covid-19) infection



2. Wear a mask if you are coughing or sneezing or if you have fever, runny nose. Do not wear mask while sleeping



3. Wear a mask if you are going out so that if you touch things outside you do not touch your face or if someone coughs or sneezes droplets don't come on you directly. Remove mask when back home, wash hands immediately with soap and water



HOW TO WEAR AND DISPOSE OFF A MASK



Before putting on a mask clean your hands with soap & water for minimum 20 seconds



Cover mouth, nose and chin with mask & make sure there are no gaps between your face and mask



Avoid touching the mask again and again, if you do, wash your hands with soap & water



1. Remove a used mask only by holding from ear loops. Do not touch front. Keep it in a dry, clean & hygienic place

2. Do not reuse damp or dirty mask (if using disposable ones). Throw it in the bin & immediately wash hands

3.. If it is of cloth wash it thoroughly with soap & water frequently

4. DO NOT WEAR A DIRTY OR SOILED MASK. THROW IT IN THE BIN IF ITS GETS SPOILED AND WASH HANDS

5. Do not wear someone else's mask

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>