



Recognize me?



My name is Corona Virus

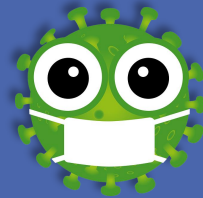
You must have
heard of me in the
past few days

Let me tell you a bit
about myself

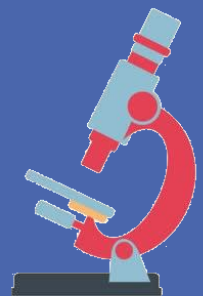


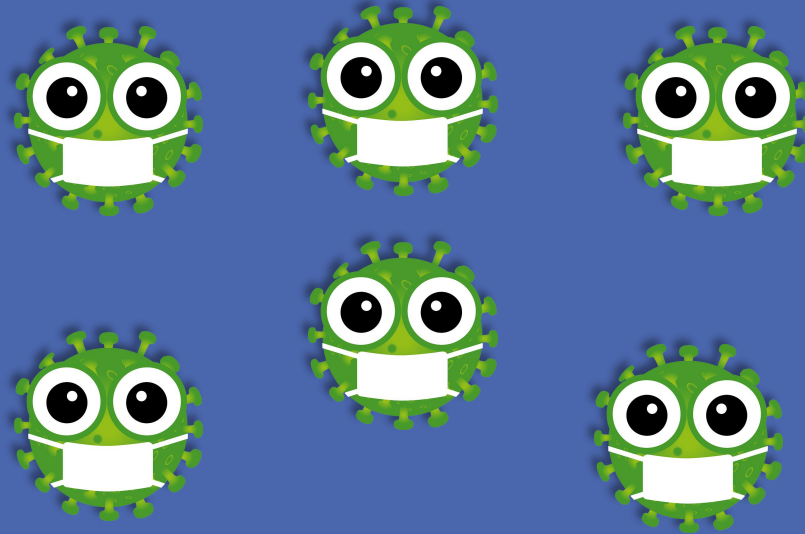


I look really big right?



But I am really really small
You cannot even see me under the
machine where small particles are seen



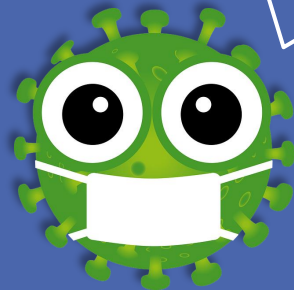


I am not alone, there are lakhs and lakhs like me

Can you tell how many like me can come at the tip of a pencil?

Think Think

Lakhs like me can come at the tip of a pencil, now do you understand how small am I?

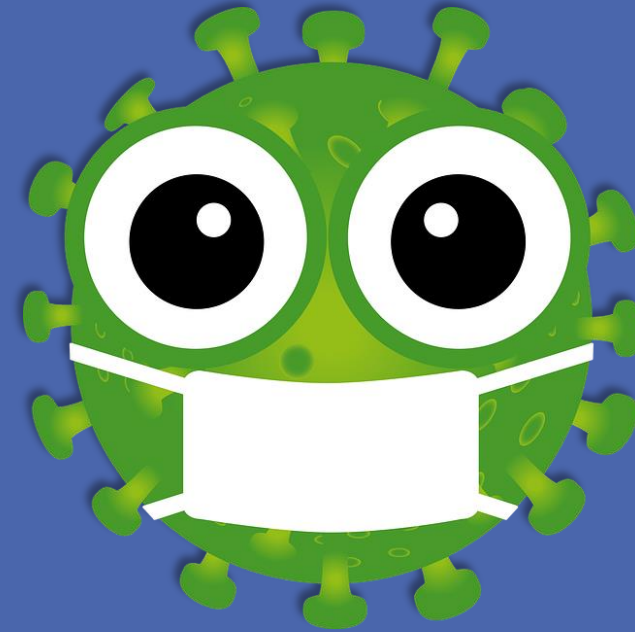




Viruses like me have spread all over the world.



My siblings and I can be found on things like skin, clothes, toys, etc..



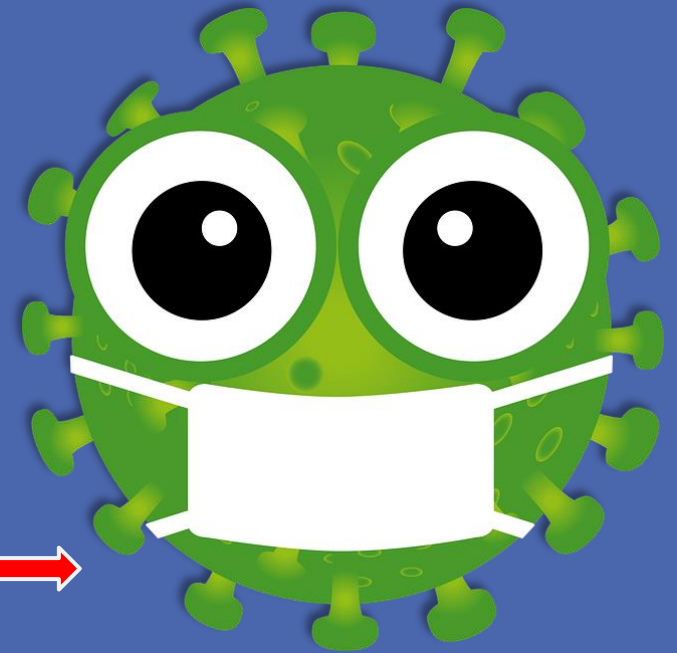
Due to some of my siblings, people get cold cough but when I make someone sick, then that disease is called Covid-19.



Every household is talking about me these days, I have created chaos in the whole world, made many people sick and therefore you have to stay in the house so that I do not make you sick.



There are a lot of talks and
rumours about me, so it is
better that you get to
know about me from me



1. I love travelling. I have not
come from here and there I have
come from Wuhan, Yes, a city in
China



2. I spread from person to person through coughing, sneezing and touching.



I live for a few hours outside the body, but if a healthy person like you touched that place or any sick person and then put a hand on your mouth, then I will come into your body and make you sick.

3. Symptoms



High Fever

Cough

Breathing Problem

Hey hey you are sneezing a lot? Have a body ache? have a cough and trouble in breathing? Unable to taste anything? And no sense of smell coming?



Then it is not a common cold cough, quickly get a check up in the hospital or your nearest health center.



Do not worry, to stay away from me and to keep yourself healthy, keep in mind some things and follow my suggestions.



1. After coming from outside, wash your hands with soap and water for 20 seconds



Apply water and soap on hands



Rub both palms together



Clean between the fingers



Do not forget to clean the thumbs

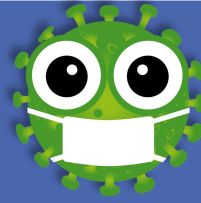


Rub well the back of your palms



Finally, wash the wrists well

2.



When a sneeze or cough comes, keep a clean cloth, tissue paper on the mouth



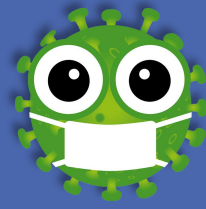
Else cough or sneeze between your elbows



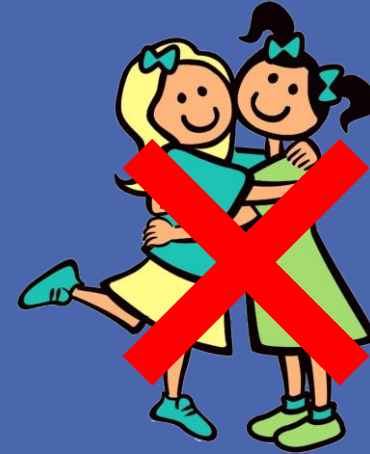
Do not touch your eyes, nose and mouth



Throw tissue paper in the bin and wash your hands with soap and water

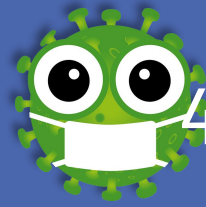


3. Follow Social Distancing



1 Metre

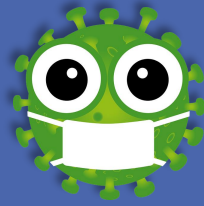




4. 3. Follow Social Distancing



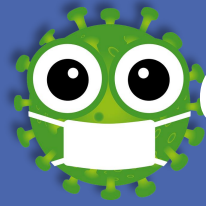
I am risky for all the people, but old people are the most at risk, so make sure to follow my suggestions that I have mentioned earlier and take care when around old people.



5. Stay at Home

Stay in your homes as much as possible,
I can reach any wedding, meeting,
festival etc.





6. When going out, wear a mask

If you have to go out for important work, then wear a mask, so that if you touch things outside, then you do not touch your face or if someone coughs or sneezes, it does not come directly on you. Masks are available in the market and you can make it with clean cloth at home too.



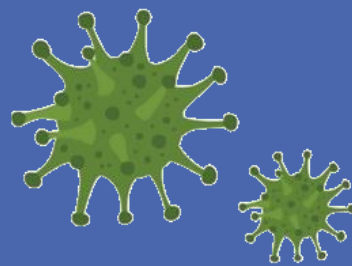


6. When to wear a mask

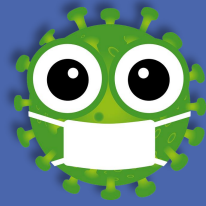
1. If you are taking care of the Kovid-19 patient, then wear a mask
2. If you are coughing or sneezing or you have fever, runny nose, wear a mask when going out or before meeting people.



Healthy



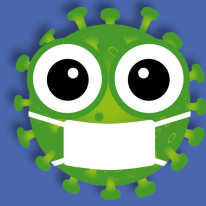
Unhealthy



7. How to wear and remove masks



Clean your hands with soap and water before applying the mask



7. How to wear and remove masks



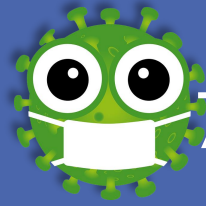
Hold the mask from the strings you are about to wear to on the ears



7. How to wear and remove masks



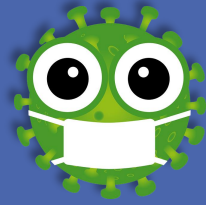
Cover the mouth, nose and chin with a mask and make sure there is no distance between your face and the mask.



7. How to wear and remove masks



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



7. How to wear and remove masks



Remove the mask used, only by holding it from the strings that were on your ears. Do not touch the front. Keep it in a dry, clean and tidy place.



7. How to wear and remove masks



1. Do not use moist or dirty masks (if using disposables). Throw it in the dustbin and wash hands immediately.
2. If the mask is of cloth, wash it thoroughly with soap and water.
3. Do not wear a bad and dirty mask. If it has got spoiled, throw it in the dustbin and wash your hands.
4. Do not wear someone else's mask.
5. Do not sleep wearing masks



All of my suggestions will help keep you and your family and the whole society healthy, and will erase me from this world soon

