Shielding body from covid-19

A project report submitted in partial fulfilment of the requirement for the Award of the Degree of

BACHELOR OF ENGINEERING

in

COMPUTER SCIENCE AND ENGINEERING

by

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DECLARATION BY THE CANDIDATES

We, **Nenavath Pavan (160719733088), Nakka Leelakrishna (160719733064) B.Jithendhar (160719733065)** students of Methodist College of Engineering and Technology, pursuing Bachelor's degree in Computer Science and Engineering, hereby declare that this project report entitled **"Shielding body from covid-19",** carried out under the guidance of **Mr.Shaik Rasool** submitted in partial fulfillment of the requirements for the degree of Bachelor of Engineering in Computer Science. This is a record work carried out by us and the results embodied in this project have not been reproduced/copied from any source.

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ABSTRACT

The development objective of COVID-19 (Coronavirus) Emergency Response and Health Systems Preparedness Project is to prevent, detect and respond to the threat posed by COVID-19 (Coronavirus) and strengthen national health systems for preparedness in India. This project has six components. 1) The first component, Emergency COVID-19 (Coronavirus) Response, aims to slow and limit as much as possible the spread of COVID-19 (Coronavirus) in India. 2) The second component, Strengthening National and State health Systems to support Prevention and Preparedness, aims to support the Government of India (GOI) to build resilient health systems to provide core public health, prevention, and patient management functions to manage COVID-19 (Coronavirus) and future disease outbreaks. 3) The third component, Strengthening Pandemic Research and Multi-sector, National Institutions and Platforms for One Health, aims to support research on COVID-19 (Coronavirus) by Indian and other global institutions working in collaboration with the ICMR. 4) The fourth component, Community Engagement and Risk Communication, aims to address significant negative externalities expected in the event of a widespread COVID-19 (Coronavirus) outbreak and include comprehensive communication strategies. 5) The fifth component, Implementation Management, Capacity Building, Monitoring and Evaluation, aims to support for the strengthening of public structures for the coordination and management of the project would be provided, including Ministry of Health and Family Welfare (MOHFW) and state (decentralized) arrangements for coordination of activities, financial management, procurement, and monitoring and evaluation. 6) The sixth component, Contingent Emergency Response Component (CERC) make provision for immediate response to an eligible crisis or health emergency.

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1. INTRODUCTION

Coronaviruses are a large family of viruses with some causing less severe common cold to more severe diseases such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). The SARS-CoV-21 is a coronavirus very similar to the one that caused SARS. Many coronaviruses are zoonotic, meaning they are transmitted from animals to humans. While the SARS coronavirus is thought to be an animal virus from an as-yet-uncertain animal reservoir, perhaps bats, that spread to other animals (civet cats) and first infected humans in the Guangdong province of southern China in 2002, the MERS coronavirus was passed on from dromedary camels to humans in Saudi Arabia in 2012. There is evidence that the SARS-CoV-2 has also been transmitted from bats.

The most common symptoms of COVID-19 are fever, cough and difficulty in breathing. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty in breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty in breathing should seek medical attention immediately.

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter away from a person who is sick.

Advantages

Project HOPE is mounting a global response to provide lifesaving support on the front lines. To date, HOPE has distributed 14 million pieces of personal protective equipment, provided training for over 98,000 health workers, and reached over 150 countries.

Our strategy focuses on providing lifesaving protective gear in high-risk areas, training health workers to recognize and treat COVID-19, deploying medical volunteers to provide surge staffing, and helping health systems around the world ensure continuity of health services.

1.1 Problem Statement

Covid 19 data is segregated online,Difficult to comprehend and understand,No dedicated space for complete information.

1.2 Purpose

Complete Covid 19 information available at a central place, Efficiently organized for easy access and understanding, Dedicate website for obtaining complete information of covid19 and stay safe. Keep track of daily cases.

1.3 Scope

The health center conducts any notification to identified contacts of patients who test positive for COVID-19 in coordination with federal, state, and local public health activities, consistent with public health guidance and applicable law, including laws relating to communicable disease reporting and privacy.

2. LITERATURE SURVEY

When students in the field of health sciences begin to matriculate in institutions of higher education in Fall 2020, they will be doing so in uncharted territory. If attending a brick and mortar university or college, students will come to realize that the institution has been utilizing online instruction predominantly for the prior spring and possibly all of summer semester. In other words, students have not sat in a desk in the classroom with others for many months. Depending on the university, some programs will remain online even in the Fall 2020 semester.

The question begs to be asked: How has the COVID-19 pandemic impacted students? More specifically, how do the aforementioned shifts in the higher education experience impact university-level students who are in a rigorous program of study such as health sciences? This impact can be addressed at several levels: emotional, mental, academic, and financial. This literature review will attempt to shed light on the current status of health sciences higher education in light of the COVID-19 pandemic. The author will take a top-down approach in reviewing the research. That is, first university systems will be discussed, then the author will move down to faculty and student impacts.

The literature reviewed is replete with papers and reports written from a systemic perspective, looking at how the pandemic has impacted larger university systems and their responses to the issue. There is a dearth of research on how health sciences fields of study have been specifically impacted. As such, effects at the university-level will be shared. While not as abundant, this author will also share what the research reveals about the impact on students, including what the literature has provided in terms of tips for students amid the pandemic [1-4].

Systemic Perspective of COVID-19

According to the United States Centers for Disease Control and Prevention (CDC), as of May 4, the number of diagnosed cases of COVID-19 in the United States is 1,152,372 and the number of deaths is 67,456 (U.S. Centers for Disease Control and Prevention, 2020). The World Health Organization (World Health Organization [WHO], 2020) published just slightly higher incidence statistics for the United States with diagnosed cases numbered at 1,322,054 and the number of deaths at 79,634 a little over a week later. These ever-changing, startling statistics served as a catalyst for universities to act quickly.

Effects of the Pandemic

This section will discuss those effects that have been documented in the literature as a result of COVID-19. One of the major impacts of the pandemic has been on the way information is presented to students. Pedagogically speaking, academe was and still is in a time of 'pedagogical triage,' as Bessette et al. [3] wrote in March in an analysis of higher education's shift to remote teaching. But triage was never the mission or purpose of online teaching. It needs to be more than that (para. 8). The shift to remote learning has impacted students as well as those instructors and

professors who have quickly made drastic changes in the delivery of information. For example, this author switched one course to a completely project-based learning environment once stay-at-home measures were put in place. Changes in the way that curriculum is taught include adjusting assignments, expectations, and grading. Bessette et al. [3] hold that this is simply good teaching, however. Not all students have access to technology or high-speed Wi-Fi or may have limited access only. This provides professors the impetus for asking questions such as: Is it possible for students to work from a phone? What learning activities can be changed to asynchronous schedules? Is this learning activity absolutely essential to address the course objectives? Is video really necessary for this dialogue? How can I share course material without placing heavy demands on data download? Given the shift to remote learning, Fotuhi [9] cautions against making assumptions that every student feels comfortable using technology as a sole means for learning or has technological literacy for online learning. For example, some students may need time to learn and navigate a new platform that is now their main method for learning content delivery. Some may prefer learning on paper, which allows for processing time and the ability to physically touch the material (e.g., taking notes, writing cue cards, skipping back to previous sections). As mentioned earlier, unanticipated difficulties with basic requirements for online learning, like a stable Internet connection or a computer capable of streaming lectures can pose additional problems for students. Fotuhi [9] adds, We can't avoid using these new and emerging technological solutions if we want to continue teaching. But we need to be attuned to students' difficulties, so we can speak to their anxieties (para. 5). COVID-19 has also affected student and employee mental health and student attrition. This is especially true for low-income and underrepresented students. Even in the best of times, these students are most vulnerable to disruptions in their educational careers and threats to their personal well-being. Brown & Kafka [4] (2020 report that student mental health concerns in higher education were already skyrocketing prior to the pandemic. The crisis seems to have exacerbated students' feelings of sadness, isolation, and anxiety (Global Resilience Institute, 2020). In a survey of over two thousand university students conducted by Active Minds (2020), 80 percent of those students surveyed reported that the pandemic has negatively impacted their mental health. The ways that their mental health has been impacted include stress/anxiety, disappointment/ sadness, loneliness/isolation, and relocation. Adding to students' stress is the financial impact of COVID-19. As a result of businesses closing, working college students are experiencing financial setbacks. They now must file for unemployment to help support themselves. Some students have yet to see any funds as the system is overloaded [1]. After all, they are competing with more than 36 million people who, in March and April, 2020, have filed for unemployment due to job loss during the pandemic as reported by Cohen & Hsu [6]. This section has discussed negative impacts of COVID-19 as it relates to higher education not as much from a systemic frame of reference but from a more localized perspective. It is clear from the literature that the effects of the coronavirus have impacted both instructors and students in several ways. The next section will discuss what authors have published in terms of how university systems and students can and are responding to the pandemic.

Responding to COVID-19

In terms of responding to COVID-19, Cowen [8] states that institutions of higher education will not be able to return to the status quonor should they. To prepare for the future, Brown [5] indicates that colleges and universities need to prepare themselves for the substantial changes that will be made. These changes will impact the way higher education institutions operate currently and in the future. Depending on the size and location of the institution, survival and recovery must be considered. Cowen [8] adds that rebuilding for the future with the intention of making institutions more resilient requires leaders in academia to see exactly what's going on and discover patterns and opportunities for improvement and innovation. It is imperative that leaders in institutions of higher learning work with stakeholders to utilize federal and state funds wisely to improve and innovate during a time of re-building and restructuring.

Universities have also extended commitment deadlines for students to address the financial burden that graduate education can often create. They have deferred start dates for summer and fall semesters because of students' and parents' uneasiness about returning to the classroom too soon. With the unprecedented levels of uncertainty, disruptions, and stress students are facing as they try to make sense of new and constant demands and requirements, educators are in a unique position to support students. Therefore, they need to understand the potential obstacles that might get in the way of their learning [9]. This literature review has looked at how colleges and universities have addressed COVID-19 up to this point. The author used a top-down framework, first looking at the large-scale impact of the pandemic (i.e., university-level). This was followed by direct impacts that faculty and students are currently addressing. Finally, methods of tackling the pandemic were shared. In terms of implications for future research, universities with colleges of allied health or health sciences have a responsibility to review implementation plans that support students in terms of and data collected on their effectiveness. Implementation plans should be addressing emotional, mental, academic, and financial issues with which students in health sciences fields are dealing. It will behoove health sciences programs to review their strategic plans to ensure that in the next three to five years, academic departments and colleges are addressing these critical matters to ensure a culture of resilience exists for students.

3.SYSTEM STUDY

3.1 Existing System

1. Covid 19 data is segregated online

2. Difficult to comprehend and understand

3. No dedicated space for complete information

3.2 Proposed System

1. Complete Covid 19 information available at a central place

2. Efficiently organized for easy access and understanding

3. Dedicate website for obtaining complete information of covid19 and stay safe.

4. Keep track of daily cases

3.3 Technical Specification

Hardware Requirements
- Disk space: 10GB
- RAM:4GB
- PROCESSOR:Intel core i5,32bit.

Software Requirements

- Operating System:windows 7 and above,Linux, or Mac any version
- Client side: HTML,CSS,JavaScript

1.CLASS DIAGRAM

Class diagrams are the blueprints of your system or subsystem. You can use class diagrams to model the objects that make up the system, to display the relationships between the objects, and to describe what those objects do and the services that they provide. Class diagrams are useful in many stages of system design. Here the below class diagram provides the information about the travel safety , symtoms of covid etc ,prevention measures to cure ,doctor consultancy , present covid cases and more details provided by the server through system
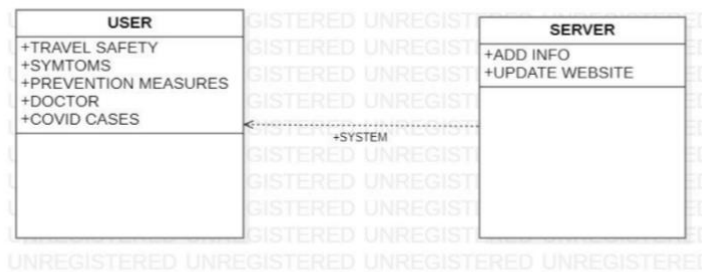
2.USE CASE DIAGRAM

Use-case diagrams describe the high-level functions and scope of a system. These diagrams also identify the interactions between the system and its actors. The use cases and actors in use-

case diagrams describe what the system does and how the actors use it, but not how the system operates internally. Here the below use case diagram provides us the way ,how an user takes the information from the server. The server provides the details about the travel safety ,symtoms ,preventions measures ,doctor consultancy ,covid cases etc.

Here the user and server acts as a actors
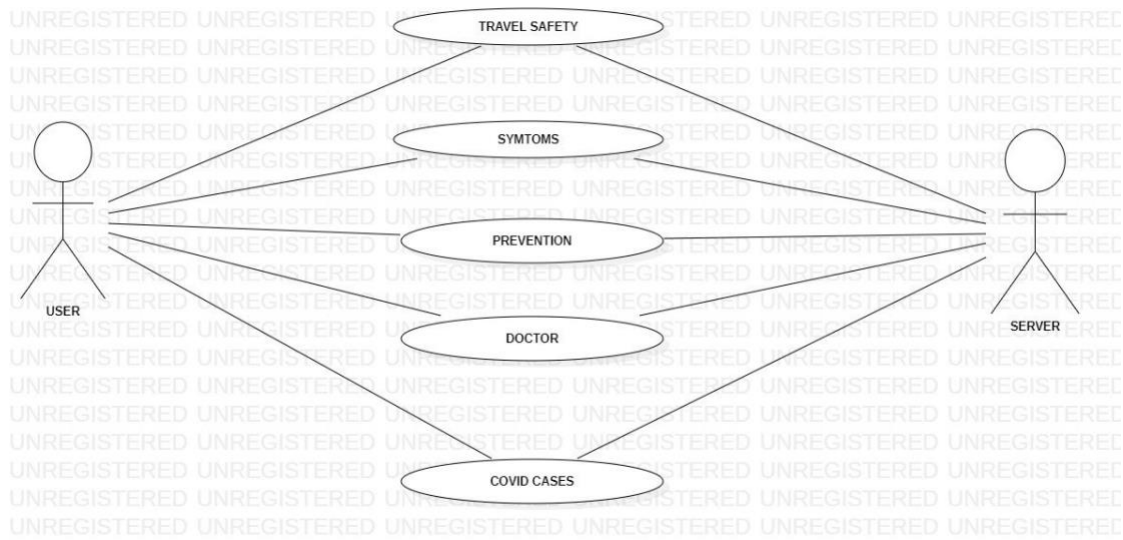
3.Sequence diagram

A sequence diagram is a Unified Modeling Language (UML) diagram that illustrates how a group of objects interact and operate with each other sequentially. The sequence diagram consists of a group of objects that are represented by lifelines and the messages that they exchange over time during the interaction.

In the below diagram it shows the sequence order about how an user completes his process in a sequence manner (or) in a order.

Here the user interacts with the travel safety,smytoms,prevention ,doctor and covid cases in sequencial manner.
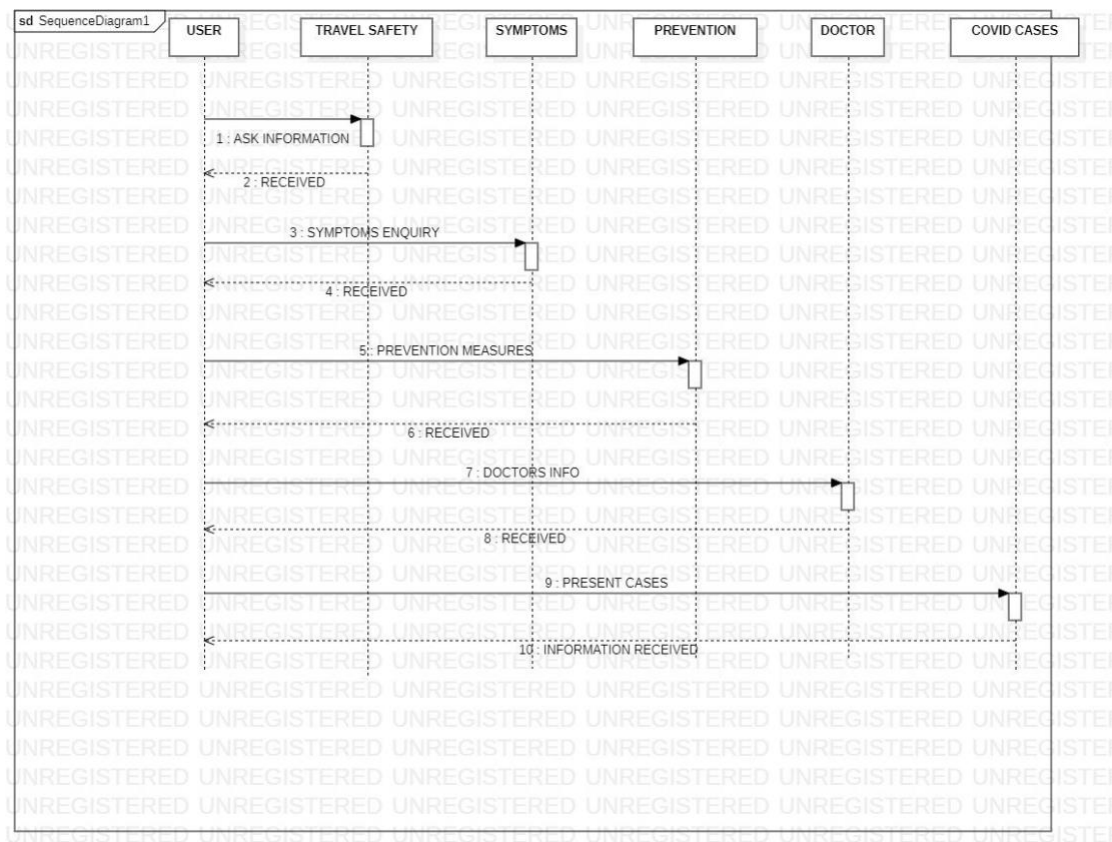
ACTIVITY DIAGRAM

An activity diagram is a behavioral diagram i.e. it depicts the behavior of a system. An activity diagram portrays the control flow from a start point to a finish point showing the various decision paths that exist while the activity is being executed

9

In this figure it shows about the activity diagram ,in which it gives the information about the paths for searching the website for the doctors consultancy and details of the website
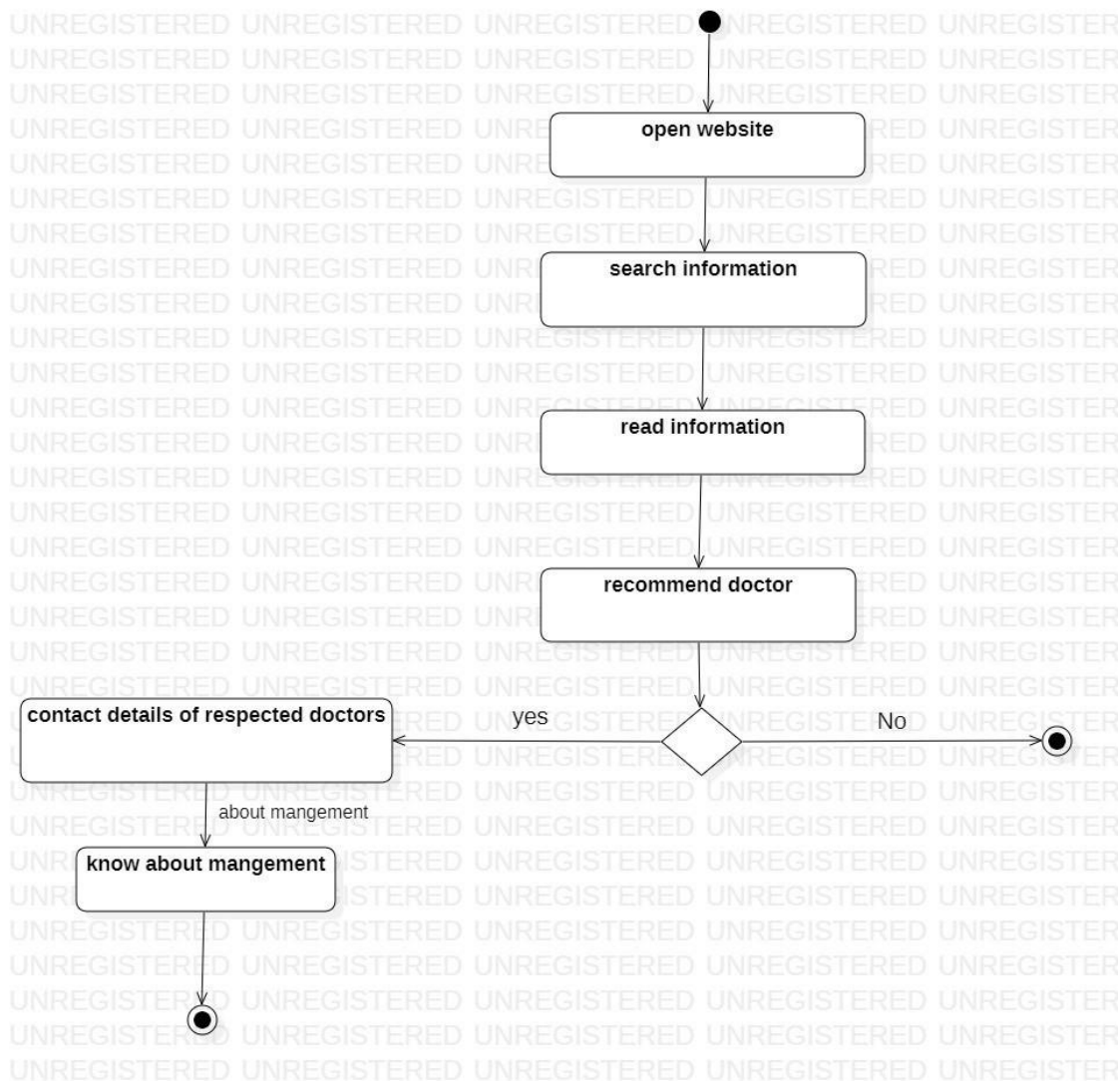
5. IMPLEMENTATION

5.1 Tools

   1. visual Studio code

5.2 Technologies

HTML

The HyperText Markup Language, or HTML is the standard markup language for documents designed to be displayed in a web browser. It can be assisted by technologies such as Cascading Style Sheets and scripting languages such as JavaScript.

CSS

Cascading Style Sheets is a style sheet language used for describing the presentation of a document written in a markup language such as HTML. CSS is a cornerstone technology of the World Wide Web, alongside HTML and JavaScript.

JAVASCRIPT

JavaScript, often abbreviated JS, is a programming language that is one of the core technologies of the World Wide Web, alongside HTML and CSS. Over 97% of websites use JavaScript on the client side for web page behavior, often incorporating third-party libraries.

5.3 Code

HTML

```
<!DOCTYPE html>
<html lang="en">
<head>
<meta charset="UTF-8" />
<meta http-equiv="X-UA-Compatible" content="IE=edge" />
<meta name="viewport" content="width=device-width, initial-scale=1.0" />
<link
rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/5.15.3/css/all.min.css"
integrity="sha512-
iBBXm8fW90+nuLcSKlbmrPcLa0OT92xO1BIsZ+ywDWZCvqsWgccV3gFoRBv0z+8dLJgyA
HIhR35VZc2oM/gI1w=="
crossorigin="anonymous"
referrerpolicy="no-referrer"
/>

<link rel="stylesheet" href="css/style.css" />
<title>Shielding from covid-19</title>
</head>
<body onload="bodyLoaded()">
<div class="preloader"></div>
<div class="scrollToTop"></div>
<nav>
<div class="container">
<div class="brand">
<div class="logo">
<img src="assets/Logo.png" alt="" />
</div>
<div class="responsive-toggle">
<i class="fas fa-bars"></i>
</div>
</div>

<div class="links">
<ul>
<li><a href="#about" id="nav-link">Overview</a></li>
<li><a href="#contagion" id="nav-link">Travel safety</a></li>
<li><a href="#symptoms" id="nav-link">Symptoms</a></li>
<li><a href="#solution" id="nav-link">Prevention</a></li>
<li><a href="#doctor" id="nav-link">Doctor</a></li>
```

```html
<li><a href="#contact" id="nav-link">covidcases</a></li>
<li><a href="#search"><i class="fas fa-search"></i></a></li>

</ul>
</div>
</div>
</nav>
<section class="starter">
<div class="info">
<h3 class="subTitle">Shielding Body from covid 19</h3>
<h1 class="title">Stay At Home Quarantine To Stop Corona Virus</h1>
<h5 class="description">
There is No Specific Medicine To Prevent Or Treat Coronavirus Disease
(COVID-19). People May Need Supportive Care To.<br>
Now that the new coronavirus and COVID-19, the illness it causes, are spreading among
communities in the United States<br>
and other countries, phrases such as "physical distancing," "self-quarantine" and "flattening the
curve" are showing up in the media.
</h5>
<h4 class="description">Stay-at-home directives are issued to protect you, your family, and the
public at large. Do your part by staying home.</h4>
<button><a class="learn-more-button" href="https://timesofindia.indiatimes.com/india/omicron-
variant-live-updates-covid-19-january-11/liveblog/88820021.cms">Learn more</a></button>
</div>
<div class="image">
<img src="assets/girl stay home.jpg" alt="" />
</div>
</section>
<section class="about" id="about">
<div class="image">
<img src="assets/images/virus blu.jpg" alt="" />
</div>
<div class="info">
<h4 class="subTitle">What Is Covid-19</h4>
<h2 class="title">Virus</h2>
<p class="description">
A virus is a small collection of genetic code, either DNA or RNA, surrounded by a protein coat.
A virus cannot replicate alone. Viruses must infect cells and use components of the host cell to
make copies of themselves.
Often, they kill the host cell in the process, and cause damage to the host organism.
Viruses have been found everywhere on Earth. Researchers estimate that viruses outnumber
bacteria by 10 to 1. Because viruses don't have the same components as bacteria,
they cannot be killed by antibiotics; only antiviral medications or vaccines can eliminate
or reduce the severity of viral diseases, including AIDS, COVID-19, measles and smallpox.
<br>COVID-19 is a disease caused by the "novel corona virus". Common          symptoms are:
```

Fever,Dry cough,Breathing difficulty.Some patients also have aches andpains,
nasal congestion, runny nose, sore throat or
diarrhoea.About 80% of confirmed cases recover from the disease
without any serious complications. However, one out
of every six people who gets COVID-19 can become
seriously ill* and develop difficulty in breathing. In more
severe cases, infection can cause severe pneumonia
and other complications which can be treated only at
higher level facilities (District Hospitals and above). In a
few cases it may even cause death.
```
</p>
<button>Learn More</button>
</div>
</section>
<section class="contagion" id="contagion">
<div class="info">
<h4 class="subTitle">Covid-19</h4>
<h2 class="title">Travel safety</h2>
<p class="description">
```
We recommend that you consider the risks before you travel. Being up to date on your vaccinations
prior to travel decreases your chance of spreading and getting COVID-19 during travel. If possible,
delay
travel until you are . If you are eligible, get a COVID-19 vaccine booster dose at least 14 days
prior to
travel. Do NOT travel if you were exposed to COVID-19, if you are sick, or if you test positive
for COVID19.
If you must travel, take these steps to protect yourself and others from COVID-19.
```
</p>
</div>
<div class="content">
<div class="virus">
<img src="assets/virus1.png" alt="" />
</div>
<div class="cards">
<div class="card">
<img src="assets/images/testin.png" alt="" />
<div class="text">
<h3 class="title">Testing</h3>
<p class="description">
```
All passengers, regardless of vaccination status, must show a negative COVID-19 test taken no
more than 1 day before travel.

```
</p>
</div>
</div>
```

```html
<div class="card">
<img src="assets/wear mask  girl.png" alt="" />
<div class="text">
<h3 class="title">Wear Mask</h3>
<p class="description">
Wearing a face mask is mandatory. The rule of "No Mask, No Entry' will be strictly followed at
all public places.
</p>
</div>
</div>
<div class="card">
<img src="assets/images/handwahing.png" alt="" />
<div class="text">
<h3 class="title">Reinforcing hand hygiene</h3>
<p class="description">
Reinforcing hand hygiene which can decrease the risk of transmission of respiratory
viruses by ~50%;
</p>
</div>

</div>
</div>
</div>
</div><br>

<section class="symptoms" id="symptoms">
<div class="info">
<h4 class="subTitle">Covid-19</h4>
<h2 class="title">Symptoms</h2>
<p class="description">
People with COVID-19 have had a wide range of symptoms reported ranging
from mild symptoms to severe illness. Symptoms may appear 2-14 days after
exposure to the virus.Recognize these symptoms of COVID-19 to ensure early
start of treatment and care. The pre-symptomatic stage, when no symptoms appear
,may range from 2 to 14 days after exposure to the coronavirus. It is also possible
that you may have the coronavirus and remain asymptomatic.Other less common symptoms,
such as nausea, vomiting and diarrhoea, may also occur.The severity of COVID-19
symptoms can range from very mild to severe. People who are older or who have
pre-existing medical conditions, such as heart disease, lung disease, diabetes,
obesity, kidney or liver disease, or who have compromised immune systems, are
at higher risk of severe illness.<br>

</p>
</div>
<div class="image">
```

```html
<img src="assets/symptoms.png" alt="" />
</div>
</section>
<section class="solutions" id="solution">
<div class="virus">
<img src="assets/virus3.png" alt="" />
</div>
<div class="virus2">
<img src="assets/virus1.png" alt="" />
</div>
<div class="virus3">
<img src="assets/virus4.png" alt="" />
</div>
<div class="info">
<h4 class="subTitle">Covid-19</h4>
<h2 class="title">What Should We Do <span>?</span></h2>
<p class="description">
In the face of increasingly widespread fears of a COVID-19 pandemic,
what concrete steps can a person take right now to prevent the infection
</p>
</div>
<div class="content">
<div class="solution">
<div class="solution-info">
<div class="round">01</div>
<div class="info-container">
<h2 class="title">Wear Masks</h2>
<p class="description">
Masks are a key measure to reduce transmission and save lives.
Wearing well-fitted masks should be used as part of a comprehensive
'Do it all!' approach including maintaining physical distancing,
avoiding crowded, closed and close-contact settings, ensuring good
ventilation of indoor spaces, cleaning hands regularly, and covering
sneezes and coughs with a tissue of bent elbow.Depending on the type,
masks can be used for either protection of healthy persons or to prevent
onward transmission, or both.
</div>
</div>
<div class="image">
<img src="assets/proper mask.jpg" alt="" />
</div>
</div>
<div class="solution">
<div class="image">
<img src="assets/wash your hand only pic.jpg" alt="" />
```

```
</div>
<div class="solution-info">
<div class="round">02</div>
<div class="info-container">
<h2 class="title">Wash your hands</h2>
<p class="description">
Respiratory viruses like coronavirus disease (COVID-19) spread when mucus or droplets
containing the virus get into your body through your eyes, nose or throat. Often,
the virus can easily spread from one person to the next via hands.
During a global pandemic, one of the cheapest, easiest, and most important
ways to prevent the spread of a virus is to wash your hands frequently with
soap and water.
</p>
</div>
</div>
</div>
<div class="solution">
<div class="solution-info">
<div class="round">03</div>
<div class="info-container">
<h2 class="title">Use Nose - Rag</h2>
<p class="description">
Using nose organoids, which model the complex interactions between human cells and virus,
the team showed key differences between the infection by SARS-CoV-2, the virus that causes
COVID-19, and that of respiratory syncytial virus (RSV), a major pediatric respiratory virus,
providing abetter understanding of the first steps toward disease and leading to potential new
therapies.
</p>
</div>
</div>
<div class="image">
<img src="assets/images/use nose rag png.jfif" alt="" />
</div>
</div>
<div class="solution">
<div class="image">
<img src="assets/avoid contact.jpg" alt="" />
</div>
<div class="solution-info">
<div class="round">04</div>
<div class="info-container">
<h2 class="title">Avoid Contacts</h2>
<p class="description">
As the global coronavirus pandemic takes hold, the UK government has taken more
stringent measures to keep the most vulnerable people in society safe and protected.
```

Now that leaving the house is restricted to few, very specific reasons,
you should maintain social distancing if you do come into contact with other people.
</p>
</div>
</div>
</div>
<div class="solution">
<div class="solution-info">
<div class="round">05</div>
<div class="info-container">
<h2 class="title">Get a COVID-19 vaccine</h2>
<p class="description">
You should get a COVID-19 vaccine even if you already had COVID-19. No currently
available test can reliably determine if you are protected after a COVID-19 infection.
Getting a COVID-19 vaccine after you recover from COVID-19 infection provides added protection
to your immune system. People who already had COVID-19 and do not get vaccinated after their
recovery are more likely to get COVID-19 again than those who get vaccinated after their
recovery.
</p>
</div>
</div>
<div class="image">

</div>
</div>

<div class="solution">
<div class="image">

</div>
<div class="solution-info">
<div class="round">06</div>
<div class="info-container">
<h2 class="title">Stay 6 feet from others</h2>
<p class="description">
Stay 6 feet apart from people who don't live in your household.
Remember that some people without symptoms may be able to
spread the virus.Keeping distance from others is especially important for people
who are at higher risk of getting very sick.
</p>
</div>
</div>
</div>

```html
<div class="solution">
<div class="solution-info">
<div class="round">07</div>
<div class="info-container">
<h2 class="title">Clean and disinfect</h2>
<p class="description">
Clean high touch surfaces daily<br>
If someone is sick or has tested positive for COVID-19, disinfect frequently
touched surfaces.<br>If surfaces are dirty, clean them using detergent or
soap and water prior to disinfection.
</p>
</div>
</div>
<div class="image">
<img src="assets/images/clean and disinfecting.png" alt="" />
</div>
</div>

<div class="solution">
<div class="image">
<img src="assets/images/monitaring your health.png" alt="" />
</div>
<div class="solution-info">
<div class="round">08</div>
<div class="info-container">
<h2 class="title">Monitor your health daily</h2>
<p class="description">
Most people with COVID-19 won't be seriously ill,
and will get better within two weeks. But some people
will become severely sick and may need to go to hospital.
Regularly monitoring your health at home can help you spot whether you are
getting worse, and decide if it's time to get medical assistance.
<br>COVID-19 can cause an irregular or high heart rate (over 100 beats per minute).
Get in the habit of measuring your pulse regularly so you can recognise the normal
rate and rhythm of your heart and know if yours is changing.
</p>
</div>
</div>
</div>

<div class="solution">
<div class="solution-info">
<div class="round">09</div>
<div class="info-container">
```
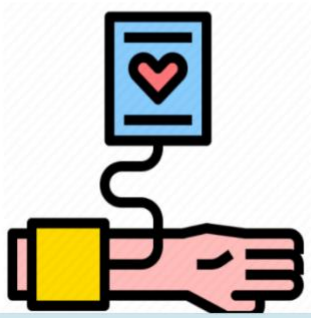
```html
<h2 class="title">Avoid touching your eyes</h2>
<p class="description">
Eye doctors have always advised against rubbing your eyes. Now,
amid the COVID-19 pandemic, it's critical. It can be hard to break
this natural habit,but knowing that it can lower your risk of coronavirus
infection offers a great incentive for everyone.
</p>
</div>
</div>
<div class="image">
<img src="assets/images/eye touchig.jfif" alt="" />
</div>
</div>

</div>
</section>


<section class="doctor" id="doctor">

<h1 class="heading">Consult to our doctors</h1>

<div class="box-container">

<div class="box">
<img src="assets/images/exp-1.png" alt="">
<h3>Dr.John doe</h3>
<h2>MBBS,MD-General Medicine</h2>
<span>senior expert</span>
<div class="share">
<a href="#" class="fab fa-whatsapp"></a>
<a href="#" class="fab fa-facebook-f"></a>
<a href="#" class="fab fa-twitter"></a>
<a href="#" class="fab fa-instagram"></a>
<a href="#" class="fab fa-linkedin"></a>
</div>
</div>

<div class="box">
<img src="assets/images/exp-2.png" alt="">
<h3>Dr.Usha rani</h3>
<h2>MBBS,MD-General Medicine</h2>
<span>senior expert</span>
<div class="share">
<a href="#" class="fab fa-whatsapp"></a>
```

```html
<a href="#" class="fab fa-facebook-f"></a>
<a href="#" class="fab fa-twitter"></a>
<a href="#" class="fab fa-instagram"></a>
<a href="#" class="fab fa-linkedin"></a>
</div>
</div>

</div>

</section>
<section class="symptoms" id="symptoms">
<div class="card">
<div class="solution">
<div class="solution-info">
<div class="round"></div>
<div class="info-container">
<h2 class="title">The mental health of doctors during the COVID-19 pandemic</h2>
<p class="description">
The coronavirus disease 2019 (COVID-19) crisis places additional pressure
on doctors and on the healthcare system in general and research shows that
such pressure brings a greater risk of psychological distress for doctors.
For this reason, we argue that the authorities and healthcare executives
must show strong leadership and support for doctors and their families
during the COVID-19 outbreak and call for efforts to reduce mental health
stigma in clinical workplaces. This can be facilitated by deliberately
adding 'healthcare staffmental health support process' as an ongoing
agenda item to high-level management planning meetings.
</p>
</div>
</div>
<div class="image">
<img src="assets/images/doctors mentpng" alt="" />
</div>
</div>
</section>


<section class="map">
<div class="image-container">
<div class="image">
<img src="assets/map.png" alt="" />
</div>
<div class="map-search"><i class="fas fa-search"></i></div>
<div class="map-options">
```

```html
<i class="fas fa-plus"></i>
<i class="fas fa-minus"></i>
<div class="arrows">
<i class="fas fa-sort-up"></i>
<i class="fas fa-sort-down"></i>
</div>
</div>
</div>
<div class="reports">
<div class="title-container">
<h2 class="title">Live Reports</h2>
<div class="arrows"></div>
</div>
<div class="report-container">
<div class="report">
<div class="country">
<img src="assets/india.png" alt="" />
<h3>India</h3>
</div>
<div class="numbers">
<h4>100,392</h4>
<i class="fas fa-sort-up"></i>
</div>
</div>
<div class="report">
<div class="country">
<img src="assets/canada.png" alt="" />
<h3>Canada</h3>
</div>
<div class="numbers">
<h4>86,498</h4>
<i class="fas fa-sort-up"></i>
</div>
</div>
<div class="report">
<div class="country">
<img src="assets/united-states.png" alt="" />
<h3>USA</h3>
</div>
<div class="numbers">
<h4>81,340</h4>
<i class="fas fa-sort-down"></i>
</div>
</div>
<div class="report">
```

```html
<div class="country">
<img src="assets/italy.png" alt="" />
<h3>Italy</h3>
</div>
<div class="numbers">
<h4>64,049</h4>
<i class="fas fa-sort-up"></i>
</div>
</div>
<div class="report">
<div class="country">
<img src="assets/china.png" alt="" />
<h3>China</h3>
</div>
<div class="numbers">
<h4>50,871s</h4>
<i class="fas fa-sort-up"></i>
</div>
</div>
<div class="report">
<div class="country">
<img src="assets/united-kingdom.png" alt="" />
<h3>UK</h3>
</div>
<div class="numbers">
<h4>32,332</h4>
<i class="fas fa-sort-up"></i>
</div>
</div>
</div>
</div>
</section>

<section class="contact" id="contact">
<h1 class="title">Have Question in mind ?</h1>
<h1 class="title">Let us help you</h1>
<div class="form">
<input type="text" placeholder="shieldingbodyfromcovid19@gmail.com"/>
<button>Send</button>
</div>
</section>
<footer>
<div class="logo">
<img src="assets/Logo.png" alt="" />
</div>
```

```html
<div class="links">
<ul>
<li><a href="">Overview</a></li>
<li><a href="">Symptoms</a></li>
<li><a href="">Prevention</a></li>
<li><a href="">Treatment</a></li>
</ul>
</div>
<div class="social-links">
<i class="fab fa-instagram"></i>
<i class="fab fa-facebook"></i>
<i class="fab fa-twitter"></i>
<i class="fab fa-youtube"></i>
<i class="fab fa-linkedin"></i>
</div>
</footer>
<span class="copyright"
>2021 &copy; All rights reserved by shielding body from covid 19</span
>
<script src="https://unpkg.com/scrollreveal"></script>
<script src="js/script.js"></script>
</body>
</html>
```

CSS

```css
@import
url("https://fonts.googleapis.com/css2?family=Rubik:wght@300;400;500;600&display=swap");
html {
  scroll-behavior: smooth;
}

body {
  margin: 0;
  padding: 0;
  -webkit-box-sizing: border-box;
        box-sizing: border-box;
  font-family: "Rubik", sans-serif;
}

body::-webkit-scrollbar {
  background-color: white;
  width: 0.4rem;
}
```

```css
body::-webkit-scrollbar-thumb {
  background-color: #ef233c;
}

h1,
h2,
h3,
h4,
h5,
h6,
a,
ul,
li,
p {
  margin: 0;
  padding: 0;
}

ul {
  list-style-type: none;
}

a {
  text-decoration: none;
}

button {
  background-color: #ef233c;
  border: none;
  padding: 1.3rem 3rem;
  border-radius: 3rem;
  color: white;
  font-size: larger;
  font-weight: bold;
  -webkit-transition: 0.3s ease-in-out;
  transition: 0.3s ease-in-out;
  border: 0.1rem solid transparent;
}


button:hover {
  background-color: white;
  border-color: #ef233c;
  color: #ef233c;
```

```css
}

h1 {
  color: #248277;
  font-size: 3em;
}

h2 {
  color: #248277;
  font-size: 2.2em;
}

h3 {
  color: #ef233c;
  font-size: 1.4em;
}

h4 {
  color: #4823ef;
  font-size: 1.2em;
}

h5 {
  color: #747474;
  font-weight: 500;
  font-size: 1.15em;
  letter-spacing: 0.05rem;
  line-height: 1.7em;
}

p {
  color: #747474;
  font-size: 1.1em;
  letter-spacing: 0.04em;
  line-height: 1.5em;
}

a {
  color: #248277;
  -webkit-transition: 0.3s ease-in-out;
  transition: 0.3s ease-in-out;
  font-size: 1.3em;
  margin: 0 2em;
}
```

```css
a:hover {
  color: #ef233c;
}

.info .title {
  margin-top: 0.5rem;
}

.info .description {
  margin: 1.2rem 0;
}

ul {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
      -ms-flex-align: center;
         align-items: center;
}

.preloader {
  overflow: hidden;
  height: 100vh;
  width: 100vw;
  background-image: url("../assets/preloader.gif");
  background-size: 10rem;
  background-position: center center;
  background-repeat: no-repeat;
  position: fixed;
  background-color: white;
  z-index: 5;
}

.scrollToTop {
  height: 5rem;
  width: 5rem;
  background-color: #fce0e3;
  -webkit-box-shadow: rgba(50, 50, 93, 0.25) 0px 2px 5px -1px, rgba(0, 0, 0, 0.3) 0px 1px 3px -1px;
        box-shadow: rgba(50, 50, 93, 0.25) 0px 2px 5px -1px, rgba(0, 0, 0, 0.3) 0px 1px 3px -1px;
  background-image: url("../assets/virus.png");
  background-position: center center;
  background-size: 3rem;
  background-repeat: no-repeat;
```

```css
  border-radius: 4rem;
  position: fixed;
  bottom: 10px;
  right: 25px;
  cursor: pointer;
  display: none;
  z-index: 4;
}

nav {
  margin: 0 2rem;
  padding: 2rem;
}

nav .container {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
        align-items: center;
  -webkit-box-pack: center;
     -ms-flex-pack: center;
        justify-content: center;
  -webkit-box-pack: justify;
     -ms-flex-pack: justify;
        justify-content: space-between;
}

nav .container .brand {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
        align-items: center;
  -webkit-box-pack: center;
     -ms-flex-pack: center;
        justify-content: center;
  -webkit-box-pack: justify;
     -ms-flex-pack: justify;
        justify-content: space-between;
}

nav .container .brand .responsive-toggle {
```

```css
  display: none;
}

nav .container .links ul li:nth-child(1) a {
  color: #ef233c;
}

nav .container .links ul li button {
  background-color: white;
  border: 0.1rem solid #ef233c;
  color: #ef233c;
}

.starter {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  margin: 2rem 0;
}

.starter .info {
  margin: 3rem 2rem 0 4rem;
}

.starter .info .title {
  margin: 0.5rem 0 2rem 0;
}

.starter .info .description {
  margin-bottom: 2rem;
}

.starter .image img {
  max-width: 100%;
}

.about {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
    -ms-flex-align: center;
        align-items: center;
  margin: 2rem 4rem;
  gap: 5rem;
```

```css
}

.about button {
  background-color: #ffe6e8;
  color: #ef233c;
}

.about .image img {
  width: 40rem;
}

.contagion {
  margin: 2rem 4rem;
}

.contagion .info {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
      -ms-flex-align: center;
          align-items: center;
  -webkit-box-pack: center;
      -ms-flex-pack: center;
          justify-content: center;
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
      -ms-flex-direction: column;
          flex-direction: column;
}

.contagion .info .description {
  width: 50%;
  text-align: center;
}

.contagion .content {
  position: relative;
}

.contagion .content .virus {
  position: absolute;
  left: -0.5rem;
  top: 7rem;
}
```

```css
.contagion .content .virus img {
  height: 20rem;
}

.contagion .cards {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
        align-items: center;
  -webkit-box-pack: center;
     -ms-flex-pack: center;
        justify-content: center;
  gap: 4rem;
  margin-top: 1rem;
}

.contagion .cards .card {
  height: 25rem;
  width: 20rem;
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
        align-items: center;
  -webkit-box-pack: center;
     -ms-flex-pack: center;
        justify-content: center;
  -webkit-transition: 0.2s ease-in-out;
  transition: 0.2s ease-in-out;
  border-bottom: 0.2rem solid white;
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
     -ms-flex-direction: column;
        flex-direction: column;
  -webkit-box-shadow: rgba(17, 17, 26, 0.1) 0px 4px 16px, rgba(17, 17, 26, 0.05) 0px 8px 32px;
        box-shadow: rgba(17, 17, 26, 0.1) 0px 4px 16px, rgba(17, 17, 26, 0.05) 0px 8px 32px;
}

.contagion .cards .card .text {
  padding: 2rem;
  text-align: center;
```

```css
}

.contagion .cards .card .text .title {
  margin-bottom: 1rem;
}

.contagion .cards .card img {
  max-height: 8rem;
}

.contagion .cards .card:hover {
  -webkit-box-shadow: rgba(17, 17, 26, 0.1) 0px 4px 16px, rgba(17, 17, 26, 0.1) 0px 8px 24px,
rgba(17, 17, 26, 0.1) 0px 16px 56px;
       box-shadow: rgba(17, 17, 26, 0.1) 0px 4px 16px, rgba(17, 17, 26, 0.1) 0px 8px 24px, rgba(17,
17, 26, 0.1) 0px 16px 56px;
  border-bottom: 0.2rem solid #ef233c;
}

.symptoms {
  margin: 4rem;
}

.symptoms .info {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
        align-items: center;
  -webkit-box-pack: center;
     -ms-flex-pack: center;
        justify-content: center;
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
     -ms-flex-direction: column;
        flex-direction: column;
}

.symptoms .info .description {
  width: 60%;
  text-align: center;
}

.symptoms .image {
  display: -webkit-box;
```

```css
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
        align-items: center;
  -webkit-box-pack: center;
     -ms-flex-pack: center;
        justify-content: center;
}

.symptoms .image img {
  width: 90%;
}

.solutions {
  position: relative;
}

.solutions .virus {
  position: absolute;
  top: 34rem;
}

.solutions .virus img {
  height: 12rem;
}

.solutions .virus2 {
  position: absolute;
  top: 104rem;
  right: 0;
}

.solutions .virus2 img {
  height: 12rem;
}

.solutions .virus3 {
  position: absolute;
  top: 99rem;
  right: 2rem;
}

.solutions .virus3 img {
  height: 6rem;
```

```css
}

.solutions .info {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
        align-items: center;
  -webkit-box-pack: center;
     -ms-flex-pack: center;
        justify-content: center;
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
     -ms-flex-direction: column;
        flex-direction: column;
}

.solutions .info .description {
  width: 40%;
  text-align: center;
}

.solutions .content {
  margin: 4rem 9rem;
}

.solutions .content .solution {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
        align-items: center;
  -webkit-box-pack: center;
     -ms-flex-pack: center;
        justify-content: center;
  gap: 5rem;
}

.solutions .content .solution .solution-info {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  gap: 2rem;
```

```
}

.solutions .content .solution .solution-info .round {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
        align-items: center;
  -webkit-box-pack: center;
     -ms-flex-pack: center;
        justify-content: center;
  background-color: #ffe6e8;
  color: #ef233c;
  font-size: 2em;
  border-radius: 100%;
  height: 5rem;
  width: 20rem;
}

.solutions .content .solution .solution-info .info-container .title {
  margin-bottom: 0.5rem;
}

.solutions .content .solution .image img {
  height: 30rem;
}

.map {
  margin: 0rem 3rem;
  display: -ms-grid;
  display: grid;
  -ms-grid-columns: 2fr 1fr;
     grid-template-columns: 2fr 1fr;
  gap: 3rem;
}

.map .image-container {
  position: relative;
}

.map .image-container .image img {
  height: 30rem;
}
```

```css
.map .image-container .map-search {
  position: absolute;
  top: 0;
  right: 0;
  padding: 1rem;
  -webkit-box-shadow: rgba(17, 17, 26, 0.1) 0px 4px 16px, rgba(17, 17, 26, 0.05) 0px 8px 32px;
      box-shadow: rgba(17, 17, 26, 0.1) 0px 4px 16px, rgba(17, 17, 26, 0.05) 0px 8px 32px;
  cursor: pointer;
}

.map .image-container .map-search i {
  color: #ef233c;
  font-size: 1.4rem;
}

.map .image-container .map-options {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
     -ms-flex-direction: column;
        flex-direction: column;
  font-size: 2rem;
  position: absolute;
  padding: 1rem;
  background-color: white;
  top: 0;
  -webkit-box-shadow: rgba(17, 17, 26, 0.1) 0px 4px 16px, rgba(17, 17, 26, 0.05) 0px 8px 32px;
      box-shadow: rgba(17, 17, 26, 0.1) 0px 4px 16px, rgba(17, 17, 26, 0.05) 0px 8px 32px;
  cursor: pointer;
}

.map .image-container .map-options i {
  color: #494949;
}

.map .image-container .map-options .arrows {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
        align-items: center;
  -webkit-box-pack: center;
```

```css
    -ms-flex-pack: center;
      justify-content: center;
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
    -ms-flex-direction: column;
      flex-direction: column;
  margin: 1rem 0;
}

.map .image-container .map-options .arrows i {
  line-height: 0;
  padding: 0;
  margin: 0;
  font-size: 2.4rem;
}

.map .image-container .map-options .arrows i:nth-of-type(1) {
  color: #ef233c;
}

.map .image-container .map-options .arrows i:nth-of-type(2) {
  color: gray;
}

.map .reports {
  -webkit-box-shadow: rgba(0, 0, 0, 0.15) 0px 15px 25px, rgba(0, 0, 0, 0.05) 0px 5px 10px;
      box-shadow: rgba(0, 0, 0, 0.15) 0px 15px 25px, rgba(0, 0, 0, 0.05) 0px 5px 10px;
  height: -webkit-max-content;
  height: -moz-max-content;
  height: max-content;
  width: 20rem;
  padding: 2rem;
}

.map .reports .title-container {
  margin-bottom: 1rem;
}

.map .reports .report-container .report {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-pack: justify;
    -ms-flex-pack: justify;
      justify-content: space-between;
```

```css
  margin-bottom: 0.6rem;
}

.map .reports .report-container .report .country {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
      -ms-flex-align: center;
          align-items: center;
  -webkit-box-pack: center;
      -ms-flex-pack: center;
          justify-content: center;
  gap: 1rem;
}

.map .reports .report-container .report .country h3 {
  color: #248277;
}

.map .reports .report-container .report .country img {
  height: 3rem;
}

.map .reports .report-container .report .numbers {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
      -ms-flex-align: center;
          align-items: center;
  -webkit-box-pack: center;
      -ms-flex-pack: center;
          justify-content: center;
  gap: 1rem;
}

.map .reports .report-container .report .numbers h4 {
  color: #248277;
}

.map .reports .report-container .report .numbers i {
  font-size: 2rem;
}
```

```css
.map .reports .report-container .report .numbers .fa-sort-up {
  margin-top: 0.8rem;
  color: #ef233c;
}

.map .reports .report-container .report .numbers .fa-sort-down {
  margin-bottom: 0.8rem;
  color: #248277;
}

.contact {
  margin: 2rem 4rem;
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
        align-items: center;
  -webkit-box-pack: center;
     -ms-flex-pack: center;
        justify-content: center;
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
     -ms-flex-direction: column;
        flex-direction: column;
}

.contact .form {
  margin-top: 2rem;
  position: relative;
}

.contact .form input {
  border-radius: 10rem;
  width: 40rem;
  border: none;
  -webkit-box-shadow: rgba(17, 17, 26, 0.1) 0px 4px 16px, rgba(17, 17, 26, 0.1) 0px 8px 24px, rgba(17, 17, 26, 0.1) 0px 16px 56px;
          box-shadow: rgba(17, 17, 26, 0.1) 0px 4px 16px, rgba(17, 17, 26, 0.1) 0px 8px 24px, rgba(17, 17, 26, 0.1) 0px 16px 56px;
  padding: 2rem;
}

.contact .form button {
  position: absolute;
```

```css
  right: 0.5rem;
  top: 0.35rem;
  padding: 1.4rem 4rem;
}

footer {
  margin: 3rem 4rem;
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
         align-items: center;
  -webkit-box-pack: center;
     -ms-flex-pack: center;
         justify-content: center;
  -webkit-box-pack: justify;
     -ms-flex-pack: justify;
         justify-content: space-between;
}

footer .social-links i {
  font-size: 1.4em;
  margin: 0 0.7rem;
  color: #248277;
  -webkit-transition: 0.3s ease-in-out;
  transition: 0.3s ease-in-out;
}

footer .social-links i:hover {
  color: #ef233c;
}

.copyright {
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
         align-items: center;
  -webkit-box-pack: center;
     -ms-flex-pack: center;
         justify-content: center;
  margin: 1rem 0;
  color: #248277;
```

```css
  }

@media (max-width: 480px) {
 body {
   font-size: 11px;
 }
 .virus,
 .virus2,
 .virus3 {
   display: none;
 }
 .info .description {
   width: 90% !important;
 }
 nav {
   position: relative;
   padding: 1rem;
   margin: 0;
 }
 nav .responsive-toggle {
   display: block !important;
   position: absolute;
   right: 2rem;
 }
 nav .responsive-toggle i {
   font-size: 1.5rem;
 }
 nav .logo img {
   height: 3rem;
 }
 nav .links {
   position: absolute;
   top: -40rem;
   left: 0;
   margin-top: 10rem;
   background-color: white;
   width: 100%;
   -webkit-transition: 0.3s ease-in-out;
   transition: 0.3s ease-in-out;
   z-index: 99;
   -webkit-box-shadow: 0 4px 4px rgba(0, 0, 0, 0.1);
           box-shadow: 0 4px 4px rgba(0, 0, 0, 0.1);
   border-radius: 0 0 1rem 1rem;
   padding: 2rem 0;
 }
```

```css
nav .links ul {
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
    -ms-flex-direction: column;
        flex-direction: column;
  gap: 2rem;
}
nav .links ul button {
  padding: 1rem 2rem;
}
.starter {
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
    -ms-flex-direction: column;
        flex-direction: column;
  gap: 4rem;
}
.starter .info {
  margin: 1rem;
}
.about {
  -webkit-box-orient: vertical;
  -webkit-box-direction: reverse;
    -ms-flex-direction: column-reverse;
        flex-direction: column-reverse;
  gap: 1rem;
}
.about img {
  max-width: 100%;
}
.contagion .cards {
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
    -ms-flex-direction: column;
        flex-direction: column;
}
.symptoms img {
  width: 100% !important;
}
.solutions .content {
  margin: 1rem;
}
.solutions .content .solution {
  gap: 1rem !important;
  margin-bottom: 1rem;
```

```css
}
.solutions .content .solution:nth-child(odd) {
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
      -ms-flex-direction: column;
          flex-direction: column;
}
.solutions .content .solution:nth-child(even) {
  -webkit-box-orient: vertical;
  -webkit-box-direction: reverse;
      -ms-flex-direction: column-reverse;
          flex-direction: column-reverse;
}
.solutions .content .solution .solution-info {
  gap: 0.5rem;
}
.solutions .content .solution .solution-info .round {
  width: 15rem;
  height: 3rem;
  font-size: 22px;
}
.solutions .content .solution img {
  height: 20rem !important;
}
.map {
  margin: 1rem;
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
      -ms-flex-align: center;
          align-items: center;
  -webkit-box-pack: center;
      -ms-flex-pack: center;
          justify-content: center;
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
      -ms-flex-direction: column;
          flex-direction: column;
}
.map .image-container img {
  height: 11rem !important;
}
.map .reports {
  width: 18rem;
```

```css
  padding: 1rem;
 }
 .contact {
  margin: 2rem;
  text-align: center !important;
 }
 .contact .form {
  width: 100%;
 }
 .contact .form input {
  width: 80%;
  font-size: 0.8rem;
 }
 .contact .form button {
  padding: 1rem 2rem !important;
  top: 0.9rem !important;
 }
 footer {
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
    -ms-flex-direction: column;
        flex-direction: column;
  gap: 2rem;
 }
 footer ul {
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
    -ms-flex-direction: column;
        flex-direction: column;
  gap: 1rem;
 }
}

@media (min-width: 768px) and (max-width: 1024px) {
 body {
  font-size: 15px;
 }
 .virus,
 .virus2,
 .virus3 {
  display: none;
 }
 .info .description {
  width: 90% !important;
 }
```

```
nav {
 position: relative;
 padding: 2rem;
 margin: 0;
}
nav .responsive-toggle {
 display: block !important;
 position: absolute;
 right: 5rem;
}
nav .responsive-toggle i {
 font-size: 1.5rem;
}
nav .logo img {
 height: 3rem;
}
nav .links {
 position: absolute;
 top: -40rem;
 left: 0;
 margin-top: 10rem;
 background-color: white;
 width: 100%;
 -webkit-transition: 0.3s ease-in-out;
 transition: 0.3s ease-in-out;
 -webkit-box-shadow: 0 4px 4px rgba(0, 0, 0, 0.1);
      box-shadow: 0 4px 4px rgba(0, 0, 0, 0.1);
 border-radius: 0 0 1rem 1rem;
 padding: 2rem 0;
 z-index: 99;
}
nav .links ul {
 -webkit-box-orient: vertical;
 -webkit-box-direction: normal;
   -ms-flex-direction: column;
      flex-direction: column;
 gap: 2rem;
}
nav .links ul button {
 padding: 1rem 2rem;
}
.starter {
 -webkit-box-orient: vertical;
 -webkit-box-direction: normal;
   -ms-flex-direction: column;
```

```css
      flex-direction: column;
  gap: 4rem;
}
.about {
  -webkit-box-orient: vertical;
  -webkit-box-direction: reverse;
    -ms-flex-direction: column-reverse;
        flex-direction: column-reverse;
  gap: 1rem;
}
.about img {
  max-width: 100%;
}
.contagion .cards {
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
    -ms-flex-direction: column;
        flex-direction: column;
}
.symptoms img {
  width: 100% !important;
}
.solutions .content {
  margin: 1rem;
}
.solutions .content .solution {
  gap: 1rem !important;
  margin-bottom: 1rem;
}
.solutions .content .solution:nth-child(odd) {
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
    -ms-flex-direction: column;
        flex-direction: column;
}
.solutions .content .solution:nth-child(even) {
  -webkit-box-orient: vertical;
  -webkit-box-direction: reverse;
    -ms-flex-direction: column-reverse;
        flex-direction: column-reverse;
}
.solutions .content .solution .solution-info {
  gap: 0.5rem;
}
.solutions .content .solution .solution-info .round {
```

```css
  width: 9rem;
  height: 3rem;
  font-size: 22px;
}
.solutions .content .solution img {
  height: 20rem !important;
}
.map {
  margin: 1rem;
  display: -webkit-box;
  display: -ms-flexbox;
  display: flex;
  -webkit-box-align: center;
     -ms-flex-align: center;
        align-items: center;
  -webkit-box-pack: center;
     -ms-flex-pack: center;
        justify-content: center;
  -webkit-box-orient: vertical;
  -webkit-box-direction: normal;
     -ms-flex-direction: column;
        flex-direction: column;
}
.map .image-container img {
  height: 26rem !important;
}
.map .reports {
  width: 28rem;
  padding: 3rem;
}
.contact {
  margin: 2rem;
  text-align: center !important;
}
.contact .form {
  width: 100%;
}
.contact .form input {
  width: 80%;
}
.contact .form button {
  padding: 1rem 2rem !important;
  top: 0.7rem !important;
  right: 4rem;
}
```

```css
  footer {
   -webkit-box-orient: vertical;
   -webkit-box-direction: normal;
     -ms-flex-direction: column;
        flex-direction: column;
   gap: 2rem;
  }
  footer ul {
   -webkit-box-orient: vertical;
   -webkit-box-direction: normal;
     -ms-flex-direction: column;
        flex-direction: column;
   gap: 1rem;
  }
}


  display: flex;
  align-items: center;

}

.doctor{
  background:url(../images/background-img.jpg) no-repeat;
  background-size: cover;
  background-position: center;
  background-attachment: fixed;
}

.doctor .heading{

  font-size: 55px;
  font-style: unset;
  text-align: center;



}

.doctor .box-container{
  display: flex;
  justify-content: center;
  align-items: center;
  flex-wrap: wrap;
}
```

```css
.doctor .box-container .box{
 border-radius: .5rem;
 box-shadow: 0 .5rem 1rem rgba(0,0,0,.1);
 padding:1rem;
 margin:1.5rem;
 text-align: center;
 background:#fff;
 border:.1rem solid rgba(0,0,0,.1);
 width:33rem;
}

.doctor .box-container .box img{
 margin:1rem;
 border-radius: 50%;
 height:20rem;
 width:20rem;
 object-fit: cover;
 background:var(--blue);
}

.doctor .box-container .box h3{
 font-size: 2rem;
 color:var(--blue);
}

.doctor .box-container .box span{
 font-size: 1.5rem;
 color:var(--dark-blue);
}

.doctor .box-container .box .share{
 border-top: .1rem solid rgba(0,0,0,.1);
 padding:1rem;
 margin-top: 1rem;
}

.doctor .box-container .box .share a{
 border-radius: 50%;
 height: 4.5rem;
 width:4.5rem;
 line-height: 4.5rem;
 font-size: 2rem;
 margin: .4rem;
 background:#eee;
```

```css
  color:var(--blue);
}

.doctor .box-container .box .share a:hover{
  background:var(--blue);
  color:#fff;
  transform: rotate(360deg);
}


/* media queries  */

@media (max-width:1200px){

  html{
     font-size: 55%;
  }

}

@media (max-width:991px){

  section{
     padding:1rem 3%;
     padding-top: 8rem;
  }

  #menu{
     display: block;
  }

  header .navbar{
     position: absolute;
     top:100%; left: 0;
     width:100%;
     background:#fff;
     padding:2rem;
     border-top: .1rem  solid rgba(0,0,0,.1);
     transform-origin: top;
     transform: scaleY(0);
     opacity: 0;
  }

  header .navbar.nav-toggle{
     transform: scaleY(1);
```

```css
    opacity: 1;
 }

 header .navbar a{
    display: block;
    margin:1.5rem 0;
    font-size: 2rem;
 }

 .fa-times{
    transform: rotate(180deg);
 }

 .symptoms .column .main-image img{
    display: none;
 }

 .hand-wash .column .main-image img{
    display: none;
 }

}

@media (max-width:768px){

 html{
    font-size: 50%;
 }

 .home .content h1{
    font-size: 4rem;
 }

 .home .content h3{
    font-size: 3.5rem;
 }

}

@media (max-width:450px){

 .home .content h1{
    font-size: 3.5rem;
 }
```

```css
.home .content h3{
    font-size: 2.5rem;
}

.symptoms .column .box-container .box img{
    width:14rem;
}

.precautions .column .box-container .box{
    flex-flow: column;
    text-align: center;
}

.doctor .box-container .box{
    width:100%;
}

}

.solution .button{
  align:center;
}
```

JAVASCRIPT

```javascript
// Preloader Animation while the body gets loaded
const preloader = document.querySelector(".preloader");
const bodyLoaded = () => {
  setTimeout(() => {
   preloader.style.display = "none";
  }, 2000);
};

//Scroll To Top
const scrollToTop = document.querySelector(".scrollToTop");
//When Scroll Height is greater than 400 then display scroll to top.
window.addEventListener("scroll", () => {
  window.pageYOffset > 400
   ? (scrollToTop.style.display = "block")
   : (scrollToTop.style.display = "none");
});

// Scroll to top on click
scrollToTop.addEventListener("click", () => {
  window.scrollTo({ top: 0 });
```

```javascript
});

// Maintaining the responsive navbar state.
let navBarState = false;
const navbarToggle = document.querySelector(".responsive-toggle");

navbarToggle.addEventListener("click", () => {
  const navlinks = document.querySelector(".links");
  if (navBarState) {
    navlinks.style.top = "-40rem";
    navBarState = false;
  } else {
    navlinks.style.top = "-4rem";
    navBarState = true;
  }
});

// When click on any link on the responsive navbar close the responsive navbar
const navLinks = document.querySelectorAll("#nav-link");
//Adding the event listeners to all the links on the responsive navbar
navLinks.forEach((link) =>
  link.addEventListener("click", () => {
    const navlinks = document.querySelector(".links");
    navlinks.style.top = "-40rem";
    navBarState = false;
  })
);

// Scroll Reveal Animations
const sr = ScrollReveal({
  origin: "top",
  distance: "80px",
  duration: 2000,
  reset: true,
});

sr.reveal(
  `.starter,.about
  .contagion,.symptoms,
  .solutions,.experts,
  .map,.contact,footer,span`,
  {
    interval: 200,
  }
);
```

5.4 Results

Overview

Travel safety

Covid-19

Travel safety

We recommend that you consider the risks before you travel. Being up to date on your vaccinations prior to travel decreases your chance of spreading and getting COVID-19 during travel. If possible, delay travel until you are . If you are eligible, get a COVID-19 vaccine booster dose at least 14 days prior to travel. Do NOT travel if you were exposed to COVID-19, if you are sick, or if you test positive for COVID-19. If you must travel, take these steps to protect yourself and others from COVID-19.

Testing

All passengers, regardless of vaccination status, must show a negative COVID-19 test taken no more than 1 day before travel.

Wear Mask

Wearing a face mask is mandatory. The rule of "No Mask, No Entry' will be strictly followed at all public places.

Reinforcing hand hygiene

Reinforcing hand hygiene which can decrease the risk of transmission of respiratory viruses by ~50%;

Symptoms

Covid-19

Symptoms

People with COVID-19 have had a wide range of symptoms reported ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.Recognize these symptoms of COVID-19 to ensure early start of treatment and care. The pre-symptomatic stage, when no symptoms appear ,may range from 2 to 14 days after exposure to the coronavirus. It is also possible that you may have the coronavirus and remain asymptomatic.Other less common symptoms, such as nausea, vomiting and diarrhoea, may also occur.The severity of COVID-19 symptoms can range from very mild to severe. People who are older or who have pre-existing medical conditions, such as heart disease, lung disease, diabetes, obesity, kidney or liver disease, or who have compromised immune systems, are at higher risk of severe illness.

FEVER

HEADACHE

THROAT PAIN

RUNNY NOSE

DYPSNOEA

SHAKING CHILLS

Prevention

What Should We Do ?

In the face of increasingly widespread fears of a COVID-19 pandemic, what concrete steps can a person take right now to prevent the infection

01 Wear Masks

Masks are a key measure to reduce transmission and save lives. Wearing well-fitted masks should be used as part of a comprehensive 'Do it all' approach including maintaining physical distancing, avoiding crowded, closed and close-contact settings, ensuring good ventilation of indoor spaces, cleaning hands regularly, and covering sneezes and coughs with a tissue of bent elbow.Depending on the type, masks can be used for either protection of healthy persons or to prevent onward transmission, or both.

02 Wash your hands

Respiratory viruses like coronavirus disease (COVID-19) spread when mucus or droplets containing the virus get into your body through your eyes, nose or throat. Often, the virus can easily spread from one person to the next via hands. During a global pandemic, one of the cheapest, easiest, and most important ways to prevent the spread of a virus is to wash your hands frequently with soap and water.

03 Use Nose - Rag

Using nose organoids, which model the complex interactions between human cells and virus, the team showed key differences between the infection by SARS-CoV-2, the virus that causes COVID-19, and that of respiratory syncytial virus (RSV), a major pediatric respiratory virus, providing abetter understanding of the first steps toward disease and leading to potential new therapies.

Avoid Contacts

04

As the global coronavirus pandemic takes hold, the UK government has taken more stringent measures to keep the most vulnerable people in society safe and protected. Now that leaving the house is restricted to few, very specific reasons, you should maintain social distancing if you do come into contact with other people.

Get a COVID-19 vaccine

05

You should get a COVID-19 vaccine even if you already had COVID-19. No currently available test can reliably determine if you are protected after a COVID-19 infection. Getting a COVID-19 vaccine after you recover from COVID-19 infection provides added protection to your immune system. People who already had COVID-19 and do not get vaccinated after their recovery are more likely to get COVID-19 again than those who get vaccinated after their recovery.

Clean and disinfect

07

Clean high touch surfaces daily
If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.
If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.

Monitor your health daily

08

Most people with COVID-19 won't be seriously ill, and will get better within two weeks. But some people will become severely sick and may need to go to hospital. Regularly monitoring your health at home can help you spot whether you are getting worse, and decide if it's time to get medical assistance. COVID-19 can cause an irregular or high heart rate (over 100 beats per minute). Get in the habit of measuring your pulse regularly so you can recognise the normal rate and rhythm of your heart and know if yours is changing.

09 Avoid touching your eyes

Eye doctors have always advised against rubbing your eyes. Now, amid the COVID-19 pandemic, it's critical. It can be hard to break this natural habit, but knowing that it can lower your risk of coronavirus infection offers a great incentive for everyone.

Consult to our doctors

Consult to our doctors

Dr.John doe
MBBS,MD-General Medicine

Dr.Usha rani
MBBS,MD-General Medicine

The mental health of doctors during the COVID-19 pandemic

The coronavirus disease 2019 (COVID-19) crisis places additional pressure on doctors and on the healthcare system in general and research shows that such pressure brings a greater risk of psychological distress for doctors. For this reason, we argue that the authorities and healthcare executives must show strong leadership and support for doctors and their families during the COVID-19 outbreak and call for efforts to reduce mental health stigma in clinical workplaces. This can be facilitated by deliberately adding 'healthcare staffmental health support process' as an ongoing agenda item to high-level management planning meetings.

Covid cases

Live Reports

India	100,392	▲
Canada	86,498	▲
USA	81,340	▼
Italy	64,049	▲
China	50,871s	▲
UK	32,332	▲

Contact

Have Question in mind ?
Let us help you

shieldingbodyfromcovid19@gmail.com | Send

COVID - 19   Overview   Symptoms   Prevention   Treatment

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6.TESTING

Manual Testing

Testing any software or an application according to the client's needs without using any automation tool is known as manual testing. In other words, we can say that it is a procedure of verification and validation. Manual testing is used to verify the behavior of an application or software in contradiction of requirements specification.

Unit Testing

The primary objective of executing the unit testing is to confirm the unit components with their performance. Here, a unit is defined as a single testable function of a software or an application. And it is verified throughout the specified application development phase.

Integration Testing

Once we are successfully implementing the unit testing, we will go integration testing. It is the second level of functional testing, where we test the data flow between dependent modules or interface between two features is called integration testing.

Top-down Incremental Integration Testing In this approach, we will add the modules step by step or incrementally and test the data flow between them. We have to ensure that the modules we are adding are the child of the earlier ones.

Bottom-up Incremental Integration Testing In the bottom-up approach, we will add the modules incrementally and check the data flow between modules. And also, ensure that the module we are adding is the parent of the earlier ones.

CONCLUSION

Psychiatric research studies during pandemics like COVID-19 may involve examination of psychiatry-pandemic interactions as well as studies that are independent of pandemics. Conducting such studies involve handling challenges due to pandemic related restrictions as well as risk for infections. Recent advances in technology offer novel avenues to effectively handle some of these challenges. Expectedly, the implementation of such research studies has to efficiently address several facets of ethical requirements. There is an urgent need for formulating international guidelines as well as constituting large-scale harmonized networks to facilitate conducting research studies in psychiatry amidst a pandemic situation like COVID-19.

REFERENCES

Webography

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2. [Coronavirus Disease 2019 (COVID-19) | CDC](#)
3. [Unite against COVID-19 (covid19.govt.nz)](#)
4. [#IndiaFightsCorona COVID-19 in India, Vaccination, Dashboard , Corona Virus Tracker | mygov.in](#)
5. [COVID-19 | NSW Government](#)

Bibliography

1. The HyperText Markup Language
2. Cascading Style Sheets
3. Cascading Style Sheets

APPENDIX

Research papers

Which group of people are at higher risk of getting infected?

- People who have travelled to other countries in last 14 days and their family members.
- People coming from other states if they have been working with people who travelled to other countries in last 14 days.
- Family members and contacts of patients confirmed to have COVID-19.
- People older than 60 years of age and people with medical problems like high blood pressure, heart problems, respiratory disease/asthma, cancer or diabetes are at higher risk for developing serious complications..

Key messages to spread for prevention of COVID-19

1. How to avoid getting COVID-19 or spreading it?

a) Practice Social Distancing:

- **Avoid gatherings** such as melas, haats, gatherings in religious places, social functions etc.
- **Maintain a safe distance** of at least one Metre between you and other people when in public places, especially if they are having symptoms such as cough, fever etc. to avoid direct droplet contact.
- **Stay at home** as much as possible.
- **Avoid physical contact** like handshakes, hand holding or hugs.
- **Avoid touching surfaces** such as table tops, chairs, door handles etc.

b) Practice good hygiene

- **Wash your hands frequently using soap and water:**
  - After coming home from outside or meeting other people especially if they are ill.
  - After having touched your face, coughing or sneezing.
  - Before preparing food, eating or feeding children.
  - Before and after using toilet, cleaning etc.

Steps of hand washing

Duration 20 seconds

- While coughing or sneezing cover your nose and mouth with handkerchief. Wash the handkerchief at least daily
- It is preferable to **cough/sneeze into your bent elbow rather than** your palms.

- **Do not Spit or shout** in public places to avoid the spread of droplets.
- **Do not touch your eyes, nose** and **mouth** with unclean hands.
- Ensure that the surfaces and objects are regularly cleaned.

2. What to do if you are having symptoms or have travelled to other countries or states in past two weeks?

- Symptoms of COVID 19 and seasonal respiratory illness (common cold/flu) are similar. All people with these symptoms may not have COVID 19.
- Following persons should be quarantined for 14 days at home as a precaution:
  - People who have travelled to COVID 19 affected countries/areas in past 14 days
  - Those who have come in close contact with a suspected/confirmed COVID 19 patient
  - Those who develop symptoms
- These persons should inform you. If symptoms become severe then the person should visit a health facility after speaking with you.

For any COVID 19 related queries, call your State Helpline/Ministry of Health & Family Welfare's 24X7 helpline at 1075 or 011-23978046.

Your role in early detection and referral

- As a community worker you may be asked to prepare a line list of all people who have travelled to other countries or other states inside India in last 14 days:
  - Share their names with your Medical Officer at PHC but not with others
  - Teach them Home Quarantine for next 14 days
  - Tell them to monitor themselves for symptoms of COVID-19
  - Tell them to inform you if symptoms develop and call the COVID 19 Helpline

- **Instructions for the person being Home Quarantined**
  - Stay in a separate room at home, if possible with an attached/separate toilet. Try to maintain a distance of at least 1 meter from others
  - Wear a mask at all times. If masks are not available, take a clean cotton cloth , fold it into a double layer and tie it on your face to cover your nose and mouth
  - Use separate dishes, towels, bedding etc. which should be cleaned separately
  - The surfaces such as floor, table tops, chairs, door handles etc. should be cleaned at least once a day
  - Make sure that only one assigned family member is the caretaker

- **Instructions for the caretaker of the Home Quarantined person:**
  - Keep a distance of one metre when entering the room
  - Wear a mask or cover your face with double layered cotton cloth
  - Wash your hands after coming out of the room

- **How to use masks (or cloth covering the nose and mouth)**
  - Wash your hands before putting on the mask
  - Make sure that it covers both mouth and nose and is not loose.
  - Do not touch the mask from the front, touch only from the sides.
  - Make sure to wash your hands after changing the mask
  - Change the mask every 6-8 hours or when it becomes moist
  - If using disposable masks, have a dustbin with cover and a plastic bag lining to throw the masks in.
  - If using cloth masks, wash them at least daily