

Corona Safe

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A crowd-sourced guide to staying safe in Coronavirus disease (COVID-19) outbreak.

Coronaviruses refer to the family of viruses that are known to cause respiratory infections in both animals and humans. There are seven coronaviruses that are currently known to affect humans, out of which four are commonly found across the globe and cause mild cold like symptoms only. The remaining three are known to cause severe diseases such as [Middle East Respiratory Syndrome, or MERS caused by MERS-CoV](#), [Severe Acute Respiratory Syndrome caused by SARS-CoV](#) and finally [Coronavirus Disease 2019 caused by SARS-CoV-2](#).

[SARS-CoV-2](#) is a novel coronavirus that has never been previously identified in humans. It is zoonotic in nature, which means it can be transmitted from animal to human, and human to human interactions. It was first [reported](#) from Wuhan City on 31 December 2019 in China. The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.

Around 80% of the infected show only mild symptoms and recover with standard medical attention. Older people and those with an underlying or previous medical condition develop serious symptoms and without medical intervention can prove fatal. Around 14% of the infected become seriously ill and 5% critical as per the studies.

The virus has affected more than 400,000 globally and has caused more than 22,000 deaths. WHO has given the status of Very High Risk at the Global Level.



This guide is still a Work In Progress. Until some sections are complete we will be providing the official links for reference. You have to follow those instructions until the guide gets updated.

Translations

This guide is currently being translated into Regional languages, check the respective guides for localized content.

- <https://malayalam.coronasafe.network/>
- <https://tamil.coronasafe.network/>
- <https://hindi.coronasafe.in/>
- <https://kannada.coronasafe.in/>
- <https://telugu.coronasafe.network/>

Why does this guide exist ?

This guide is intended as a hub to collect information regarding preventive measures, information about the virus strain and official resources. These instructions are compiled from a variety of official sources.

COVID-19 is caused by a novel corona virus, which means there isn't that much amount of information and public awareness about it. Most of the information is spread across a lot of independent governmental and non-governmental websites. There is also a lot of fake news and incorrect information circulating on Social Media about COVID-19 many of them life threatening.

This guide aggregates all that information into a single hub and distills into a user friendly format. This guide is also localized into many regional and national languages for a wider audience. We are always looking for contributors, you can [help out here](#).

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Precautions and Preventive Measures

Even though COVID-19 is a highly contagious disease, taking adequate precautions can help prevent you from being infected.

The virus spread through small droplets from the nose or mouth of the affected person, when the person sneezes or coughs. These droplets can travel more than 1 meter from the source and might land on objects and surfaces. Other people can catch the virus by touching the surface and then touching their eyes, mouth or nose. The virus can also be caught by inhaling these droplets if the distance between the affected person is less than one meter.

Preventive Measures

There is no data showing that the virus can be transmitted through air. Hence, follow these steps to protect yourselves and the ones around you.



If you are above 60+ years of age or have any existing or past medical condition such as Heart diseases, Diabetes, Respiratory Diseases, Hypertension or any serious illness, you will have to take special precautions here.

→ [Old People and People with Medical Issues](#)

[/old-and-people-with-medical-issues](#)

Washing your hands frequently

Since transmission mainly occurs through your hands, you should wash them frequently and thoroughly. It is recommended to use soap and water when available, else **use a hand sanitizer that contains at least 60% alcohol and rub until it dries.**

Wash your hands frequently with soap and water for atleast 20 seconds or an alcohol based hand sanitizer.

Avoid Touching Your Eyes, Nose and Mouth

The virus can come in contact with your skin at any time, particularly your hands. If the contaminated skin touched your eyes, nose or mouth the virus can be transferred into your body thereby infecting you.


Don't touch your face without washing your hands first.

Maintain Distance

Depending on the level of outbreak in your local community it is [advised](#) to keep a safe distance of at-least 1 meter (> 3 feet) from anyone who is coughing or sneezing. If you are in the vicinity when the person sneezes or coughs they can produce small droplets which you can inhale and become infected if the person is infected.

Cover Your Mouth and Nose while Sneezing or Coughing

If you are coughing or sneezing do so while covering your face with a bent elbow or a hand kerchief. This would help prevent the spread viruses such as Flu, Cold or COVID-19.

 If you think you have been infected, follow these specialized instructions for your safety and others.

[→ I am Infected](#)

</action/i-am-infected>

Symptoms

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. They are usually mild and begin gradually. They appear around 2 - 14 days with average symptoms showing up after 5 days of being infected.

Some symptoms appear less common than others. The major symptoms of COVID-19 based on how common it appears in the reported cases are

- Fever
- Dry Cough
- Fatigue
- Sputum Production
- Shortness of Breath
- Muscle Pain or Joint Pain
- Sore Throat

Most of the symptoms overlap with those of flu and common cold. COVID-19 rarely produces a runny nose.

Old People and People with Medical Issues

People above 70 years of age and people with medical issues either currently or previously are at the most risk from COVID-19. This data shows the elderly are at a much greater risk than young people.

Age Group	Mortality Rate %
80 +	14.8 %
70 - 79	8 %
50 - 59	1.3%
40 -	< 0.5 %

With the available data there are no reported deaths of children under 10 years of age, and children seem to have a very low mortality rate from COVID-19.

The people with preexisting medical conditions tell a similar story. People with underlying medical conditions are at a greater risk than people without any predisposed medical condition. ([source](#))

Medical Condition	Mortality Rate %
Cardiovascular Disease	10.5 %
Diabetes	7.3 %
Chronic Respiratory Disease	6.3 %
Hypertension	6.0 %
Cancer	5.6 %
No Health Condition	0.9 %

This all indicates that if you belong to any of the above said category you are at **High Risk** from COVID-19. You will need to take special precautions.

Extra Precautions for People at Higher Risk

The above said people in the high risk category should follow these extra precautions to the ones specified in the guide.

1. Stock up on groceries and home supplies to avoid grocery visits and/or orders.
2. Take extra care to maintain safe distance (1 metre ideally) from others
3. When out in public on an absolutely necessary errand, limit contact and wash your hands often.
4. Avoid crowds as much as possible
5. Avoid all non essential intercity travels

Supplies

1. Contact your healthcare provider (doctor/clinic/hospital) to ask about obtaining extra necessary medications in case of an outbreak - you might need to stay indoors for a prolonged period of time.
2. Over the counter supplies (tissues etc) and medicines could be procured and kept ready in case you fall sick and need basic home treatment. Most people will be able to recover at home.
3. Have enough household items on groceries on hand to avoid unnecessary outside contact

If COVID-19 is spreading in your area

Take extra measures to ensure safe distance from others

1. Stay at home as much as possible
2. Consider ways of getting supplies delivered to your home through family, social or commercial networks

Health Advisory Guidelines by Kerala Government

Given below are the Guidelines given by the Directorate of health services, Govt Of Kerala, for handling the outbreak of Corona Virus.



[Click here to know more](#)

Guidelines for Home Quarantine

Introduction

- Persons and household members should be educated about personal hygiene, basic IPC measures and how to care for the member of the family suspected of having COVID-19 disease as safely as possible to prevent the infection from spreading to household contacts.
 - The persons and the family should be provided with ongoing support and education, and monitoring should continue for the duration of home care.
-

Recommendations

- Persons and families should adhere to the following recommendations:-
 - Place the person in a well-ventilated single room (i.e . with open windows and an open door)
 - Limit the movement of the person in the house and minimize shared space. Ensure that shared spaces (e.g., kitchen, bathroom) are well ventilated (e.g., keep windows open).
 - Household members should stay in a different room or, if that is not possible. maintain a distance of at least 1 mt from the ill person.
 - Limit the number of caregivers, ideally, assign one person who is in a good health and has no underlying chronic or immuno compromised conditions. Visitors should not be allowed until the person has completely recovered and has no signs and symptoms.
 - Perform hand hygiene after any type of contact with person or their immediate environment. Hand hygiene should also be performed before and after preparing food, before eating, after using the toilets and whenever hands look dirty. If hands are not visibly dirty. an alcohol-based hand rub can be used For visibly dirty hands, use soap and water.
 - When washing hands with soap and water, it is preferable to use disposable paper towels to dry hands. If these are not available. use clean cloth rowels and replace them when they become wet. Disposable paper towels should be disposed off in closed bins only.

- To contain respiratory secretions, a medical mask should be provided to the person and worn as much as possible. Materials used to cover the mouth and nose should be discarded or cleaned appropriately after use (e.g., wash handkerchiefs using regular soap or detergent and water).
- Caregivers should wear a tightly fitted medical mask that covers their mouth and nose when in the same room as the person. Masks should not be touched or handled during use. If the mask gets wet or dirty from secretions, it must be replaced immediately with a new clean, dry mask. Remove the mask using the appropriate technique – that is, do not touch the front, but instead untie it. Discard the mask immediately after use and perform hand hygiene.
- Avoid direct contact with body fluids, particularly oral or respiratory secretions, and stool. Use disposal gloves and a mask when providing oral or respiratory care and when handling stool, urine, and other waste. Perform hand hygiene before and after removing gloves and mask.
- Do not reuse masks or gloves
- Use dedicated linen and eating utensils for the person; these items should be cleaned with soap and water after use and may be re-used instead of being discarded. They should be washed at 60-90 °C with common household detergent, and dry thoroughly. Place contaminated linen into a laundry bag.
- Clean and disinfect daily surfaces that are frequently touched in the room where the person is being cared for, such as bedside tables, bed frames and other bedroom furniture. Regular household soap or detergent should be used first for cleaning, and then, after rinsing, regular household disinfectant containing 0.5% sodium hypochlorite (i.e., equivalent to 5000 ppm or 1 part bleach 5 to 9 parts water) should be applied.
- Clean and disinfect bathroom and toilet surfaces at least once daily. Regular household soap or detergent should be used first for cleaning, and then, after rinsing, regular household disinfectant containing 0.5% to 1% sodium hypochlorite should be applied.
- Avoid other types of exposure to contaminated items from the person's immediate environment (e.g., do not share toothbrushes, cigarettes, eating utensils, dishes, drinks, towels, washcloths or bed linen).

Myths and Fake News

There are a lot of myths and fake news that are both dangerous to yourselves and others circulating on Social Media. Never share any information that you have not verified yourself or that isn't from official sources, it will do more harm than good.

Here we have compiled a list of common myths and fake news about COVID-19. We have also linked the source of the article which proves it.



Work in Progress, in the meantime refer :

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Does Drinking water and keeping your throat moist kills COVID-19 ?

No, There has been messages circulating on Social media stating that drinking (preferably hot) water and keeping your throat moist can help prevent an infection. The messages also cite different health organizations. This is a myth.




There **is** no real evidence suggesting that drinking (hot or cold) water can help prevent a Corona Virus Infection.

Source: <https://factcheck.afp.com/health-authorities-did-not-say-drinking-water-will-prevent-coronavirus>

Does COVID-19 spread through Air ?

No, COVID-19 is not airborne, meaning it does not spread through Air. It spreads through contact with droplets containing the virus from the nose and mouths of people who are infected.

 Even though the virus is not airborne there is still considerable risk as the virus is highly contagious. Follow the instructions given below to take necessary precautions.


 [Precautions and Preventive Measures](#)

[/precautions](#)

Source : <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses#>

Does taking hot bath prevent corona virus disease ?


No, Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower.

 Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

Source : https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/web-mythbusters/mb-hot-bath.tmb-1920v.png?sfvrsn=f1ebbc_1#

Can cold weather and snow kill corona virus ?


No, There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather.

 The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

Source : https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/web-mythbusters/mb-cold-snow.tmb-1920v.png?sfvrsn=1e557ba_1#

Can mosquito bites transmit this disease ?


No, To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.

 The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

Source : https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/web-mythbusters/mb-mosquito-bite.tmb-1920v.png?sfvrsn=a1d90f6_1#

Are hand dryers effective in killing the new coronavirus?

No, Hand dryers are not effective in killing the 2019-nCoV.

-  To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

Source : https://www.who.int/images/default-source/health-topics/coronavirus/mythbusters/web-mythbusters/mythbusters-27.tmb-1920v.png?sfvrsn=d17bc6bb_1#


Can an ultraviolet disinfection lamp kill the new coronavirus?

No, UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.

Source : https://www.who.int/images/default-source/health-topics/coronavirus/mythbusters/mythbusters-31.tmb-1920v.png?sfvrsn=e5989655_1#

How effective are thermal scanners in detecting people infected with the new coronavirus?


Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus.

-  However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.

Source : https://www.who.int/images/default-source/health-topics/coronavirus/mythbusters/web-mythbusters/mythbusters-25.tmb-1920v.png?sfvrsn=d3bf829c_1#

Can spraying alcohol or chlorine all over your body kill the new coronavirus?


No, Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth).

 Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

Source : https://www.who.int/images/default-source/health-topics/coronavirus/mythbusters/web-mythbusters/mythbusters-33.tmb-1920v.png?sfvrsn=47bfd0aa_1#

Do vaccines against pneumonia protect you against the new coronavirus?


No, Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.

 The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts. Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.

Source : https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/web-mythbusters/11.tmb-1920v.png?sfvrsn=97f2a51e_1#

Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?

No, There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

 There is some limited evidence that regularly rinsing nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

Source : https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/23.tmb-1920v.png?sfvrsn=c65dad38_2#

Can eating garlic help prevent infection with the new coronavirus?

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

Source : https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/19.tmb-1920v.png?sfvrsn=52adfc93_2#

Does the new coronavirus affect older people, or are

younger people also susceptible?

People of all ages can be infected by the new coronavirus (2019-nCoV). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.



WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

Source : https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/mythbuster-2.tmb-1920v.png?sfvrsn=635d24e5_2#

Are antibiotics effective in preventing and treating the new coronavirus?

No, antibiotics do not work against viruses, only bacteria.



The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment. However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics because bacterial co-infection is possible.

Source : https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/mythbuster-3.tmb-1920v.png?sfvrsn=10657e42_2#

Are there any specific medicines to prevent or treat the new coronavirus?

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).



However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials. WHO is helping to accelerate research and development efforts with a range of partners.

Source : https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/web-mythbusters/mythbuster-4.tmb-1920v.png?sfvrsn=e163bada_2#

FAQ

What is a Corona Virus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

What are the symptoms of COVID-19 ?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. 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 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 breathing should seek medical attention.

How does COVID-19 spread ?

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 (3 feet) away from a person who is sick.

WHO is assessing ongoing research on the ways COVID-19 is spread and will continue to share updated findings.

What can i do to protect myself and prevent the spread of disease ?

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease.

How likely am I to catch COVID-19 ?

The risk depends on where you are - and more specifically, whether there is a COVID-19 outbreak unfolding there.

For most people in most locations the risk of catching COVID-19 is still low. However, there are now places around the world (cities or areas) where the disease is spreading. For people living in, or visiting, these areas the risk of catching COVID-19 is higher. Governments and health authorities are taking vigorous action every time a new case of COVID-19 is identified. Be sure to comply with any local restrictions on travel, movement or large

gatherings. Cooperating with disease control efforts will reduce your risk of catching or spreading COVID-19.

COVID-19 outbreaks can be contained and transmission stopped, as has been shown in China and some other countries. Unfortunately, new outbreaks can emerge rapidly. It's important to be aware of the situation where you are or intend to go. WHO publishes daily updates on the COVID-19 situation worldwide.

Who is at risk of developing severe illness ?

While we are still learning about how COVID-2019 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

Are there any medicines or therapies that can prevent or cure COVID-19 ?

While some western, traditional or home remedies may provide comfort and alleviate symptoms of COVID-19, there is no evidence that current medicine can prevent or cure the disease. WHO does not recommend self-medication with any medicines, including antibiotics, as a prevention or cure for COVID-19. However, there are several ongoing clinical trials that include both western and traditional medicines. WHO will continue to provide updated information as soon as clinical findings are available.

Should I wear a mask to protect myself ?

Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19. Disposable face mask can only be used once. If you are not ill or looking after someone who is ill then you are wasting a mask. There is a world-wide shortage of masks, so WHO urges people to use masks wisely.

WHO advises rational use of medical masks to avoid unnecessary wastage of precious resources and mis-use of masks (see Advice on the use of masks).

The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a

distance of at least 1 meter (3 feet) from people who are coughing or sneezing. See basic protective measures against the new coronavirus for more information.

Is there anything I should not do ?

The following measures **ARE NOT effective** against COVID-19 and can be harmful:

- Smoking
- Wearing multiple masks
- Taking antibiotics

In any case, if you have fever, cough and difficulty breathing seek medical care early to reduce the risk of developing a more severe infection and be sure to share your recent travel history with your health care provider.

Read more about it at:

- <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Contribute

This is a crowd sourced guide and is meant to be always updated with the latest development in COVID-19. For that we need help from awesome contributors and volunteers.

Using Github (If you are not a developer)

1. Sign up at <https://github.com/>

2. Visit coronasafe repository

A repository is where we keep the file.

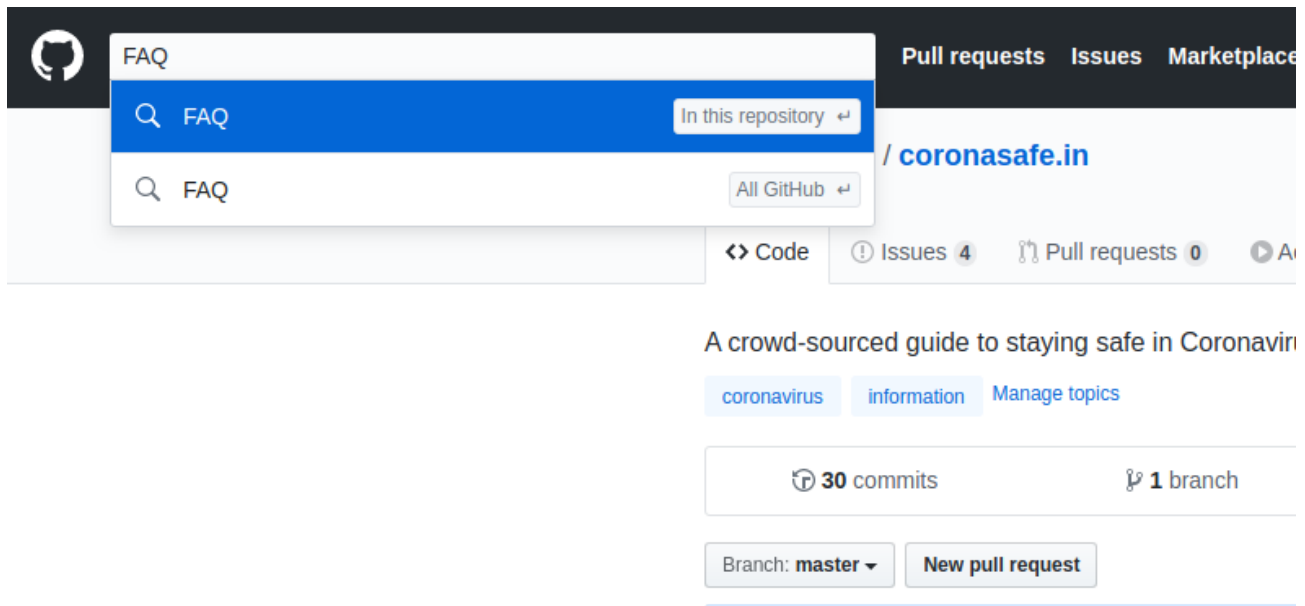
You can view it by visiting <https://github.com/coronasafe/coronasafe.in>

The screenshot shows the GitHub repository page for coronasafe/coronasafe.in. At the top, there's a header with the repository name and navigation links: Watch (1), Star (3), and Fork (7). Below this is a tabbed interface with 'Code' selected, and other tabs for Issues (4), Pull requests (0), Actions, Projects (0), Wiki, Security, Insights, and Settings. The main content area displays the repository description: 'A crowd-sourced guide to staying safe in Coronavirus disease (COVID-19) outbreak.' with a link to the website. Below the description are tags for 'coronavirus', 'information', and 'Manage topics'. A summary bar shows 30 commits, 1 branch, 0 packages, 0 releases, and 8 contributors. Below this is a section for the latest commit by user 'rejuls', which includes a list of files and their modification times. The files listed are .gitbook/assets, action, contact, know-covid-19-1, protocols, resources, work, README.md, SUMMARY.md, and contribute.md.

File	Commit Message	Time
.gitbook/assets	GitBook: [master] 8 pages and one asset modified	7 hours ago
action	Made source normal paragraph	6 hours ago
contact	GitBook: [master] 5 pages modified	7 hours ago
know-covid-19-1	GitBook: [master] 8 pages and one asset modified	7 hours ago
protocols	GitBook: [master] 6 pages modified	7 hours ago
resources	GitBook: [master] 8 pages and one asset modified	7 hours ago
work	Merge pull request #8 from Ascalonic/master	7 hours ago
README.md	GitBook: [master] 8 pages and one asset modified	7 hours ago
SUMMARY.md	GitBook: [master] 5 pages modified	7 hours ago
contribute.md	Make the email an actionable link.	12 hours ago

3. Find the file you want to Update

Each file in the repository is an article in corona safe. You can find the file you are looking for by searching it. Example: If i want to update FAQ, I can search FAQ on the top left bar



Find the file you want to change and update the file. Follow this content

<https://help.github.com/en/github/managing-files-in-a-repository/editing-files-in-your-repository>

If you are stuck. Join our slack channel <http://slack.coronasafe.in/> and ask for help.

Forking the Repository

1. Fork the GitHub repo <https://github.com/coronasafe/coronasafe.in>
 2. Create a new file with `.md` extension.
 3. Update the path to file in `README.md` (The front page) & `SUMMARY.md` (for ordering in sidebar)
 4. Use Markdown language for updating the script.
 5. Make a PR for merge.
-

Using Email

Drop us an email at coronasafe.in@gmail.com

Actions to take when

I am Infected

Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- **Avoid public areas:** Do not go to work, school, or public areas.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

- **Stay away from others:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.
- When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.

Call ahead before visiting your doctor

- If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live with the person who is sick should not stay in the same room with them, or they should wear a facemask if they enter a room with the person who is sick.

Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

- **Do not share:** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- **Wash thoroughly after use:** After using these items, they should be washed thoroughly with soap and water.

Clean all "high-touch" surfaces everyday

- **Clean and disinfect:** Practice routine cleaning of high touch surfaces. **High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
 - **Disinfect areas with bodily fluids:** Also, clean any surfaces that may have blood, stool, or body fluids on them.
 - **Household cleaners:** Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
-

Monitor your symptoms

- **Seek medical attention:** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
 - **Call your doctor:** Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.
 - **Wear a facemask when sick:** Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.
 - **Alert health department:** Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.
-

Discontinuing home isolation

- **Stay at home until instructed to leave:** Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low.
- **Talk to your healthcare provider:** The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

Source : <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

Someone I know is Infected

Household members, intimate partners, and caregivers in a nonhealthcare setting may have close contact with a person with symptomatic, laboratory-confirmed COVID-19 or a person under investigation. Close contacts should monitor their health; they should call their healthcare provider right away if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath)

Close contacts should also follow these recommendations:

- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19. This will help the healthcare provider's office take steps to keep other people in the office or waiting room from getting infected. Ask the healthcare provider to call the local or state health department for additional guidance. If the patient has a medical emergency and you need to call 102, notify the dispatch personnel that the patient has, or is being evaluated for COVID-19.
- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home. Do not handle pets or other animals while sick. For more information, see COVID-19 and Animals.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

- The patient should wear a facemask when you are around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
- Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
 - Throw out disposable facemasks and gloves after using them. Do not reuse.
 - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly").
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.
 - Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Wash laundry thoroughly.
 - Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
 - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
 - Read and follow directions on labels of laundry or clothing items and detergent. In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
- Discuss any additional questions with your state or local health department or healthcare provider. Check available hours when contacting your local health department.

Source : <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html#precautions>

Home Isolation

You should follow the prevention steps below until a healthcare provider or local or state health department says you can return to your normal activities.

- Well ventilated non AC room
- Windows kept open during day time
- Room should have attached bathroom or separate bathroom for the suspected patient.
- Do not share utensils, linen or other items.
- Practice frequent handwashing with soap and water especially after toilet or contact with body fluids.
- Follow personal hygiene
- Follow respiratory hygiene
 - Cover mouth and nose with mask or tissue while coughing or sneezing
 - If mask or tissue is not available cough or sneeze to your flexed elbow followed by hand hygiene
- Three buckets for waste collection
 1. soiled linen, clothes, towel – disinfect with bleach, wash and sun dry before next use
 2. soiled mask, tissues, pad – for incineration
 3. for bio medical waste - for burial
- Room should be mopped with bleach solution
- Bleach solution can be used to clean furniture, wash basin, toilet seats etc
- Alcohol based hand rub at the room entrance to be used by care giver
- No visitors should be allowed
- Should not attend meetings, social gatherings, parties etc
- Avoid public transport

Contact

Centers to Test for COVID-19

A swab test: A sample from your throat or nose will be collected with the help of a cotton swab.

A nasal aspirate: In this method, the lab technician will inject a saline solution into your nose, and then remove the sample with a gentle suction.

A tracheal aspirate: A thin, lighted tube called a bronchoscope is inserted into your lungs, from where a sample is collected for testing.

A sputum test: Sputum can be collected either from the nose with a swab or by asking the patient to cough up the mucus.

A blood test: Blood sample is drawn and tested in a lab for the virus. This is either done through a blanket test for all variants of the coronavirus (including regular flu) or through a specialised gene-sequencing test that locates the marker for the novel coronavirus.

Centers to get tested:

Andhra Pradesh:

Sri Venkateswara Institute of Medical Sciences, Tirupati Contact number – +91-8772287777

Andhra Medical College, Visakhapatnam, Andhra Pradesh Contact number – +91-8912712258

Government Medical College, Anantapur, AP Contact number – +91 85542 49115

Andaman & Nicobar Islands:

Regional Medical Research Centre, Port Blair, Andaman and Nicobar Contact number – 03192 251158/59

Assam

Gauhati Medical College, Guwahati Contact number – 03612132751

Regional Medical Research Center, Dibrugarh Contact number – 03732381494

Bihar

Rajendra Memorial Research Institute of Medical Sciences, Patna Contact number – 06122636651

Chandigarh

Post Graduate Institute of Medical Education & Research, Chandigarh Contact number – 01722747585

Chhattisgarh

All India Institute Medical Sciences, Raipur Contact number – 07712572240

Delhi-NCR

All India Institute Medical Sciences, Delhi Contact number – 01126588500

National Centre for Disease Control, Delhi Contact number – 01123913148

Gujarat

BJ Medical College, Ahmedabad Contact number – 07922680074

M.P.Shah Government Medical College, Jamnagar Contact number – 02882553515

Haryana

Pt. B.D. Sharma Post Graduate Inst. of Med. Sciences, Rohtak, Haryana Contact number – 01262211307

BPS Govt Medical College, Sonipat Contact number – 01263 283 025

Himachal Pradesh

Indira Gandhi Medical College, Shimla, Himachal Pradesh Contact number – 01772654713

Dr.Rajendra Prasad Govt. Med. College, Kangra, Tanda, HP Contact number – 01892287187

Jammu and Kashmir

Sher-e- Kashmir Institute of Medical Sciences, Srinagar Contact number – 01942401013

Government Medical College, Jammu Contact number – 01912584247

MGM Medical College, Jamshedpur Contact number – 06572360859

Karnataka

Bangalore Medical College & Research Institute, Bangalore Contact number – 08026700810

National Institute of Virology Field Unit Bangalore Contact number – 08026654084

Mysore Medical College & Research Institute, Mysore Contact number – 08212520512

Hassan Inst. of Med. Sciences, Hassan, Karnataka Contact number – 08172231699

Shimoga Inst. of Med. Sciences, Shivamogga, Karnataka Contact number – 08182229933

Kerala

National Institute of Virology Field Unit, Kerala Contact number – 04772970004

Govt. Medical College, Thriuvananthapuram, Kerala Contact number – 04712528300

Govt. Medical College, Kozhikhode, Kerala Contact number – 04952350216

Madhya Pradesh

All India Institute Medical Sciences, Bhopal Contact number – 07552672322

National Institute of Research in Tribal Health (NIRTH), Jabalpur Contact number – 07612370800

Meghalaya

NEIGRIHMS of Health and Medical Sciences, Shillong, Meghalaya Contact number – 03642538013

Maharashtra

Indira Gandhi Government Medical College, Nagpur Contact number – 07122725423

Kasturba Hospital for Infectious Diseases, Mumbai Contact number – 022300432333

Manipur

J N Inst. of Med. Sciences Hospital, Imphal-East, Manipur Contact number – 03852443144

Odisha

Regional Medical Research Center, Bhubaneswar Contact number – 06742301322

Puducherry

Jawaharlal Institute of Postgraduate Medical Education & Research, Puducherry Contact number – 04132271301

Punjab

Government Medical College, Patiala, Punjab Contact number – 01752212018

Government Medical College, Amritsar Contact number – 01832426918

Rajasthan

Sawai Man Singh, Jaipur Contact number – 01412744283

Dr. S.N Medical College, Jodhpur Contact number – 02912434374

Jhalawar Medical College, Jhalawar, Rajasthan Contact number- 07432233388

SP Med. College, Bikaner, Rajasthan Contact number – 01512220115

Tamil Nadu

King's Institute of Preventive Medicine & Research, Chennai Contact number – 04422501520

Government Medical College, Theni Contact number – 04546244502

Tripura

Government Medical College, Agartala Contact number – 03812357130

Telangana

Gandhi Medical College, Secunderabad Contact number – 04027505566

Uttar Pradesh

King's George Medical University, Lucknow Contact number- 05222257540

Institute of Medical Sciences, Banaras Hindu University, Varanasi Contact number – 05422367568

Jawaharlal Nehru Medical College, Aligarh Contact number – 05712721165

Uttarakhand

Government Medical College, Haldwani Contact number – 05946282824

West Bengal

National Institute of Cholera and Enteric Diseases, Kolkata Contact number – 03323633373

IPGMER, Kolkata Contact number – 03322041101

If you or anyone from your family needs to get tested, please visit one of the above-mentioned centers and do the needful.

Control Rooms in Kerala

Given below are the publicly available [contact details](#) of the control rooms at the forefront of containing the virus. Contact the nearest one for any assistance regarding COVID-19 assistance.

Authority	Phone	Phone	Phone
STATE	0471-2309250	0471-2309251	0471-2309252
DISHA	1056	0471-2552056	
Thiruvananthapuram	0471-2466828	0471-2730045	0471-2730067
Kollam	0474-2797609	8589015556	7306750040
Pathanamthitta	0468-2228220		
Alappuzha	0477-2239999	0477-2251650	
Kottayam	0481-2304800		
Idukki	0486-2233111		
Ernakulam	0484-2368802		
Thrissur	9400410720	9400408120	
Palakkad	0491-2505264		
Malappuram	0483-2737858		
Kozhikode	0495-2371471	0495-2376063	
Wayanad	0493-6204151		
Kannur	0497-2700194		
Kasaragod	9946000493	9946000293	0467-2217777

International Organizations

World Health Organization



Coronavirus

<https://www.who.int/health-topics/coronavirus>

Centers for Disease Control and Prevention



<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

National Level Organisations

Ministry of Health and Family Welfare



MoHFW | Home

<https://www.mohfw.gov.in/>

Corona Virus Helpline: **+91-11-23978046**

State and District Level Organizations

COVID-19 is kept in check by the timely and efficient intervention from the Local and State Government Organizations.

Directorate of Health Services Kerala



dhs – Directorate of Health Services

<http://dhs.kerala.gov.in/>

Control Room Contact Information

Given below are the publicly available [contact details](#) of the organizations at the forefront of containing the virus.

Authority	Phone	Phone	Phone
STATE	0471-2309250	0471-2309251	0471-2309252
DISHA	1056	0471-2552056	


Control Room Contact Information District Wise

District	Phone	Phone	Phone
Thiruvananthapuram	0471-2466828	0471-2730045	0471-2730067
Kollam	0474-2797609	8589015556	7306750040
Pathanamthitta	0468-2228220		

Alappuzha	0477-2239999	0477-2251650	
Kottayam	0481-2304800		
Idukki	0486-2233111		
Ernakulam	0484-2368802		
Thrissur	9400410720	9400408120	
Palakkad	0491-2505264		
Malappuram	0483-2737858		
Kozhikode	0495-2371471	0495-2376063	
Wayanad	0493-6204151		
Kannur	0497-2700194		
Kasaragod	9946000493	9946000293	0467-2217777

Protocols To Follow At

Airport

 Work in Progress, refer the below given infographic for more information



വിമാനത്താവളത്തിൽ പരിശോധന ഇങ്ങനെ

10 MARCH

- എല്ലാ യാത്രക്കാരുും ഹെൽത്ത് കൗണ്ടറിൽ പരിശോധനയ്ക്ക് വിധേയരാകണമെന്ന് വിദേശത്ത് നിന്ന് എത്തുന്ന എല്ലാ വിമാനങ്ങളിലും ലാൻഡിംഗിന് മുൻപ് തന്നെ അറിയിക്കും.
- യാത്രക്കാർക്ക് രണ്ടു ഫോം വീതം നൽകും. യാത്രാവിവരങ്ങൾ അറിയുന്നതിനും രോഗലക്ഷണങ്ങൾ ഉണ്ടായെന്നറിയുന്നതിനും വേണ്ടിയാണ് ഫോം. വിവരശേഖരണത്തിന് രണ്ടു പുറങ്ങളിലായി മലയാളത്തിലും ഇംഗ്ലീഷിലും ചോദ്യവരി
- വിമാനമിറങ്ങി എയ്റോബ്രിഡ്ജിലൂടെ ടെർമിനലിൽ പ്രവേശിക്കുമ്പോൾ അവിടെയും ഫോം കിട്ടും. വിമാനത്തിൽ ലഭിക്കാത്തവർക്ക് ഈ സൗകര്യം ഉപയോഗിക്കാം
- ഫോറം പൂരിപ്പിച്ച് യാത്രക്കാർ നേരെ ഹെൽത്ത് കൗണ്ടറിൽ എത്തണം. കൗണ്ടറിൽ മെഡിക്കൽ സംഘം തെർമൽ സ്കാനർ ഉപയോഗിച്ച് ശരീരോഷ്മാവ് പരിശോധിക്കും
- പനിയുൾപ്പെടെയുള്ള രോഗലക്ഷണങ്ങൾ കണ്ടാൽ ഉടൻ തന്നെ ആ യാത്രക്കാരെ താഴെയറക്കി എയർസൈഡിൽ സജ്ജമാക്കിയ ആംബുലൻസിൽ ഐസൊലേഷൻ വാർഡിലേക്ക് മാറ്റും. ഇതിനിടയിൽ എമിഗ്രേഷൻ വിഭാഗത്തിൽ വിവരമറിയിച്ച് ഫസ്റ്റ് പോർട്ട് പരിശോധനയും വേഗത്തിൽ പൂർത്തിയാക്കും.
- ലക്ഷണമില്ലെങ്കിൽ:** കൊറോണ ബാധിതരാജ്യങ്ങളിൽ നിന്നെത്തുന്ന യാത്രക്കാർ 14 ദിവസം വീടിനു പുറത്തിറങ്ങരുത്, മറ്റാരുമായും സമ്പർക്കം പുലർത്തരുത് തുടങ്ങിയ നിർദ്ദേശങ്ങൾ അടങ്ങിയ ലഘുലേഖ ഹെൽത്ത് കൗണ്ടറിൽ നിന്ന് നൽകും. എന്തെല്ലാം ചെയ്തുകൂടാ, എന്തൊക്കെയാണ് മുൻകരുതലുകൾ എന്നിവയെല്ലാം ലഘുലേഖയിലുണ്ട്
- ഹെൽത്ത് കൗണ്ടറിലെ പരിശോധനയ്ക്ക് ശേഷം പൂരിപ്പിച്ചു നൽകിയ ഫോമിൽ ഒരേണ്ണം സീൽ ചെയ്ത് യാത്രക്കാരന് തിരികെ നൽകും ഇതുമായിവേണം എമിഗ്രേഷൻ കൗണ്ടറിലെത്താൻ. രോഗലക്ഷണമില്ലെന്ന് രേഖപ്പെടുത്തിയ ഫോം എമിഗ്രേഷൻ വിഭാഗം വാണിയവയ്ക്കും, പരിശോധന പൂർത്തിയാക്കി കസ്റ്റംസ് പരിശോധനയും കഴിഞ്ഞ് ലഗേജെടുത്ത് യാത്രക്കാരന് വീട്ടിലേക്ക് ഫോകാം

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Gatherings, Weddings, Funerals

Large events and mass gatherings can contribute to the spread of COVID-19 via travelers who attend these events and introduce the virus to new communities. Examples of large events and mass gatherings include conferences, festivals, parades, concerts, sporting events, weddings, and other types of assemblies. These events can be planned not only by organizations and communities but also by individuals.

When there is no spread of COVID-19 in the community:

- Encourage staff and attendees to stay home if sick.
- Develop flexible refund policies for attendees.
- Provide supplies that can be used to help prevent the spread of germs.
- Consult local public health officials about your event.
- Review considerations on when to cancel an event.

If there is minimal or moderate spreadpdf icon in your community:

- Cancel events for groups of 250 people or more.
- **16/3/20 UPDATE:** During the next 15 days, all U.S. events of 10+ people should be cancelled or held virtually.
- [More Information on Mass Gatherings](#)
- [Read the White House noticepdf iconexternal icon](#)
- For organizations that serve people who are at higher risk of serious COVID-19 illness, cancel events for groups of 10 people or more.

If there is substantial spreadpdf icon in your community:

- Cancel events of any size.

If there is a case of COVID-19 at your event:

- Separate anyone who has [COVID-19 symptoms](#) from others until they can go home.
- Anyone with symptoms should not take public transportation or shared rides
- Contact local public health officials.
- Communicate with staff and attendees about possible exposure.
- Clean and disinfect the event space.

[Get detailed guidance](#)

Know COVID-19

COVID-19 Virus Strain



Work in Progress, refer to <https://www.ecdc.europa.eu/en/novel-coronavirus-china/questions-answers>

Resources

Effective tool to work remotely during Corona

Here are few tools for remote communications listed below:

- **Dewo**, sister tool of @timelyapp. Reschedules meetings to protect everyone's focus time. Works brilliantly for teams scattered across the globe. □ <https://memory.ai/dewo>
- **Airtable**: Helps us shape our ideas on the go. □ <https://airtable.com>
- □ **Zoom**: For video conferencing. □ <https://zoom.us>
- **Loom**: For easy recording. □ <https://loom.com>
- **Re:Schedule**: An iPad Calendar that helps you prepare perpare for meetings, lead productive discussions and track results. □ <https://www.reschedule.app/>
- **WooBoard**: Wooboard aims to build morale in employees by increasing peer-to-peer recognition. □ <https://wooboard.com/>
- **bundleIQ**: Tired of not being able to find or access the content you and your team create? No worries, bundleIQ makes knowledge sharing easy and accessible. □ <https://bundleiq.com/>
- **GSuite**: G Suite includes Gmail business email, Docs word processing, Drive cloud storage, Calendar shareable calendars etc □ https://gsuite.google.co.in/intl/en_in/
- **Evernote**: Our note taking app helps you capture and prioritize ideas, projects and to-do lists, so nothing falls through the cracks. Start your free trial today! □ <https://evernote.com/>
- **Timezone.io**: Keep track where and when your team is. Timezone.io is a simple way to display the local time for members of your global, remote, nomadic team. □ <https://timezone.io/>
- **Confluence**: Create, Share, & Collaborate On Projects All In One Place. □ <https://www.atlassian.com/software/confluence>

- **Slack:** Slack is essentially a chat room for your whole company, designed to replace email as your primary method of communication and sharing. □ <https://slack.com/intl/en-in/>
 - **Basecamp:** Basecamp is a real-time communication tool that helps teams stay on the same page; it's less for traditional project management tasks (e.g., resource planning and long-term scheduling). □ <https://basecamp.com/>
 - **ProofHub:** ProofHub is a project planning software with every tools your team needs to get work done faster, together. No per user fee. Free trial. No learning curve. □ <https://www.proofhub.com/>
 - **Notion:** A new tool that blends your everyday work apps into one. It's the all-in-one workspace for you and your team. □ <https://www.notion.so/>
 - **Jitsi:** Free open-source video conferencing for web & mobile. Make a call, launch on your own servers in minutes, integrate into your app, or develop something new. □ <https://jitsi.org/>
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SOURCE

[Corona.](#)

Sources

Governmental Organizations

- World Health Organization, <https://www.who.int/health-topics/coronavirus>
 - Centers for Disease Control and Prevention CDC, <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>
 - ECDC, Europa EU, <https://www.ecdc.europa.eu/en/novel-coronavirus-china>
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Non Governmental Organizations

- Our World in Data, <https://ourworldindata.org/coronavirus>
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Educational Institutions

- John Hopkins University, <https://coronavirus.jhu.edu/>