

## CORONA VIRUS (COVID-19)

The Coronavirus (COVID-19) was first reported in Wuhan, Hubei, China in December 2019, the outbreak was later recognized as a pandemic by the World Health Organization (WHO) on 11 March 2020.



### How to protect

18,70,076

Total Cases

4,41,323

Recovered

1,16,052

Deaths

### ABOUT THE DISEASE

## CORONA VIRUS (COVID-19)

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. It was discovered in December 2019 in Wuhan, Hubei, China.

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Standard recommendations to prevent infection agreed include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.



### How to protect

### HOW CORONAVIRUS IS SPREAD

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in much different ways.



#### Person-to-person spread as close contact with infected

The coronavirus is thought to spread mainly from person to person. This can happen between people who are in close contact with one another.



#### Touching or contact with infected surfaces or objects

A person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.



#### Droplets that from infected person coughs or sneezes

The coronavirus is thought to spread mainly from person to person. This can happen between people who are in close contact with one another.

## 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. Also, the symptoms may appear 2-14 days after exposure.

### SYMPTOMS OF CORONAVIRUS

#### Fever



High Fever – this means you feel hot to touch on your chest or back (you do not need to measure your temperature). It is a common sign and also may appear in 2-10 days if you are affected.

#### Cough



Continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).

## HOW TO PROTECT YOURSELF?

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority.

### PREVENTION & ADVICE

#### Wash your hands frequently



Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water for at least 20 seconds.

#### Avoid touching face



Hands touch many surfaces and can pick up viruses. So, hands can transfer the virus to your eyes, nose or mouth and can make you sick.

#### Maintain social distancing



Maintain at least 1 metre (3 feet) distance between yourself & anyone who is coughing or sneezing. If you are too close, get chance to be infected.

#### Practice respiratory hygiene





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Soap on Hand



Palm to Palm



Between Fingers



Back to Hands



Clean with Water



Safely close faucet

## BE CAREFULL & STAY SAFE

### TREATMENT FOR CORONAVIRUS

To date, there is no vaccine and no specific antiviral medicine to prevent or treat COVID-2019. However, those affected should receive care to relieve symptoms. People with serious illness should be hospitalized. Most patients recover thanks to supportive care.

#### Self Care

If you have mild symptoms, stay at home until you've recovered. You can relieve your symptoms if you:

- + Rest and sleep
- + Keep warm
- + Drink plenty of liquids
- + Use a room humidifier or take a hot shower to help ease a sore throat and cough

#### Medical Treatments

If you develop a fever, cough, and have difficulty breathing, promptly seek medical care. Call in advance and tell your health provider of any recent travel or recent contact with travelers.

Antibiotics do not help, as they do not work against viruses. Treatment aims to relieve the symptoms while your body fights the illness. You'll need to stay in isolation, away from other people, until you have recovered.

#### Don'ts



Avoid Close Contact



Don't Touch Face



Social Distancing

## Don'ts



Avoid Close Contact



Don't Touch Face



Social Distancing

## FREQUENTLY ASKED QUESTIONS

### COMMON QUESTION & ANSWER

[Covid-19 Coronavirus Basics](#) →

The best thing you can do now is plan for how you can adapt your daily routine. Take few steps to protect yourself as Clean your hands often, Avoid close contact, Cover coughs and sneezes, clean daily used surfaces etc. The best way to prevent illness is to avoid being exposed to this virus.

What is a novel coronavirus?

On February 11, 2020 the World Health

for 'virus,' and 'D' for disease. Formerly, this disease was referred to as "2019 novel coronavirus" or "2019-nCoV".

How can people help stop stigma related to COVID-19?

Why is the disease being called coronavirus disease 2019, COVID-19?

## LATEST BLOG POSTS

### FROM OUR BLOG



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[15 ways to keep safe and healthy](#)



[If You Think You Are Sick](#)

This website is for health information and advice about coronavirus (COVID-19), how to prevent and protect yourself from disease.

Quick Links

[Symptoms](#)

Important Links

[WHO Website](#)

