

COVID 19

RISE

AND

SHINE

MAGAZINE BY
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COVID 19

CORONAVIRUS DISEASE (COVID-19) IS AN
INFECTIOUS DISEASE CAUSED BY A NEWLY
DISCOVERED CORONAVIRUS.

MOST PEOPLE WHO FALL SICK WITH COVID-19
WILL EXPERIENCE MILD TO MODERATE SYMPTOMS
AND RECOVER WITHOUT SPECIAL TREATMENT.

HOW IT SPREADS

THE VIRUS THAT CAUSES COVID-19 IS MAINLY
TRANSMITTED THROUGH DROPLETS GENERATED
WHEN AN INFECTED PERSON COUGHS, SNEEZES,
OR EXHALES. THESE DROPLETS ARE TOO HEAVY
TO HANG IN THE AIR, AND QUICKLY FALL ON
FLOORS OR SURFACES.

YOU CAN BE INFECTED BY BREATHING IN THE
VIRUS IF YOU ARE WITHIN CLOSE PROXIMITY
OF SOMEONE WHO HAS COVID-19, OR BY
TOUCHING A CONTAMINATED SURFACE AND
THEN YOUR EYES, NOSE OR MOUTH.



COVID-19 SYMPTOMS

COVID-19 symptoms usually take **2-14 days to develop** after being infected with the virus

SYMPTOMS

Common symptoms include:



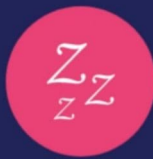
Fever



Cough



Shortness of breath



Tiredness



People with **existing medical conditions** like diabetes, asthma, high blood pressure and heart problems are more likely to get seriously ill from the disease.

Around **1 out of every 6 people** who get COVID-19 becomes seriously ill and develops difficulty breathing.



WHEN TO SEEK MEDICAL HELP

Seek medical help immediately if you're experiencing any of the following symptoms:



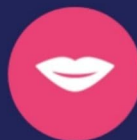
Trouble breathing



Persistent pain or pressure in the chest



New confusion or inability to arouse



Bluish lips or face



Any concerning symptoms apart from the above should also be **reported to a health care expert immediately** when observed.

REFERENCE:
<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses#:~:text=symptoms>
https://www.who.int/health-topics/coronavirus#tab=tab_3
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

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CORONAVIRUS

DO'S & DON'TS

DO'S



Frequently wash your hands for 20 seconds with soap and water



Clean your hands properly with an alcohol-based sanitizer if you don't have soap nearby



Cover your face with your elbow, hands or a tissue while sneezing



Dispose off your used tissues and wash your hands with soap and water for 20 seconds



Wear a mask when you go in public



Clean and disinfect frequently touched surfaces



Maintain at least 6 feet distance from others if you have to go outside to grab essentials



Consult a doctor if you have fever, cough and breathing difficulties



Stay home for 14 days from the time you returned home from international travel

DON'TS



Touch your mouth, eyes and face without washing your hands



Go out if you are feeling unwell



Be in a crowded place



Shake hands with other people



Cough/sneeze without covering your face



Eat raw fruits/vegetables without washing them thoroughly



Eat uncooked meat



Come in direct contact with anyone after being back from a COVID-19 affected region



Use public transportation, taxis or ride-sharing services after returning from abroad

SOURCE:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

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**IN DECEMBER 2019, IN
WUHAN CHINA, A VIRUS
CAME KNOWN CORONA. AND
NOW IT'S ALL OVER THE
WORLD.**

**IT IS SAID THAT IT
SPREADED FROM A BAT AND
THEN TO HUMAN TO HUMAN.
IT IS AN DANGEROUS VIRUS
WHICH
CAN TAKE A PERSON'S LIFE.
THESE HAVE SOME
SYMPTOMS. MOST COMMON
IS THESE:**

1.FEVER

2.DRY COUGH

3.TIREDNESS

LESS COMMON:

1.PAINS

2.SORE THROAT

3.DIARRHOEA

4.CONJUNCTIVITIES

5.HEADACHE

6.LOSS OF TASTE OR SMELL

7.RASH ON SKIN/DISCOLOURATION OF FINGERS AND TOES



SERIOUS SYMPTOMS:

1.DIFFICULTY OF BREATHING

2.CHEST PAIN

WHEN THESE SERIOUS SYMPTOMS

COMES IMMEDIATELY VISIT DOCTOR AND STAY AWAY

FROM OTHER PEOPLES.

WHEN YOU GET INFECTED IT WILL TAKE 6-5 DAYS TO

COME KNOWN BUT 14 DAYS CAN ALSO TAKE.

TIPS:

1.WEAR MASK

2.KEEP DISTANCING ABOUT 3-6 METERS

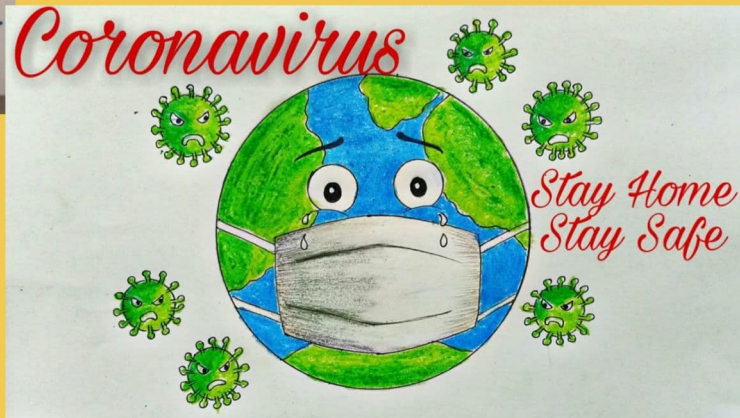
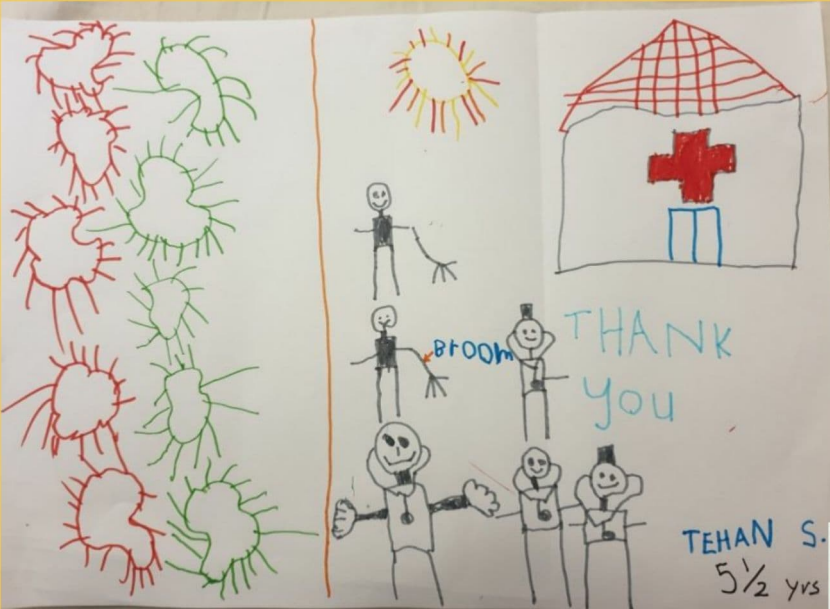
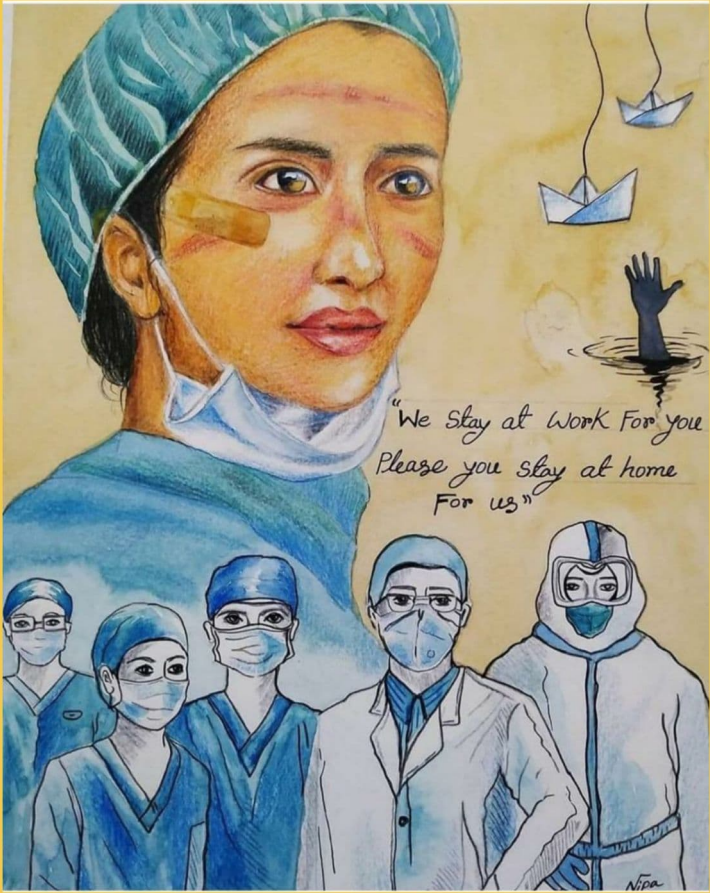
3.USE GLOVES/WASH HAND WITH SOAP,LIQUID SOAP OR

USE HAND SANITIZER.



**INFORMATION BY
FOYSAL AHMED FAHAD
CLASS 7A**

DRAWING



STAY HOME AND BREAK THE CHAIN

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COLLECTION OF IDEAS FOR STUDENTS TO DO DURING RECOVERY MOVEMENT CONTROL ORDER (RMCO)



#SELANGORGEMPURCOVID19

www.amirudinshari.com/stfc19

f Selangor Task Force Covid-19

stfc_selangor

stfc_selangor



Ministry of Health & Family Welfare
Government of India

NOVEL CORONAVIRUS DISEASE
(COVID-19)

Help us to
help you

You are not
stuck at home
You are
safe at home



Together we will fight COVID-19

For information related to COVID-19

Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7 helpline numbers 1075 (Toll Free) or 011-23978046, Email at ncov2019@gov.in , ncov2019@gmail.com

AWARENESS POSTERS

Visitors' access may be **RESTRICTED** in case of the following symptoms:

- fever
- cough
- breathing difficulties



When onboard kindly observe the following:

PRACTICE good hygiene



MAINTAIN a safe social distance of more than 2 metres



AVOID surfaces such as handrails to a safe extent



AVOID touching surfaces with fingertips and the front of your hand



www.bimco.org

BIMCO

Against COVID19



Wash your hands, regularly with soap and water.



Cover your mouth and nose with flexed elbow or tissue while sneezing or coughing.



Avoid large gatherings or close contact with anyone.



Keep calm if you have a fever, cough or difficulty breathing and seek medical care early.



Avoid touching your face, nose and eyes.

1

Keep at least one metre away from people.



We are all in this together. Do not stigmatise anyone.

IOM | DAKAR REGIONAL OFFICE FOR WEST AND CENTRAL AFRICA
UN MIGRATION

INFO - COVID-19

Disease caused by the SARS-CoV-2 virus



On the plane



Practice **hand hygiene**, follow **cough etiquette** and wear a **medical face mask**



Watch the cabin safety demonstration to be aware of **specific instructions** for your flight



If you **feel ill** while travelling, inform crew and seek medical care as soon as possible



Limit your movement in the cabin to that essential for well-being

EASA
European Union Aviation Safety Agency



ecdc
EUROPEAN CENTRE FOR
DISEASE PREVENTION
AND CONTROL

As we get out there again,
it's up to all of us to

STAY COVID FREE
DO THE 3



**WASH
HANDS**



**PHYSICAL
DISTANCE**



**HAVE
THE APP**

And if you're experiencing cold or
flu-like symptoms, stay home and speak
to your doctor about getting tested.

BE COVIDSAFE

For more information about Coronavirus (COVID-19),
please visit health.gov.au



Authorized by the Australian Government, Canberra

Corona virus Disease (COVID-19)

Coronaviruses is a common virus family known to cause a range of diseases ranging from mild respiratory infection to severe pneumonia.

The Coronavirus (COVID-19) is a new type of Coronavirus that has not previously been found in humans. The first case of this virus was reported on December 31, 2019 in Wuhan City, Hubei Province, People's Republic of China. Other known types of Corona virus include MERS- Coronavirus and SARS-Coronavirus.

What can be done to protect against the Coronavirus (COVID-19)?

Following procedures to be applied to reduce the risk and prevent the infection:

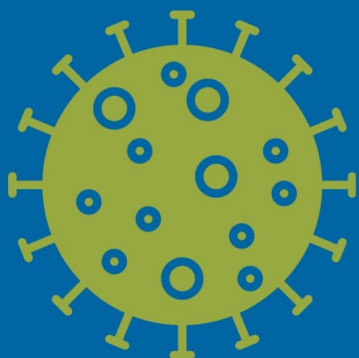
Avoid direct contact with animals (live or dead)

Avoid direct contact with anyone with symptoms of a cold or respiratory infection.

Cover nose and mouth when sneezing or coughing with tissue or flexed elbow.

Wash your hands with soap and water or use alcohol-based hand rub.

For those coming from outside Oman, please contact the nearest health institution or call center (24441999) if you feel any symptoms and disclose the travel history, contact with traveler or any contact with a laboratory-confirmed case of COVID-19



**INFORMATION BY
MINISTRY OF HEALTH
OMAN**



STAY CALM,
STAY HOME,
STAY SAFE



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