



COVID-19

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What exactly is COVID-19

- COVID-19 is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV.'



How COVID-19 spreads

- 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.

Recognize COVID-19



Symptoms of COVID-19

- Fever
- Dry Cough or Sore Throat
- Fatigue
- Loss of taste or smell
- Headache
- Nausea or Vomiting
- Pneumonia or Short of Breath
- Dizziness
- Pain and Pressure in the chest
- And more...

How we can protect ourselves

- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Maintain a safe distance from anyone who is coughing or sneezing.
- Wear a mask when physical distancing is not possible.
- Don't touch your eyes, nose or mouth.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.
- If you have a fever, cough and difficulty breathing, seek medical attention.



The New COVID-19 strains

- As per researches, they have detected 2 new variants of COVID-19 named as “B.1.1.7” and “B.1.351”. These Variants looks more infectious and could be more severe. The vaccine we are getting this time is not something that can fully save us from COVID-19, still we need to take all precautions. The new strain is affecting respiratory systems and causing breathlessness to patients and need oxygen support. That is why we all need to stay safe and take all precautions necessary to be safe.

NEW COVID-19 STRAIN

Thank
you

