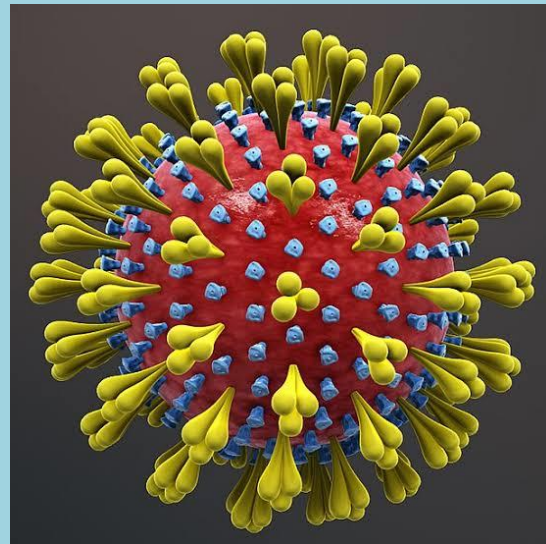


COVID - 19

WHAT IS CORONA VIRUS?

The corona virus is a family of viruses that can cause a range of illness in humans including common cold and more severe forms like SARS and MERS which are life-threatening.



SYMPTOMS

- People may be sick with the virus for 1-14 days before developing symptoms. The disease may be serious in people and even fatal . Older people , and people with other medical conditions (such as asthma, diabetes , or heart disease) may be more vulnerable to becoming severely ill.

people may experience:

- cough
- Fever
- Tiredness
- Difficulty in breathing

PREVENTION



***STAY HOME
SAVE LIVES***

1. **Stay** home
2. **Keep** a safe distance
3. **Wash** hands often
4. **Cover** your cough
5. **sick?** Call the helpline

You can protect yourself and help prevent spreading the virus to others if you:

DO

- Wash your hands regularly for 20 seconds, with soap or alcohol-based hand rub.
- Cover your nose and mouth with disposable tissue or flexed elbow when you cough and sneeze.

- Avoid close contact (1 meter or 3 feet) with people who are unwell.
- Stay home and self-isolate from others in the household if you feel unwell.

DON'T

- Touch your eyes ,nose ,or mouth if your hands are not clean

How to wash our hands

Steps to Handwashing



Wet hands with water



Use soap



Palm to palm



Palm to palm fingers interlaced



Back of hands



Bese of thumbs



Fingernails



Rotationally rub wrists



Rinse hands with water



Dry hands thoroughly with towel

TREATMENT

- There is no specific medicine or treat coronavirus disease .people may need supportive care to help them breathe.

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.

HOW DOES CORONAVIRUS SPREAD?

- The coronavirus is a respiratory virus which spread primarily through droplets generated when an infected person coughs or sneezes , or through droplets of saliva or discharge from the nose.

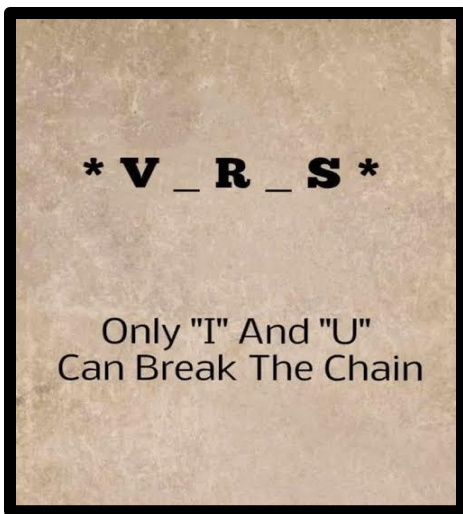
WHAT IS THE RECOVERY TIME FOR THE CORONAVIRUS DISEASE?

- Using available preliminary data , the median time from onset to clinical recovery for mild cases is approximately 2 weeks and 3 to 6 weeks for patients with severe or critical disease.

WHAT IS THE INCUBATION PERIOD OF CORONAVIRUS ?

- The “incubation period ” means the time between catching the virus and beginning to have symptoms of the disease .Most estimates of the incubation period for covid-19 range from 1-14 days, most commonly around five days .May be it takes some more time to show symptoms .

POSTERS



STAY HOME STAY SAFE

BREAK THE CHAIN



MAKE CHANGE

THANK YOU

PREPARED BY :DEVISREE V D
(JAWAHAR GUIDE COMPANY)