

COVID 19

**STAY HOME STAY
SAFE**



COVID-19

- **Coronavirus diseases (covid_19) is infectious diseases caused by a newly discovered coronavirus.**
- **Most people infected with the covid_19 virus will mild to moderate respiratory illness and recover**
- **Without requiring special treatment. Older people, and those with underlying medical problems like**
- **Cardiovascular disease, diabetes, chronic respiratory disease, and cancer are most likely to develop**
- **Serious illness.**
- **The best way to prevent and slow down transmission is be well informed about the COVID_19**
- **Virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing**
- **Hands or using an alcohol based rub frequently and not touching your face.**
- **The COVID_19 virus spreads primarily through droplets of saliva or discharge from the nose when an**
- **infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for**
- **example, by coughing into a flexed elbow).**

SYMPTOMS

- **Fever**
- **Tiredness**
- **Dry cough**
- **Shortness of breathe**
- **Aches and pains**
- **Sore throat and very few people will report diarrhea, nausea or a runny nose**
- **People with fever, cough or difficulty breathing should call their doctor and seek medical attention**
- **People with mild symptoms who are otherwise healthy should self isolate and contact their**
- **Or medical provider or a covid_19 information line for advice on testing and referral**

PREVENTION

- **To prevent and to slow transmission of covid 19, do the following:**
- **Wash your hands regularly with soap and water.**
- **Clean them with alcohol based hand rub.**
- **Maintain atleast 11 metre distance between you and people coughing or sneezing.**
- **Avoid touching your face.**
- **Cover your mouth and nose when coughing or sneezing.**
- **Stay home if you feel unwell.**
- **Refrain from smoking and other activities that weaken lungs.**
- **Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.**

Break the Chain

കൈവിടാതിരിക്കാം... കൈ കഴുകൂ-



A graphic sign for social distancing. It features a central white circle with the words "social" and "distance" stacked vertically in a bold, black, sans-serif font. This central circle is surrounded by a thick red ring. The entire circular design is enclosed within a white border, which is further framed by two black triangular shapes pointing outwards to the left and right. The background is white with a faint grid of small grey dots at the top.

**social
distance**

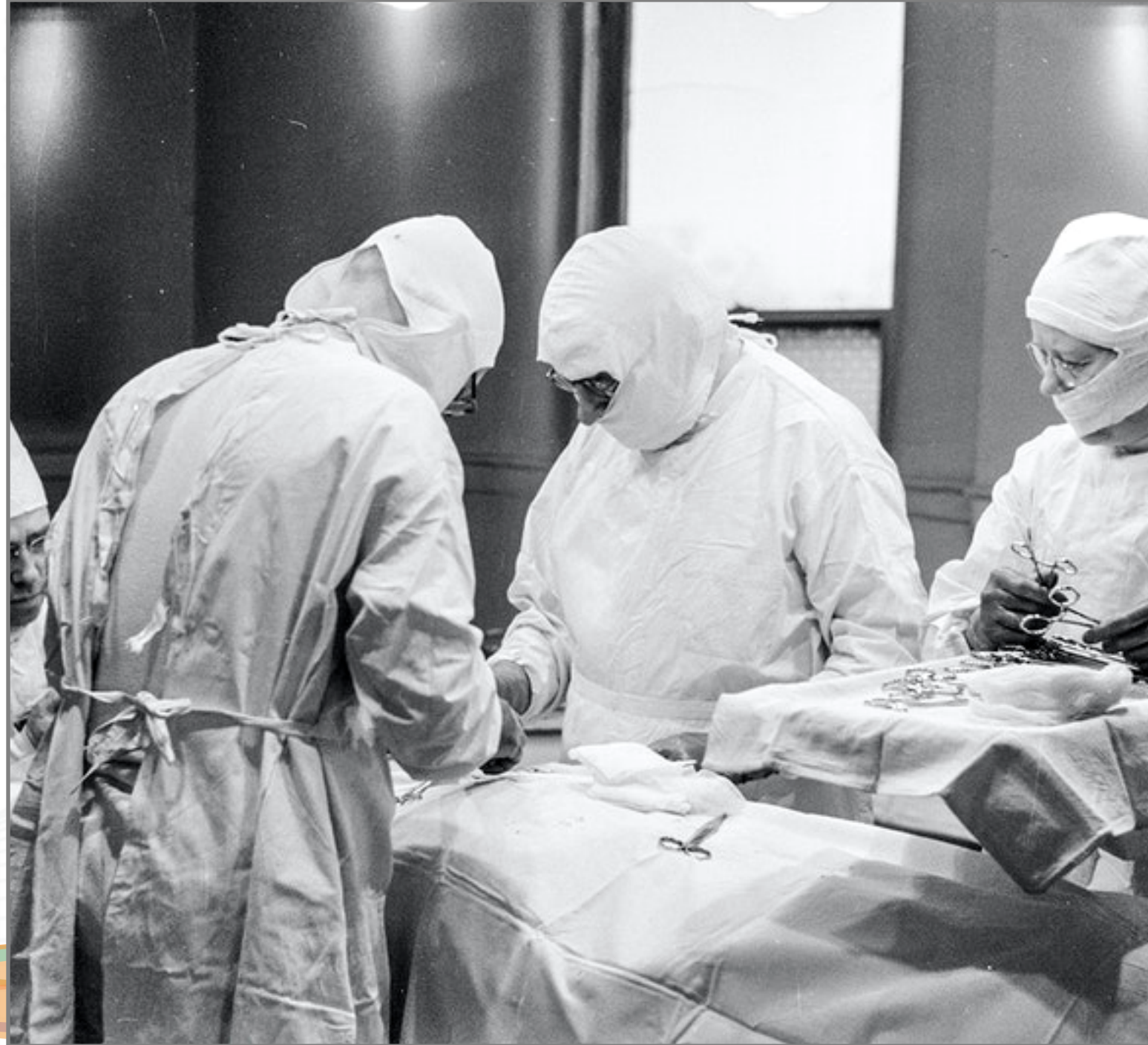


Unity is the strength

Let us face it with
necessary

precautions and
overcome for a

better tomorrow



The background features several overlapping, wavy bands of color in shades of orange, red, and teal. A light gray dot pattern is visible in the upper right and lower right areas. The text 'Thank you' is centered in a large, bold, red font.

Thank you

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