



Ministry of Health & Family Welfare
Government of India

Reduce the risk of Coronavirus infection

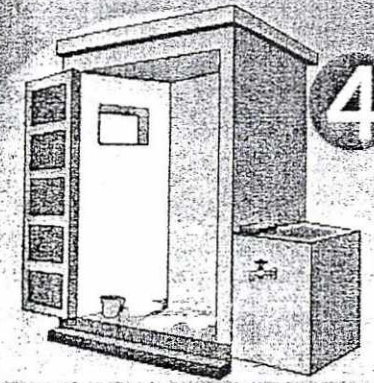
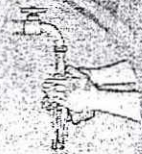
Follow these important precautions



1

Do not sneeze

Remember
to wash
hands
with soap
frequently

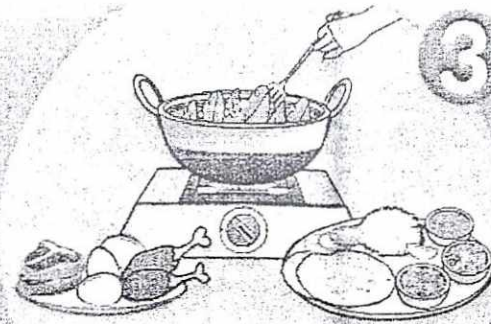


4

After using toilet



Clean your hands before and after caring for sick person



Before cooking, after cooking and before eating food



If you have cough, fever or difficulty in breathing, contact a doctor immediately

Stay protected!

Stay safe from Coronavirus!

If you have returned from Wuhan China after January 15, then get yourself tested for 2019-nCov. To know about the centres for testing, call the Ministry of Health and Family Welfare Helpline

If you have returned from China in the last 15 days or have been in contact with any person affected by Coronavirus, then limit your contact with others and use a separate room for sleeping

If you develop fever, cough and difficulty in breathing within 28 days of return from China, immediately call the Ministry of Health and Family Welfare Helpline

+91-11-23978046

or email at ncov2019@gmail.com

Noval Coronavirus (2019-nCoV)-General Advisory for Public

The 2019 novel coronavirus (2019-nCoV), Wuhan coronavirus, is a contagious virus that causes respiratory infection, can transfer from human to human.

Symptom

- Fever
- Difficulty in Breathing
- Coughing
- Tightness of Chest
- Running Nose
- Head Ache
- Feeling of being Unwell
- Pneumonia
- Kidney Failure

Incubation Period: 14 days asymptomatic

Mode of transmission

Human Coronavirus (2019-nCoV) most commonly spread from an infected person to other through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hand
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

How to reduce risk of Coronavirus infection (2019-nCoV)

- Clean hand with soap and water or alcohol based hand rub
- Cover nose and mouth when coughing & sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu like symptoms
- Avoid frozen meet
- Isolation of symptomatic patients for atleast 14 days.

DO's and DON'T's

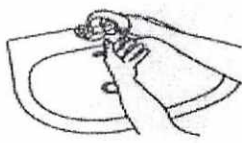
DO's	DON'Ts
<ul style="list-style-type: none">• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing• Frequently wash your hands with soap and water• Avoid crowded places• Person suffering from Influenza like illness must be confined at home• Stay more than one arm's length distance from persons sick with flu• Take adequate sleep and rest• Drink plenty of water/liquids and eat nutritious food• Person suspected with Influenza like illness must consult doctor	<ul style="list-style-type: none">• Touching eyes, nose or mouth with unwashed hands• Hugging, kissing and shaking hands while greeting• Spitting in public places• Taking medicines without consulting doctor• Excessive physical exercise• Disposal of used napkin or tissue paper in open areas• Touching surfaces usually used by public (Railing, door gates, etc)• Smoking in public places• Unnecessary testing

24*7 Control Room has been established at DGHS (HQ), may be contacted for any query related to nCoV-2020

Ph: 011-22307145, 22300012, 22300036

Steps for Hand washing

0



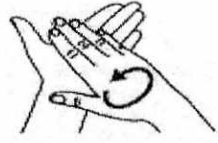
Wet hands with water;

1



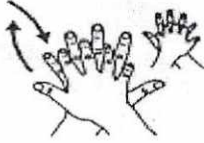
Apply enough soap to cover all hand surfaces;

2



Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



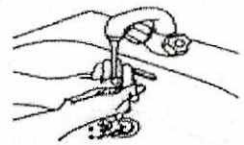
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



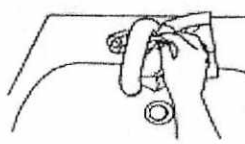
Rinse hands with water;

9



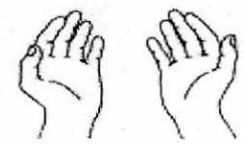
Dry hands thoroughly with a single use towel;

10



Use towel to turn off faucet;

11



Your hands are now safe.

कोरोना वायरस

कोरोना वायरस एक तरह का संक्रमित वायरस है। यह वायरस एक व्यक्ति से दूसरे व्यक्ति में संक्रमण के जरिए फैलता है। इस वायरस के लक्षण निमोनिया की तरह है।

कोरोना वायरस के लक्षण :-

- सिर दर्द।
- साँस लेने में तकलीफ़।
- छींक।
- खांसी।
- बुखार।
- किडनी फेल।

कोरोना वायरस से बचाव :-

- अपने हाथ साबुन और पानी या अल्कोहल युक्त हैंडरब से साफ करे।
- खांसते और छींकते वक्त अपनी नाक और मुंह को टिश्यू या मुड़ी हुई कोहनी से ढके।
- जिन्हें सर्दी या फ्लू जैसे लक्षण हो तो उनके साथ करीबी संपर्क बनाने से बचें।

क्या करें - क्या न करें

क्या करें	क्या न करें
<ul style="list-style-type: none"> • खाँसने और छींकने के दौरान अपनी नाक व मुँह को कपड़े अथवा रुमाल से अवश्य ढकें • अपने हाथों को साबुन व पानी से नियमित धोयें • भीड़-भाड़ वाले क्षेत्रों में जाने से बचें • फ्लू से संक्रमित हों तो घर पर ही आराम करें • फ्लू से संक्रमित व्यक्ति से एक हाथ तक की दूरी बनाए रखें • पर्याप्त नींद और आराम लें • पर्याप्त मात्रा में पानी / तरल पदार्थ पियें और पोषक आहार खाएं • फ्लू से संक्रमण का संदेह हो तो चिकित्सक से सलाह अवश्य लें। 	<ul style="list-style-type: none"> • गंदे हाथों से आँख, नाक अथवा मुँह को छूना • किसी को मिलने के दौरान गले लगना, चूमना या हाथ मिलाना • सार्वजनिक स्थानों पर थूकना • बिना चिकित्सक के परामर्श के दवाएं लेना • इस्तेमाल किए हुए नेपकिन, टिश्यू पेपर इत्यादि खुले में फेंकना • फ्लू वायरस से दूषित सतहों का स्पर्श (रेलिंग, दरवाज़े इत्यादि) • सार्वजनिक स्थलों पर धूम्रपान करना • अनावश्यक एच 1 एन 1 की जाँचें करवाना

सम्बंधित जानकारी के लिए 24x7 कंट्रोल रूम के निम्नलिखित नम्बरों पर संपर्क करें-
22307145, 22300012, 22300036