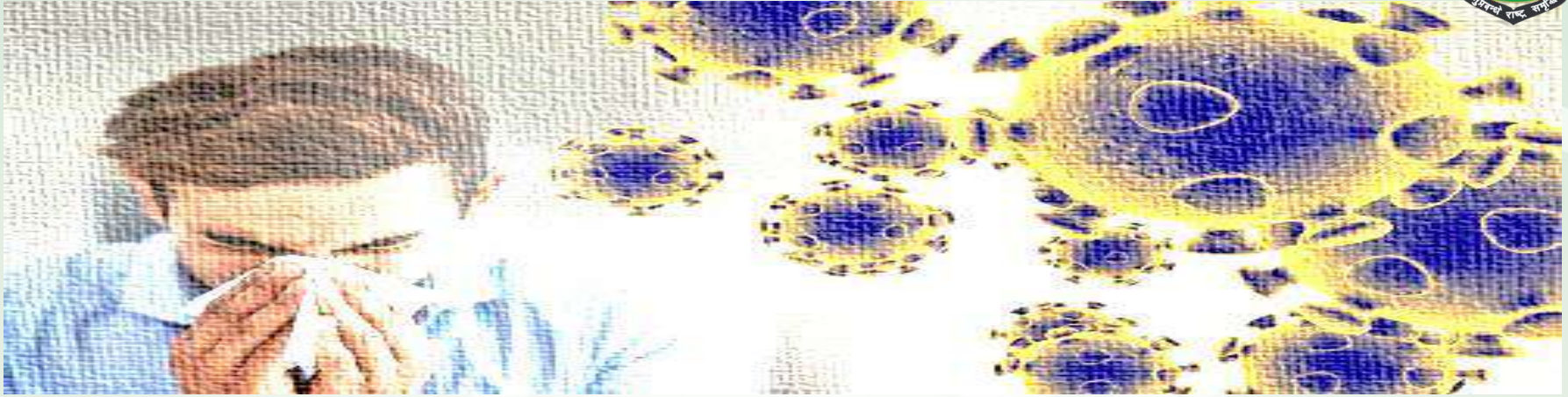# Fight against COVID-19 (CORONA VIRUS)

CORONA VIRUS (COVID-19)

- Coronaviruses are a group of viruses belonging to the family of Coronaviridae, which infect both animals and humans.
- Human coronaviruses can cause mild disease similar to a common cold, while others cause more severe disease (such as MERS - Middle East Respiratory Syndrome and SARS – Severe Acute Respiratory Syndrome).
- A new coronavirus that previously has not been identified in humans emerged in Wuhan, China in December 2019.
- Signs and symptoms include respiratory symptoms and include fever, cough and shortness of breath.
- In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome and sometimes death.

Wash your hands frequently

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

- **Why?** Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Wash your hands

Wash your hands with soap and running water when hands are visibly dirty

If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water

World Health Organization

PREVENTIVE MEASURES

Maintain social distancing

- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

- **Why?** When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

- **Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

World Health Organization

PREVENTIVE MEASURES

Practice respiratory hygiene

- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

- **Why?** Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

Protect others from getting sick

When coughing and sneezing cover mouth and nose with flexed elbow or tissue

Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick

World Health Organization

If you have fever, cough and difficulty breathing, seek medical care early

- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

- **Why?** National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Protect others from getting sick

Avoid close contact when you are experiencing cough and fever

Avoid spitting in public

If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider

World Health Organization

PREVENTIVE MEASURES

- **Ensure animal products cook thoroughly and properly handled**.

- Avoid frozen animal products.

- Wash Hands with soap and water after touching animals and animal products.

Practise food safety

Even in **areas experiencing outbreaks**, meat products can be safely consumed if these items are **cooked thoroughly and properly handled** during food preparation.

World Health Organization
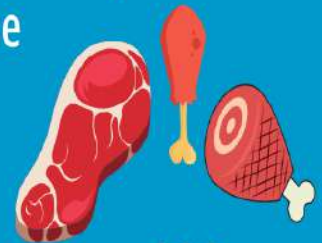
HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK.

WHEN TO USE A MASK

For healthy people wear a mask only if you are taking care of a person with suspected 2019-nCoV infection

Wear a mask, if you are coughing or sneezing

Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water

If you wear a mask then you must know how to use it and dispose of it properly

World Health Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water

World Health Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK.

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask

World Health Organization

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water

World Health Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK.

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks

World Health Organization

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water

World Health Organization

WHO Advisory

- Indian citizens are advised to refrain from travel to China. People travelling to China henceforth will be quarantined on return.

- Those planning a visit to India from China:

  o Existing visas (including eVisa already issued) are no longer valid for any foreign national travelling from China.

  o Intending visitors may contact Embassy in Beijing (visa.beijing@mea.gov.in) or the Consulates in Shanghai (ccons.shanghai@mea.gov.in) and Guangzhou (visa.guangzhou@mea.gov.in) to apply afresh for an Indian visa.

  o The Indian Embassy in China continues to remain contactable 24x7 on two hotline numbers +8618610952903 & +8618612083629 and the dedicated email helpdesk.beijing@mea.gov.in. Indian nationals in need of any assistance may get in touch with the Embassy on these hotlines and email.

STAY HEALTHY WHILE TRAVELLING

Avoid travel if you have a fever and cough

If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider

World Health Organization

- Indian citizens are further advised to refrain from non-essential travel to the following countries:
  - Singapore
  - Republic of Korea
  - Islamic Republic of Iran
  - Italy

- People coming from Republic of Korea, Iran and Italy or those having history of travel to these countries may be quarantined for 14 days on arrival to India

- For any queries related to health, people may contact on Ministry of Health & Family Welfare 24*7 helpline number (+91-11-23978046) or email at (ncov2019@gmail.com)

WHO Advisory

- Those having compelling reasons to travel to these countries should follow these simple public health measures at all times as under:
  o Observe good personal hygiene.
  o Practice frequent hand washing with soap.
  o Follow respiratory etiquettes - cover your mouth when coughing or sneezing.
  o Avoid close contact with people who are unwell or showing symptoms of illness, such as cough, runny nose etc.
  o Avoid contact with live animals and consumption of raw/undercooked meats.
  o Avoid travel to farms, live animal markets or where animals are slaughtered.
  o Wear a mask if you have respiratory symptoms such as cough or runny nose.

STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands

If you choose to wear a face mask, be sure to cover mouth and nose - avoid touching mask once it's on

Immediately discard single-use mask after each use and wash hands after removing masks

World Health Organization

- If you feel sick on flight, while traveling back to India:
  - o Inform the airlines crew about illness.
  - o Seek mask and the self-reporting format from the airline crew.
  - o Avoid close contact with family members or fellow travelers.
  - o Follow the directions of airline crew while disembarking.
  - o Immediately report facts to the Airport Health Office/Immigration Office and Helpline number (011-23978046) also.
  - o Follow the direction of the airport health officer or as issued by the helpline.

STAY HEALTHY WHILE TRAVELLING

If you become sick while travelling, inform crew and seek medical care early

If you seek medical attention, share travel history with your health care provider

World Health Organization

WHO Advisory

- **If you feel sick within a span of 28 days after return from COVID-19 affected areas:**

  o **Immediately call the Helpline number (011-23978046) and follow the direction issued.**

  o **Maintain effective self-isolation at home and with others.**

  o **Observe good personal hygiene.**

  o **Practice frequent hand washing with soap.**

  o **Follow respiratory etiquettes - cover your mouth when coughing or sneezing.**

  o **Report the illness to the nearest health facility and also inform the treating doctor regarding your travel history.**

MYTH BUSTERS

FACT:
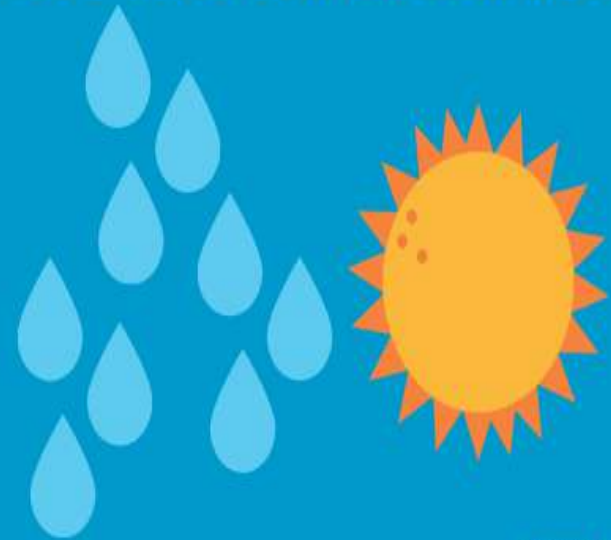The new coronavirus can be transmitted in areas with hot and humid climates

From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather.

Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. Eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

World Health Organization   **#Coronavirus**   **#COVID19**

9 March 2020

MYTH BUSTERS

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

FACT:
Taking a hot bath does not prevent the new coronavirus disease

World Health Organization

#Coronavirus   #COVID19

MYTH BUSTERS

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.

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.

To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

World Health Organization

#Coronavirus   #COVID19

FACT:
The new coronavirus CANNOT be transmitted through mosquito bites
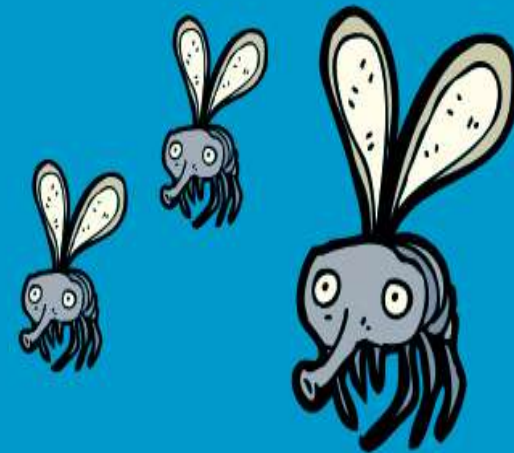
MYTH BUSTERS

At present, there is no evidence that companion animals / pets such as dogs or cats can be infected with the new coronavirus. However, it is always a good idea to wash your hands with soap and water after contact with pets. This protects you against various common bacteria such as E. coli and Salmonella that can pass between pets and humans.

Can pets at home spread the new coronavirus (2019-nC0V)?

World Health Organization
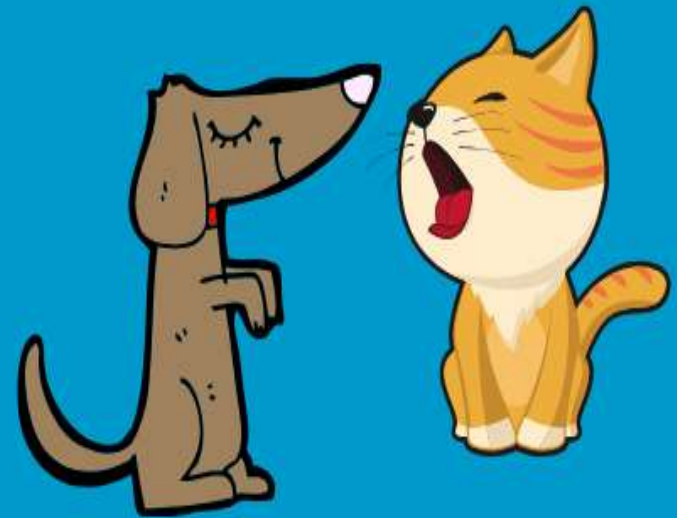
#Coronavirus

MYTH BUSTERS

People of all ages can be infected by the new coronavirus (nCoV-2019).

Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

World Health Organization

#Coronavirus

Does the new coronavirus affect older people, or are younger people also susceptible?

MYTH BUSTERS

No. Hand dryers are not effective in killing the 2019-nCoV.
To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

Are hand dryers effective in killing the new coronavirus?

World Health Organization

#2019nCoV

MYTH BUSTERS

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e., eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

World Health Organization

#2019nCoV

Can spraying alcohol or chlorine all over your body kill the new coronavirus?

MYTH BUSTERS

There is no reason to believe that cold weather can kill the new coronavirus or other diseases.

The normal human body temperature remains around 36.5°C and 37°C, regardless of the external temperature or weather.

The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

FACT:
Cold weather and snow CANNOT kill the new coronavirus

World Health Organization   #Coronavirus   #COVID19

MYTH BUSTERS

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus (2019-nCoV)

Can eating garlic help prevent infection with the new coronavirus?

World Health Organization

#2019nCoV