

## **Protocol & Precaution for Covid-19**

The 2019 novel corona virus (2019-nCoV), Wuhan Corona virus, 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
- Pneumonia
- Kidney Failure

Incubation Period: 14 days asymptomatic

### **Mode of transmission**

Human Corona virus (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 Corona virus Infection (2019-nCoV)**

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

## DO's and DON'Ts

DO's	DON'Ts
<ul style="list-style-type: none"><li>• No exchange of personal belongings such as bottle, Tiffin, napkins etc. as this acts as carriers of infections</li><li>• Avoid any non-essential travel to affected areas</li><li>• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing.</li><li>• Frequently wash your hands with soap &amp; water</li><li>• Avoid crowded places</li><li>• Person suffering from Influenza like illness must be confined at home</li><li>• Stay more than one arm's length distance from persons sick with flu</li><li>• Take adequate sleep and rest</li><li>• Drink plenty of water/liquids and eat nutritious food</li><li>• Person suspected with Influenza like illness must consult doctor</li></ul>	<ul style="list-style-type: none"><li>• Touching eyes, nose or mouth with unwashed hands</li><li>• Hugging , kissing and shaking hands while greeting instead fold your hands (Namaste) as a greeting</li><li>• Spitting in public places</li><li>• Taking medicines without consulting doctor</li><li>• Excessive physical exercise</li><li>• Disposal of used napkin or tissue paper in open areas</li><li>• Touching surfaces usually used by public ( Railing, door gates, etc)</li><li>• Smoking in public places</li><li>• Unnecessary testing</li><li>• Person suspected with Influenza like illness must consult doctor</li><li>• Do not travel or come in contact with travelers from the affected regions</li></ul>

We thank you for your understanding and your continued support in helping keep the community safe and healthy.

Dr. J.N. Gupta

CEO

Jagran Education Foundation