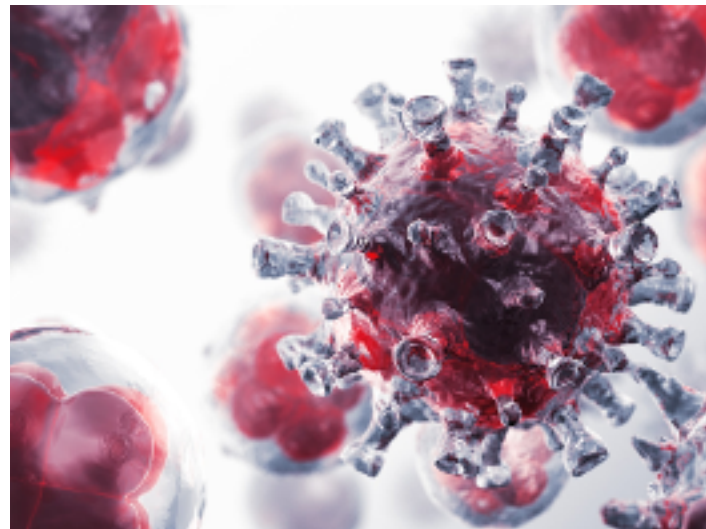


# Coronavirus- A Pandemic

## TIME TO ACT NOW

Coronavirus is a contagious respiratory disease which has spread all over world in December'2019. The origin of disease is from Wuhan epicenter of China. Virus has been named as SARS –Cov2 (Symptoms are more alike from family of SARS) & 2019 noval (new) and so it's named as COVID-19.

Everything that's happening around about the Coronavirus, it might be very hard to make a decision of what to do today. Whom should we believe, How to act and many more...



**STAY HOME  
STAY  
HEALTHY**

As of now no Vaccination is available for the disease. One can keep themselves safe by avoiding public gathering, No socializing, & most important staying back at home until an unless its an emergency to go out. Keep yourself hydrated & sanitized.

Questions which are frequently running over everyone's mind is: How does Coronavirus Spread? What are the Symptoms of Coronavirus & Time Duration? Confirmed Cases in India till date? Measures to be taken to stay safe & healthy? You would be thinking that is it accurate time to react or should I wait for more time. How to react in this situation? What if I overreact? What people will think of me?

## 1. How does Coronavirus Spread?

As we all know that this is contagious respiratory disease, it is transmissible from one person to another. It's observed that this virus spread easily when anyone who is affected with a virus as he/she talk, sneeze & cough comes in contact with the healthy person.

Imagine you are sitting in conference room, meeting room, gathering or socializing with friends. If anyone person from the group is infected with the virus and he/she sneezes or cough the droplet released from his mouth lands over surface or in his/her hand. When you touch the same surface or shake hands with the infected person the virus get transmitted in your body also and it goes on and on...

According to studies it is found that the virus stay's in the air or the touch surface by infected person for min of 4hours. That's why the infected person is asked to stay isolated in order to decrease the impact and break the chain of virus.



## 2. Symptoms of Coronavirus & Time Duration?

It is observed that any virus we talk about have some common symptoms like

cold & fever.

When we talk about COVID -19 the symptoms start appearing after the exposure of 2-14days. This ranges from mild to severe illness & in worst case where the person is Old Age (60-65+), any past medical history or with weaken immune system are recorded with death.

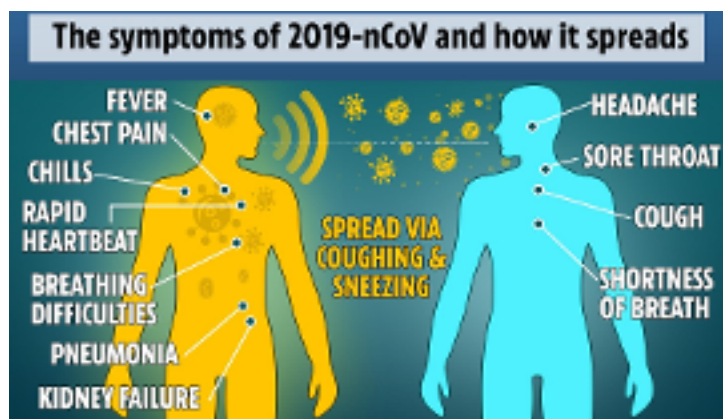
### Symptoms of Coronavirus

·Fever, ·Cough, ·Shortness of breath, Difficulty breathing or shortness of breath, Persistent pain or pressure in the chest, New confusion or inability to arouse, Bluish lips or face

### Confirmed Cases of Coronavirus in India till 25.3.2020

**KEEP YOURSELF SAFE**

·As per the current statics it is found that the total number of positive cases of COVID19 in India stands at 606 (including 43 cured), 10 deaths from various cities Delhi, Karnataka, Punjab, Rajasthan and Maharashtra. ·PM Modi has urge people to stay home & lockdown is announced all over the country for 21 days.



## **1.Measures to be taken to Stay Safe & Healthy**

### **A)To protect yourself: -Clean your hands often**

- Wash hands Frequently – Cleaning is very important, keep on washing your hand after every 2 hours with soaps or hand-washes.
- Hand Sanitizers - If you are traveling or outside your home, washing is not possible than get your hands clean with hand-sanitizer containing 60% of alcohol before touching your face.
- Avoid in getting close contact with the people who are sick.
- Avoid Public gathering, weddings, family trips & Eating outside food
- Keep your Immune System healthy

### **B)To protect others: -Stay home if you're sick**

- Cover coughs and sneezes – While Coughing or Sneezing use handkerchief, tissue or inside of elbow.
- Wash all the clothes, specially cloth used as mask, throw away the used tissues (As tissues are non reusable)
- Wash your hands frequently with soaps & water

- Wear face mask when around your family or isolated in home –cover your face when anyone enters your room & also when visiting the health center. Also the person taking care of sick person need to wear mask.

### **Other Precautionary Measures to be Taken**

- **Stay home**
- **Stay in touch with your doctor**
- **Avoid public transportation.**
- **Stay away from others**
- **Call ahead**
- **Avoid sharing personal household items**
- **Household cleaners and disinfectants**
- **Monitor your symptoms**

**-Seek medical attention, but call first**

**-Call your doctor before going in**

- **Follow all instructions from the Health care center & Believe your Government.**

As far as the evidences COVID -19 can be transmitted in all areas including area with cold, hot & humid region. Scientists & Medical Organization are still working over the medicine & understanding the nature of disease.

**Don't Panic & Stay Informed**

## **MYTHS BUSTERS**

1.COVID-19 virus can be transmitted in all areas & with every climate conditions

2.Cold Weather & Snow Cannot Kill the Coronavirus

3.Does alcohol or chlorine spread all over your body will kill the new coronavirus? - No

4.Do any vaccines can protect you against the new coronavirus? -No (Self precautions is must)