POST GRADUATE GOVERNMENT COLLEGE, SECTOR 11, CHANDIGARH

TRAINING MODULE ON HOW TO REDUCE THE RISK OF CORONAVIRUS INFECTION

Prepared by Master Trainer: Dr. Rakesh Thakur
SYMPTOMS

- Dry Cough
- High Fever
- Sore Throat
- Difficulty in Breathing
How does a Coronavirus spread?
The virus spreads when

- these droplets
  - eyes
  - nose
  - mouth

Get in to your

Sick Person

Healthy Person

For further information:
Call at Ministry of Health, Govt. of India’s 24*7 control room number
+91-11-2397 8046
Email at ncov2019@gmail.com
Novel Coronavirus (COVID-19)

Help us to help you

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

For further information:
Call at Ministry of Health, Govt. of India’s 24*7 control room number
+91-11-2397 8046
Email at ncov2019@gmail.com
REDUCE YOUR RISK OF CORONAVIRUS INFECTION

Clean hands with soap and water or alcohol-based hand rub

Cover nose and mouth when coughing with tissue or flexed elbow

Avoid close contact with anyone with cold or flu-like symptoms

Thoroughly cook meat and eggs

Avoid contact with wild or live farm animals
Novel Coronavirus (COVID19)

Basic Protective Measures For All

- Wash your hands frequently
- Maintain social distancing
- Avoid touching your eyes, nose and mouth
- Practice respiratory hygiene by covering your mouth and nose with your bent elbow or tissue when you cough or sneeze
- If you have fever, cough and difficulty breathing, seek medical care at the earliest
- Stay informed and follow the advice given by your doctor
- See a doctor if you feel unwell - while visiting a doctor wear a mask/cloth to cover your mouth and nose
- If you have any symptoms, please call State Helpline Number or Health Ministry 24*7 helpline number +91-11-23978046 or email at ncov2019@gmail.com

For further information:
Call at Ministry of Health, Govt. of India's 24*7 control room number +91-11-2397 8046
Email at ncov2019@gmail.com

mohfw.gov.in  @MoHFWIndia  @MoHFW_INDIA  mohfwindia
नोवल कोरोना वायरस (COVID19)

सदैव सतर्क रहें
एक बीमार व्यक्ति की लार अन्य चीज़ों को भी प्रभावित कर सकती है, जैसे कि:

- उनके हाथ
- कलम
- दरवाज़े का हेल्डल
- डिजिटल उपकरण
- लिफ्ट के बटन
- माउस
- फेस मास्क का बाहरी हिस्सा
- रेलवे के आंदर पकड़ने की भत्तियां
- टिस्टूर
- कप
- चॉपस्टिक्स
- सीढ़ी की रेलिंग

स्वास्थ्य संबंधी जानकारी के लिए:
स्वास्थ्य एवं परिवार कल्याण मंत्रालय भारत सरकार के 24x7 हेल्पलाइन नं.
+91-11-2397 8046 पर संपर्क करें
ई-मेल करें ncov2019@gmail.com

mohfw.gov.in  @MoHFWIndia  MoHFW_INDIA  mohfwindia
Protect yourself and others from getting sick

Wash your hands thoroughly

24x7 Helpline No: +91-11-23978046 • E-Mail: ncov2019@gmail.com
**NOVEL CORONAVIRUS (COVID-19)**

**Protect yourself and others!**

**Follow these Do's and Don'ts**

**Do's**
- Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean.
- Cover your nose and mouth with handkerchief/tissue while sneezing and coughing.
- Throw used tissues into closed bins immediately after use.
- See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose.
- If you have these symptoms please call State helpline number or Ministry of Health & Family Welfare’s 24X7 helpline at 011-23978046.

**Don'ts**
- Avoid participating in large gatherings.
- Have a close contact with anyone, if you're experiencing cough and fever.
- Touch your eyes, nose and mouth.
- Spit in public.

Together we can fight Coronavirus.
When to use a mask

1. If you are healthy, you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection.

2. Wear a mask if you are coughing or sneezing.

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

4. If you wear a mask then you must know how to use it and dispose of it properly.
NOVEL CORONAVIRUS (COVID-19)

When to wear a Mask?

Everyone NEED NOT WEAR a mask!

Only wear a mask if

- You have symptoms (Cough, fever or difficulty in breathing)
- You are caring for a COVID-19 suspect/confirmed patient
- You are a health-worker attending to patients with respiratory symptoms

While wearing a mask, make sure you:

Unfold the pleats of the mask; make sure that they are facing down.

Place the mask over your nose, mouth and chin and ensure there are no gaps on either side of the mask, adjust to fit.

Avoid touching the mask, while using it.

Never reuse disposable masks and dispose the used masks into closed bins after disinfecting them.

Do not touch the potentially contaminated outer surface of the mask, while removing it.

Do not leave the mask hanging from the neck.

After removal of mask, clean your hands with soap and water or use alcohol-based hand rub disinfectant.

Together we can fight COVID-19!

For further information call
Ministry of Health & Family Welfare,
Government of India's
24X7 control room number

1075 (Toll Free) | 011-23978046
Email at ncov2019@gmail.com
Reduce the risk of Coronavirus infection
Follow these important precautions

Coronavirus is a new disease which emerged in China and is also affecting other countries. The virus has flu like symptoms such as:

1. Fever
2. Cough
3. Difficulty in breathing

If you have returned from Wuhan, China after 15th January, then get yourself tested for 2019-nCov. To know about the centres for testing, call the Ministry of Health and Family Welfare helpline +91-11-23978046

If you have returned from China, South Korea, Japan, Germany, Italy, Iran, Singapore, Malaysia, Thailand, Switzerland, Australia, Dubai, France, Spain, Kuwait, United State of America (USA), Hong Kong, Bahrain, Taiwan, Macau, UAE or any other affected countries in the last 15 days or have been in contact with any person affected by Coronavirus, then limit your contact with others for next 14 days and follow these important steps:

1. Limit contact with everybody for the next 14 days and sleep in a separate room
2. Cover your nose and mouth while sneezing
3. Wash your hands with soap regularly
4. Stay away from persons who have cough, cold and fever

If you develop fever, cough and difficulty in breathing within 28 days of return from China or other affected countries immediately call the Ministry of Health and Family Welfare helpline
Avoid Crowded places / Gatherings.
Avoid Un-necessary travel / Holidays Tours to affected countries.

Issued in Public Interest by Health Department, UT-Chandigarh
State Surveillance Unit, SCO 64-65 (2nd Floor), Sector 17-D, Chandigarh (U.T.)
Office: 0172-2722338 & 2740408
Control Room: 0172-2752038 | Helpline: 9779558282

Stay protected! Stay safe from Coronavirus!
STAY PROTECTED! STAY SAFE FROM CORONAVIRUS!

Master Trainer: Dr. Rakesh Thakur (PGGC, SECTOR 11, CHANDIGARH)