



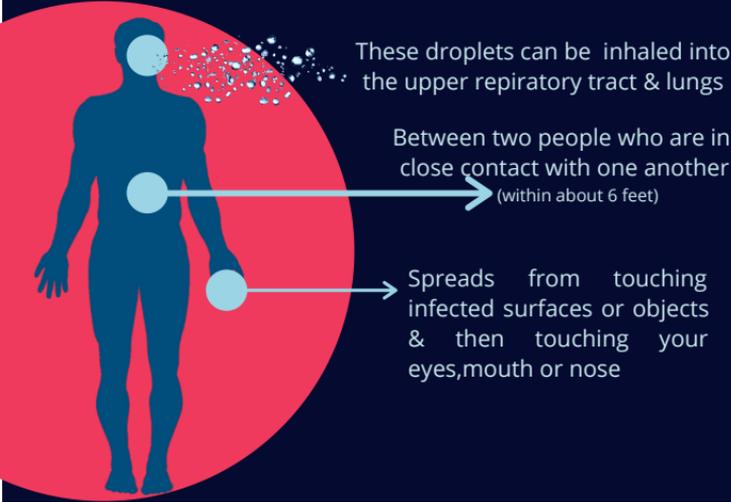
# CORONAVIRUS

## What you need to Know?

'Coronaviruses' are a big family of viruses, named for the crown-like effect created by spikes on their surface -- these are actually proteins that help them invade human cells. Some coronaviruses, in fact, cause the common cold. What we're dealing with right now is a new, or novel coronavirus. It has a name: **Sars-Cov-2**.

# How COVID-19 Spreads?

The virus is spread from person to person



## Symptoms



Cough



Runny nose



High fever



Difficulty in breathing

Remember, not everyone who has Coronavirus gets symptoms. Follow the Government guidelines to stop the spread of the virus

## Treatment



No vaccines/antivirals available. Symptoms can be treated by over-the-counter medications

## When to see a Doctor?

- Difficulty in Breathing
- High fever

## PREVENTION



Wash Hands for at least 20 seconds



Avoid touching your eyes, nose & Mouth



Maintain social distancing



Wear a mask



Eat Hot Food & Drink Hot Water

## Who are at Risk?

- Old people
- Pregnant Women
- People with underlying medical conditions like, heart disease, diabetes, high blood pressure, and respiratory or lung disease, which includes smokers

# COVID-19 Emergency Homecare Kit

It is important to have COVID-19 homecare kit at all times.

The kit can be used if anyone gets infected or even as a precautionary measure. The kit includes:

## Safety & Cleaning Material

- A set of Face Masks
- Gloves, for entering patient's room or doing laundry
- Hand Sanitizer
- Soaps
- Separate Bath Towels
- Disposable Paper Towels

## Medicine

- Cough Drops- For Dry Cough
- Saline Nasal Spray- For Nasal Congestion
- Thermometre- To Check Fever
- Paracetamol- For fever

## Food & Drink

- High protein food
- Multivitamins- for Immunity
- Electrolyte Drinks- For Dehydration
- Fresh Ginger & Garlic- Known for antiviral properties
- Lemons-To boost immunity
- Honey to soothe Throat and relieve pain



## What to do if someone in the family gets the virus?

- Immediately isolate the patient from other members of the family and make him/her wear a mask all the time.
- Practice social distancing with other household members, which means staying at least six feet away. If possible, stay in a separate room.
- Practice good hygiene and wash hands regularly.
- Avoid sharing household items or eating utensils.
- Clean high-touch surfaces, including your phone, game controllers, remotes, light switches, faucets and toilet handles, regularly. But be mindful of using strong chemicals in enclosed spaces, as improperly used chemicals can cause eye or throat irritation or breathing problems.

## The DO's and DONT's of Social Distancing



### Avoid

Social gatherings/Events, Sleepovers, Creches, Theatres, Malls, Crowded Retail stores, Workouts in Gyms, Visitors in House, Non-essential workers in house, Visiting elderly relatives/grandparents

### Keep your Distance

At Grocery Store, restaurant for takeaway, Pick up medicines, Taking a walk in Park



### Safe to Do

Cycling, Take a walk (maintain a distance of at least 6 feet from others), Play in your Garden, Read a Book, Cook a meal, Group Video chats

# How to shop for Grocery during the Pandemic?

## Before you go to the store

- Consider whether you really need to go shopping
- Delivery may be an option for uncooked food
- Plan to shop in off- peak hours
- Don't take the whole family
- Don't go if you have symptoms

## At the store

- Sanitize your hands often
- Wear a mask
- Practice social distancing, keep a distance of at least 6 feet
- Touch only what you buy, Try not to touch things unnecessarily
- Opt for no- touch payment option like Google pay, paytm, Bhim, etc
- Don't touch your face

## When you get home

- Leave packets outside. Bring them in, preferably, after 48 hrs & sanitize all boxes. Make sure to sanitize all counters before placing these packets
- Leave your footwear outside
- Wash your hands . Scrub for at least 20 seconds
- Change your clothes, if possible, take bath
- Rinse fruits & vegetables, first with hot and then, cold water
- Wash reusable bags & sun dry

## Keep your home virus free: Steps to minimize germs at home

- Clean and Disinfect; First Clean, Then Disinfect
- Use Standard Disinfectants
- Target High Touch Surfaces such as counter tops, door handles, cellphones and toilet flush & handles.
- Wash clothes in hot water. Also, wash clothes, towels and sheets of infected person separately and sun dry or machine dry at high temperature.

Be Calm, Be Informed, Be Prepared  
Be Ready to fight

**COVID-19**