

NOVAL CORONAVIRUS (COVID-19) GENERAL ADVISORY FOR PUBLIC



The 2019 novel coronavirus (COVID-19), Wuhan coronavirus, is a contagious virus that causes respiratory infection, can transfer from human to human.

SYMPTOMS

- FEVER
- DIFFICULTY IN BREATHING
- COUGHING
- TIGHTNESS OF CHEST
- RUNNING NOSE
- HEAD ACHE
- FEELING OF BEING UNWELL
- PNEUMONIA
- KIDNEY FAILURE

MODE OF TRANSMISSION

Human Coronavirus (COVID-19) most commonly spread from an infected person to other through:

- 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 CORONAVIRUS INFECTION (COVID-19)

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

DO's

- Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing
- Frequently wash your hands with soap and water
- Avoid crowded places
- Person suffering from Influenza like illness must be confined at home
- Stay more than one arm's length distance from persons sick with flu
- Take adequate sleep and rest
- Drink plenty of water/liquids and eat nutritious food
- Person suspected with Influenza like illness must consult doctor

DON'Ts

- Touching eyes, nose or mouth with unwashed hands
- Hugging, kissing and shaking hands while greeting
- Spitting in public places
- Taking medicines without consulting doctor
- Disposal of used napkin or tissue paper in open areas
- Touching surfaces usually used by public (Railing, door gates, etc)

Control Room Numbers at State and District level

State DGHS (HQ)	011-22307145, 22300012, 22300036
North	011-27708768
South	011-29531277
East	011-22050908, 22051234
West	011-25195529
North-West	011-25951182

South-West	011-25066674
South-East	011-26476410
North-East	011-22115289
New Delhi	011-23385743
Central	011-23270151
Shahdara	011-22111077

24*7 Control Room has been established at DGHS (HQ), may be contacted for any query related to COVID-19 Ph: 011-22307145, 22300012, 22300036

