


# NEWSLETTER

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The Ruby, 4th Floor, NW, 29, Senapati Bapat Marg (Tulsi Pipe Road), Dadar (W), Mumbai 400 028

## Protect Yourself from Coronavirus


We continue to witness an increase in the count of people getting infected with Coronavirus (COVID -19) across the Globe. Considering the uncertain and volatile situation, we would like to share the following guidelines

**NOVEL CORONAVIRUS (COVID-19)**   
**GENERAL ADVISORY FOR PUBLIC**

**MODE OF TRANSMISSION**

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



- 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

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
The 2019 novel coronavirus (COVID-19) 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
- Headache
- Feeling of being unwell
- Pneumonia
- Kidney failure


  


विदेशी रोगाणुओं से निवारण  
Department of Health & Family Welfare, Government of NCT of Delhi

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**DO's**

- Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing
- Throw used tissues into closed bins immediately after use
- Frequently wash your hands with soap and water
- Avoid crowded places/big gatherings
- Person suffering from Influenza like illness must be confined to home
- Stay more than one meter distance from persons sick with flu
- Take adequate sleep and rest
- Drink plenty of water/liquids and eat nutritious food
- See a doctor if feel unwell (fever, difficulty breathing & cough). While visiting doctor, wear a mask/cloth to cover your mouth and nose.

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**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)

