

NEWSLETTER

No. 1 - March 16, 2020

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

NOVEL CORONAVIRUS (COVID-19)

GENERAL ADVISORY FOR PUBLIC

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 रोगाणु
अपने ही शरीर में

Department of Health & Family Welfare, Government of NCT of Delhi

NOVEL CORONAVIRUS (COVID-19)

GENERAL ADVISORY FOR PUBLIC

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)

NOVEL CORONAVIRUS (COVID-19) GENERAL ADVISORY FOR PUBLIC

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 & maintain 1 meter distance with anyone
- Isolation of persons travelling from affected countries for atleast 14 days.

NOVEL CORONAVIRUS (COVID-19) GENERAL ADVISORY FOR PUBLIC

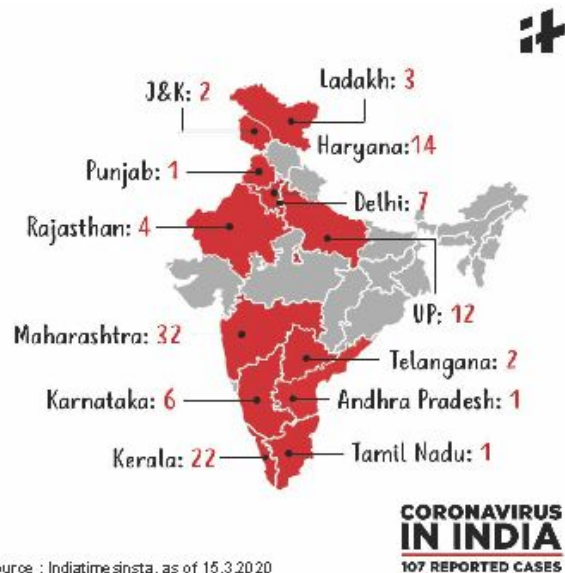
Control Room Numbers at State and District level

■ 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

States and UTs have set up helplines for coronavirus

Andhra Pradesh	0866-2410978	Punjab	104
Arunachal Pradesh	9436055743	Rajasthan	0141-2225624
Assam	6913347770	Sikkim	104
Bihar	104	Tamil Nadu	044-29510500
Chhattisgarh	077122-35091	Telangana	104
Goa	104	Tripura	0381-2315879
Gujarat	104	Uttarakhand	104
Haryana	8558893911	Uttar Pradesh	18001805145
Himachal Pradesh	104	West Bengal	3323412600
Jharkhand	104	Andaman and Nicobar Islands	03192-232102
Karnataka	104	Chandigarh	9779558282
Kerala	0471-2552056	Dadra and Nagar Haveli; Daman & Diu	104
Madhya Pradesh	0755-2527177	Delhi	011-22307145
Maharashtra	020-26127394	Jammu	1912520982
Manipur	3852411668	Kashmir	1942440283
Meghalaya	108	Ladakh	1982256462
Mizoram	102	Lakshadweep	104
Nagaland	7005539653	Puducherry	104
Odisha	9439994859		



From WHO

- **Coronavirus disease (COVID-19) advice for the public: Myth busters**
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
- **Coronavirus disease (COVID-19) advice for the public**
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- **Getting your workplace ready for COVID-19**
https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf?sfvrsn=359a81e7_6