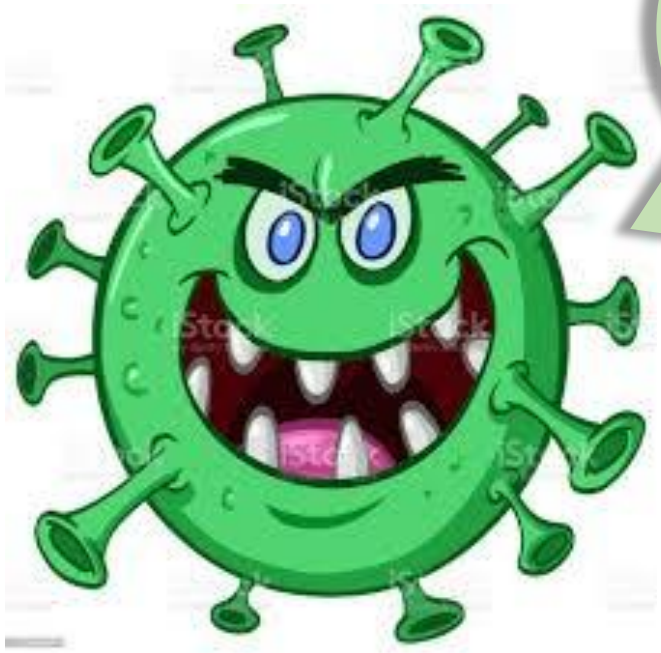
COVID-19 – The Novel Virus!

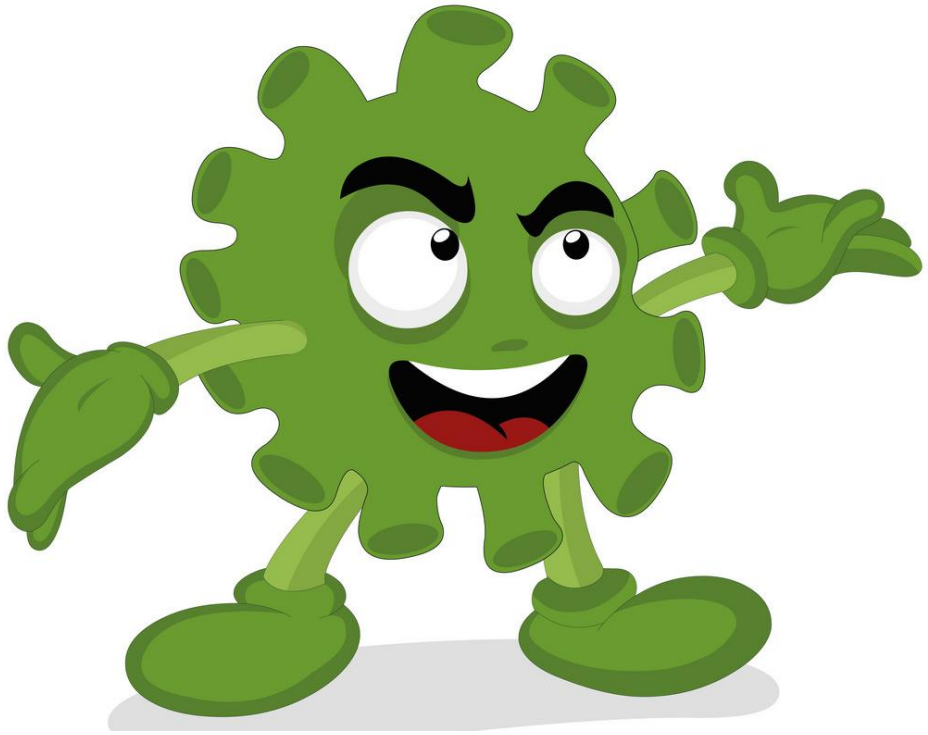
Who Am I?



Hi, my name is COVID-19! I am an infectious disease caused by the recently discovered virus known as SARS-CoV-2 (or coronavirus). Before that I originated in the city of Wuhan, China in December 2019, there was no information about me and my existence.

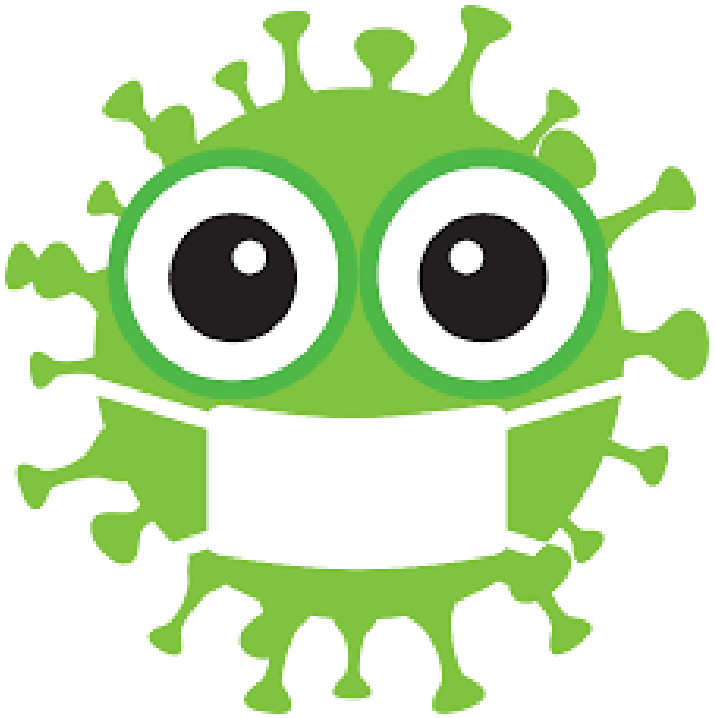
I can infect anybody of any age and gender! I am even more harmful for old people and people with chronic diseases!

What Do I Do?



Most Common Symptoms		
FEVER	Dry Cough	Tiredness
Less Common Symptoms		
Loss of Taste or Smell	Soar Throat	Diarrhoea
Aches and Pains	Headache	Rash on Skin
Serious symptoms		
Difficulty Breathing	Chest Pain or Pressure	Loss of Speech or Movement

How Can You Stop Me?



- •Clean your hands with soap and water or alcohol-based hand rub!
- Practice Social Distancing – At least 2 Meter Away!
- Cover Your mouth and nose when coughing or sneezing!
- Wear a mask when going out!
- Refrain from activities the weakens your lungs like smoking!
- Stay home if you feel unwell!

Keep Your Hands Clean!

Scrub your hands with soap and water for at least 20 seconds when:

- Coming from public outing
- Before leaving the washroom
- Before, during, and after preparing food, especially raw food
- Before eating
- Before and after taking care of someone who is sick
- After blowing your nose, coughing, or sneezing
- After touching garbage

Alcohol based sanitizer can act as substitute for water and soap!

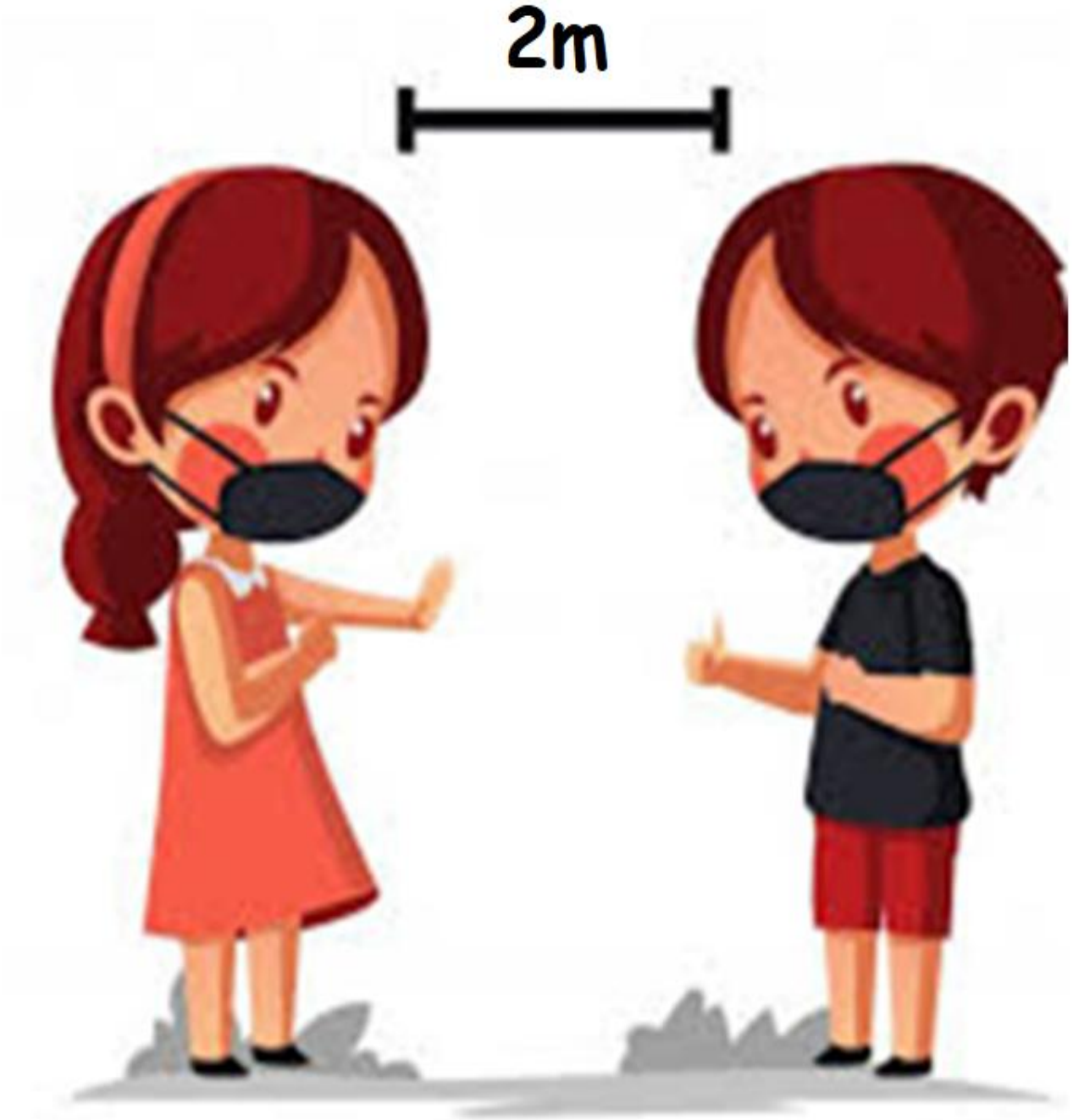
Cover Your Mouth!

A simple act of covering your mouth while coughing and your nose while sneezing can stop the germs from getting spread into the air or across the room!

Don’t forget to throw that tissue in dustbin!

Practice Social Distancing!

- As a measure to stop the spread of COVID-19, it is highly recommended to:
  - **STAY AT HOME** and go out only when it is necessary!
  - **Avoiding gatherings** of more than 10 people
  - **No handshakes**
  - Maintain a distance of at least **2 meter** while outside



WEAR A MASK!

Wearing a mask prevents spreading of germs and diseases but it also helps you from contracting any airborne infectious germs.

Until there is a vaccine for this virus, your mask is your shield!

COVID-19 virus affects your lungs the MOST!

- Keep yourself hydrated
- Have a proper diet
- Do exercise daily
- Reduce exposure to pollution, allergens, and irritants
- Don’t smoke

Stay In When Sick!

When you feel unwell stay inside your home and rest! Prioritize your health and do not step outside your home until you feel better and recommended by doctor to do so! This will not only keep you safe but also other people around you!