

CORONAVIRUS : AWARENESS

Coronavirus is a large family of viruses that causes illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome and Severe Acute Respiratory Syndrome. A novel Coronavirus is a new strain that has not been previously identified in humans.

Prevention is better than cure

Probable Symptoms of Coronavirus: Respiratory

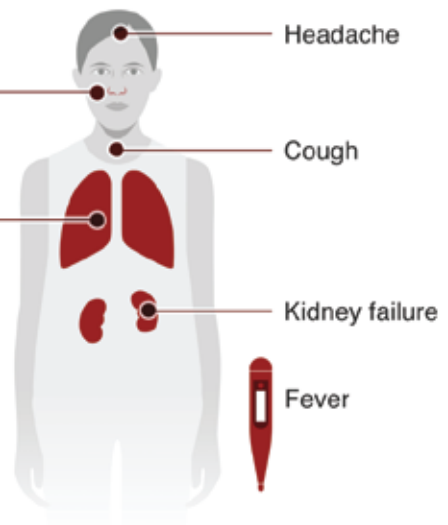


Diagram illustrating the probable symptoms of Coronavirus, showing a human figure with various symptoms indicated by lines pointing to specific areas:

- Headache
- Sneezing
- Cough
- Shortness of breath
breathing difficulties
- Kidney failure
- Fever

Virus seems to start with a **fever**, followed by a **dry cough** and then, after a week, leads to **shortness of breath** and some patients needing hospital treatment

How do we protect ourselves from getting affected?

Follow these simple steps to stay away from the virus



Clean hands with soap and water or alcohol-based hand rub



Cover nose and mouth with tissues or inside of elbow when coughing or sneezing



Avoid close contact with anyone with cold or flu-like symptoms



Thoroughly cook meat and eggs



Avoid unprotected contact with live wild or farm animals

Beware... Stay Safe!!!

Spread awareness to fight the pandemic

- Observe self-quarantine as far as possible and maintain social distancing
- Clean hands frequently by using alcohol based hand rub or soap and water
- Cover mouth and nose with paper napkin or flexed elbow
- Avoid close contact with anyone suffering from cough or cold
- Do not plan any travel till further notification
- Any parent or child returning from a foreign trip should self-monitor his/her health and follow required Do's and Don'ts as detailed by the Government and keep the school informed about it

**COVID-19 CORONA VIRUS Protection guide by
Dr Randeep Guleria, Director AIIMS NEW DELHI**

<https://www.youtube.com/watch?v=1LzjjGyrWe8>