

### Noval Coronavirus (2019-nCoV)-General Advisory for Public

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

#### Symptom

- Fever
- Difficulty in Breathing
- Coughing
- Tightness of Chest
- Running Nose
- Head Ache
- Feeling of being Unwell
- Pneumonia
- Kidney Failure

**Incubation Period: 14 days asymptomatic**

#### Mode of transmission

Human Coronavirus (2019-nCoV) most commonly spread from an infected person to other through:

- The 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 (2019-nCoV)

- 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
- Avoid frozen meet
- Isolation of symptomatic patients for atleast 14 days.

#### DO's and DON'Ts

DO's	DON'Ts
<ul style="list-style-type: none"><li>• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing</li><li>• Frequently wash your hands with soap and water</li><li>• Avoid crowded places</li><li>• Person suffering from Influenza like illness must be confined at home</li><li>• Stay more than one arm's length distance from persons sick with flu</li><li>• Take adequate sleep and rest</li><li>• Drink plenty of water/liquids and eat nutritious food</li><li>• Person suspected with Influenza like illness must consult doctor</li></ul>	<ul style="list-style-type: none"><li>• Touching eyes, nose or mouth with unwashed hands</li><li>• Hugging, kissing and shaking hands while greeting</li><li>• Spitting in public places</li><li>• Taking medicines without consulting doctor</li><li>• Excessive physical exercise</li><li>• Disposal of used napkin or tissue paper in open areas</li><li>• Touching surfaces usually used by public (Railing, door gates, etc)</li><li>• Smoking in public places</li><li>• Unnecessary testing</li></ul>

### Steps for Hand washing

0



Wet hands with water;

1



Apply enough soap to cover all hand surfaces;

2



Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



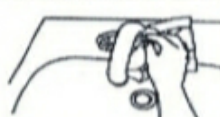
Rinse hands with water;

9



Dry hands thoroughly with a single use towel;

10



Use towel to turn off faucet;

11



Your hands are now safe.

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