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## Advisory on CORONA VIRUS (COVID-19)



By

**Blue Circle Medi Services**



# BLUE CIRCLE MEDI SERVICES HEALTH CIRCULAR

## Advisory on “CORONA VIRUS” (COVID-19)

Coronaviruses (COVID-19) are a large family of viruses that cause illness ranging from the common cold to more severe diseases. It is a new strain that has not been previously identified in humans.

Several known coronaviruses are circulating in animals that have not yet infected humans. The intensity of the infection ranges from common cold to acute respiratory syndrome.

Ministry of Health in coordination with WHO and international experts, are working on finding out more about this virus.

**Signs and Symptoms of Corona Virus** The following are the typical symptoms of corona virus infection.



- Coughing
- Fever
- Pneumonia
- Short of breath
- Vomiting
- Diarrhoea
- Running Nose
- Headache

### How it Spreads?

Coronavirus most commonly spreads through an infected

- Coughing and Sneezing. (Infected viral droplets)
- Close personal contact with sick person (eg. touching or shaking hands)
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.



Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others

*This advisory is based on the information published on WHO site & other Medical Journals Please click the below link <http://www.kc.bluecircle.in>*

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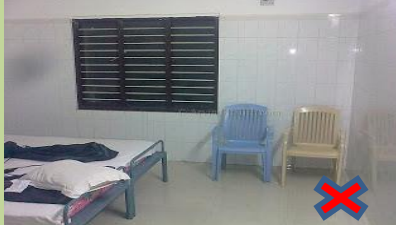
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#### Prevention

There is currently no vaccine to prevent COVID-19 infection. The best way to prevent infection is to avoid being exposed to this virus.

- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid all non-essential travel.
- Avoid closed auditorium with crowd.
- Cross ventilation in rooms and class rooms to be encouraged.



Avoid Air Conditioning



Stay at Home if Sick



Avoid Travel if Possible

#### Treatment

There is no specific antiviral treatment recommended for 2019-nCoV infection. People infected with COVID-19 should receive supportive care to help relieve symptoms.

For severe cases, treatment should include care to support vital organ functions.

- People who think they may have been exposed to COVID-19 should contact healthcare provider immediately.

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