

CORONAVIRUS PREVENTIVE MEASURES



IF YOU HAVE FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.



3 Feet



MAINTAIN SOCIAL DISTANCING

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.



PRACTICE RESPIRATORY HYGIENE

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately



STAY INFORMED AND FOLLOW ADVICE GIVEN BY YOUR HEALTHCARE PROVIDER

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19



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Unicef

1. **Corona virus** is large in size where the cell diameter is 400-500 micro and for this reason ***any mask prevents its entry***
2. The virus does not settle in the air but is grounded, so it is ***not transmitted by air***.
3. Coronavirus when it falls on a metal surface, it will live 12 hours, so ***washing hands with soap*** and water well enough.
4. Corona virus when it falls on the fabric remains 9 hours, so ***washing clothes* or *being exposed to the sun for two hours*** meets the purpose of killing it.
5. The virus lives on the hands for 10 minutes, so putting an ***alcohol sterilizer*** in the pocket meets the purpose of prevention.
6. If the virus is exposed to a temperature of 26-27°C. it will be killed, as it does not live in hot regions. Also ***drinking hot water and sun exposure*** will do the trick And ***stay away from ice cream and eating cold*** is important.
7. ***Gargle with warm and salt water*** kills the tonsils' germs and prevents them from leaking into the lungs.
8. Adherence to these instructions fulfils the purpose of preventing viruses.