





# NOVEL CORONA VIRUS (COVID-19)

## GENERAL ADVISORY FOR PUBLIC

**The 2019 novel coronavirus (COVID-19) is a contagious virus that causes respiratory illness in infected persons and can be transmitted from person to person**

SYMPTOMS	MODE OF TRANSMISSION	HOW TO REDUCE RISK OF CORONA VIRUS INFECTION (COVID-19)
<ul style="list-style-type: none"> <li>-FEVER</li> <li>-DIFFICULTY IN BREATHING</li> <li>-COUGHING</li> <li>-TIGHTNESS OF CHEST</li> <li>-RUNNING NOSE</li> </ul>	<p>Human Coronavirus (COVID-19) most commonly spreads from <b>infected person to others through:</b></p> <ul style="list-style-type: none"> <li><b>Air</b> by coughing and sneezing</li> <li><b>Close personal contact</b>, such as touching or shaking hands or Kissing</li> <li><b>Touching an object or surface contaminated by the virus</b>, then touching your mouth, nose or eyes before washing your hands</li> </ul>	<ul style="list-style-type: none"> <li>Frequently clean hands with soap and running water or alcohol-based hand rub</li> <li>Cover nose and mouth when coughing and sneezing with a tissue paper or flexed elbow &amp; dispose tissue sanitarly</li> <li>Avoid close contact with anyone having cold or flu like symptoms</li> <li>In case you develop symptoms such as fever and cough within 28 days of leaving the COVID-19 affected countries or you have come in close contact with a confirmed case of covid-19;               <ol style="list-style-type: none"> <li>Immediately restrict your outdoor movement.</li> <li>Keep yourself isolated in your house/room, avoid close contact with others and follow the basic hand &amp; respiratory hygiene.</li> <li>Call the 24 hours GVK EMRI helpline number 108. Operator will tell you what to do, how to get medical assistance or tests done and whom to contact further.</li> </ol> </li> </ul>
<p><b>People with recent travel history to China, South Korea, Japan, Iran, Italy, Hong Kong, Macau, Vietnam, Malaysia, Indonesia, Nepal, Thailand, Singapore and Taiwan should invariably report to State Health Department through 108 toll free number</b></p>		

INFECTION CONTROL	
DO's	DON'T's
<ul style="list-style-type: none"> <li>Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing &amp; dispose tissue sanitarly</li> <li>Frequently wash your hands with soap and running water specially before touching your eyes, nose or mouth</li> <li>Avoid crowded places to protect yourself from getting contaminated with unknown persons having diseases of outbreak potential</li> <li>Persons suffering from influenza like illness should remain at home, avoid close contacts with family members/other people and follow the basic hand &amp; respiratory hygiene</li> <li>Stay more than one arm's length distance from persons sick with flu</li> <li><b>Take adequate sleep &amp; rest, drink plenty of water/liquid and eat nutritious diet (add antiviral foods like garlic, ginger, turmeric etc) to boost your immunity</b></li> <li><b>Person suspected with influenza like illness must consult a Doctor. However, if such symptoms develop within 28 days of travel to the COVID-19 affected countries or contact with a lab confirmed case, immediately isolate yourself and call the helpline number 108.</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Don't Touch eyes, nose or mouth with unwashed hands</b></li> <li><b>Don't Hug, kiss and shake hands while greeting if suffering from flu or with unwashed hands</b></li> <li><b>Don't Spit in public places</b></li> <li><b>Don't Take medicines without consulting a doctor</b></li> <li><b>Don't Dispose used napkins or tissue, paper in open areas</b></li> <li><b>Don't Touch surfaces usually used by public (Railing, Door Gates, etc)</b></li> <li><b>Don't Travel in public transport or visit public places without wearing a mask if suffering from flu like symptoms</b></li> </ul>
<p><b>3 Key Messages:</b></p> <ol style="list-style-type: none"> <li><b>1. Frequently Wash Hands with soap</b></li> <li><b>2. Observe Respiratory etiquette</b></li> <li><b>3. Practice Home based quarantine if suffering from flu like symptoms (fever with cough &amp; cold)</b></li> </ol>	

	<p style="color: red; font-weight: bold;">Together we can fight Corona Virus</p> <p style="color: red; font-weight: bold;">Don't Panic, follow the above advisory</p> <p style="color: blue; font-size: small;">Issued in Public Interest by Integrated Disease Surveillance Programme, Health &amp; Family Welfare Department, Government of Meghalaya</p>	
<p>Shri AL Hek Health Minister Meghalaya</p>	<p style="color: red; font-weight: bold;">CALL 24X7 TOLL FREE HELPLINE NUMBER 108 FOR ANY ASSISTANCE</p>	<p>Shri Conrad K. Sangma Chief Minister Meghalaya</p>