



# Bhavan's Vivekananda College

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## AWARENESS ON CORONA VIRUS (COVID-19)

### About Virus:

The recent outbreak of corona virus (COVID-19) causes illness ranging from common cold to severe respiratory disease. The disease it causes has been named “coronavirus disease 2019” (abbreviated “COVID-19”).

### Symptoms:

The symptoms like Fever, Cough, Shortness of breath may appear 2-14 days after exposure

### Who are at risk:

Pregnant women, Children, Older people, People who have severe underlying chronic medical conditions like heart or lung disease or diabetes are at higher risk

### If you are NOT sick:

You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers

### Prevention:

Avoid contact with viral infected people. No Vaccine or medicine is available

### Spread of virus :

- Mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- Some spread might be possible before people show symptoms
- Spreads by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

### Steps to protect yourself

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community.
- Stay home if you're sick
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches,

### Note:

**We need not panic as the death rate is less than 5%. Do note that more than 95% people recover from severe illness. Don't get carried away by whatsapp messages and news**

Reference: <https://www.who.int/health-topics/coronavirus>

**Courtesy: Department of Microbiology**