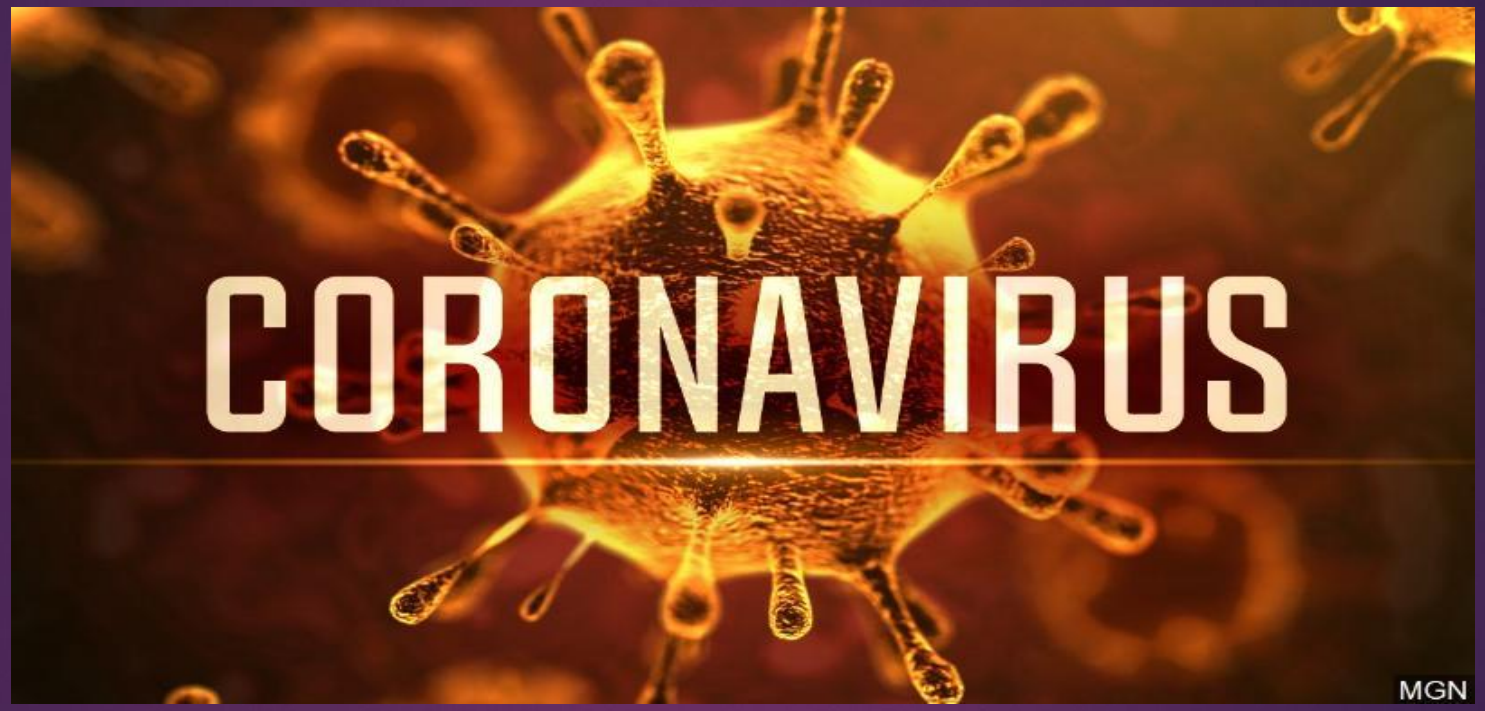
CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE · INDIA

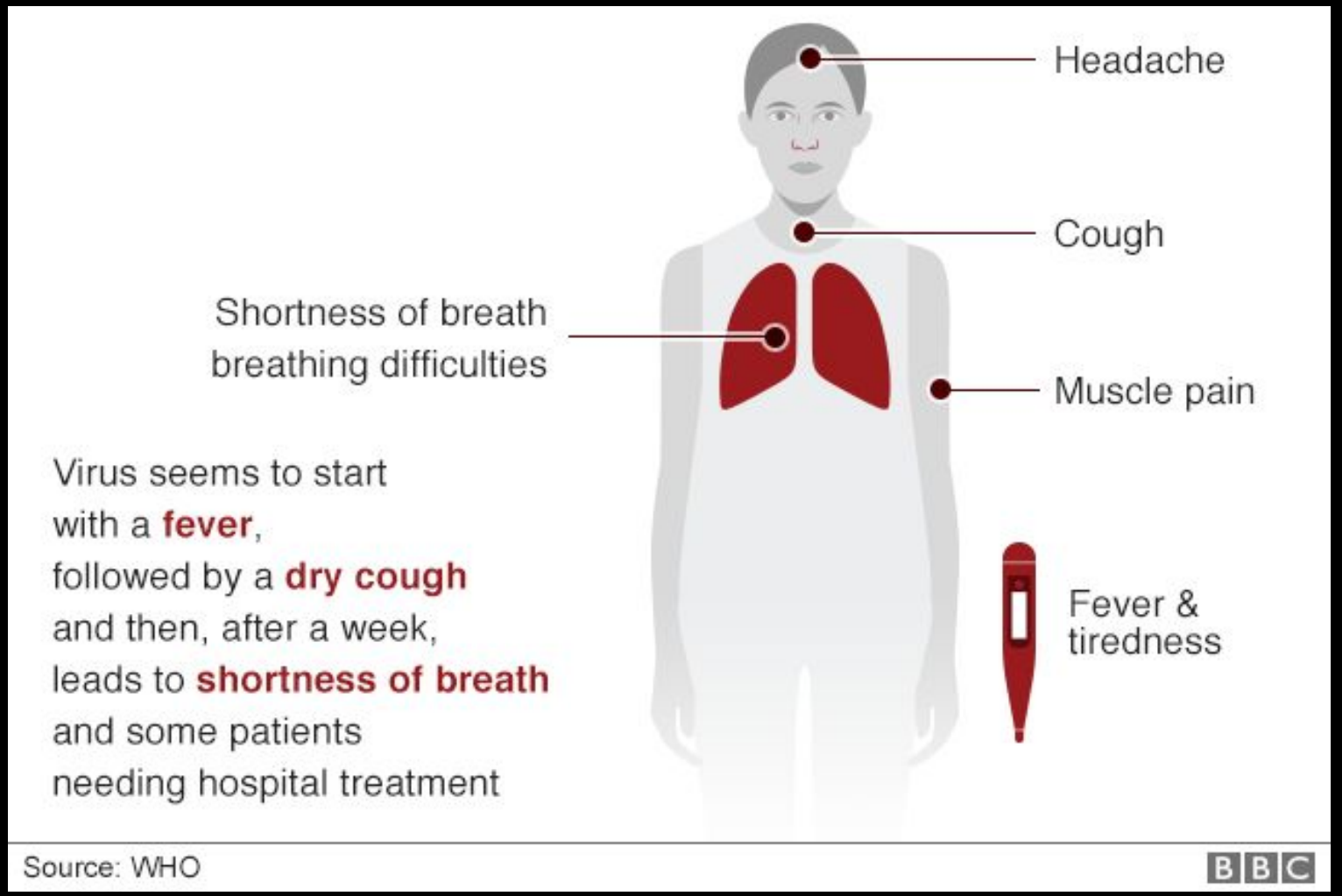


COVID 19 UPDATE

4 MARCH 2020

As news of new positive case of coronavirus in India this week makes headlines, it is imperative that we exercise certain precautions in order to prevent its spread.

SYMPTOMS OF CORONAVIRUS INFECTION



General recommendations To Prevent the spread of COVID 19

good personal hygiene

cough etiquette

keep a distance of at least one metre from persons showing symptoms

WASH YOUR HANDS FREQUENTLY or SANITIZE WITH ALCOHOL-BASED SANITIZER

COVER YOUR COUGH

DISCARD USED TISSUES IN THE WASTE BIN

DO THE DAB

Do the dab
Stop the flu!
Properly covering your coughs and sneezes prevents the spread of germs.
PICNet

AVOID TOUCHING YOUR EYES, NOSE AND MOUTH WITH UNWASHED HANDS

AVOID CLOSE CONTACT WITH PEOPLE WHO ARE UNWELL.

AVOID COMING TO WORK IF YOU ARE UNWELL

WEAR A MASK

If you have a cough or cold or if you are around someone who has these symptoms, wear a mask

CHRIST

(DEEMED TO BE UNIVERSITY)

BANGALORE · INDIA

Compiled by the Health Centre
Source: WHO - https://www.who.int/health-topics/coronavirus
Dated 4 March 2020