

Corona Virus Disease 2019 HEALTH ADVISORY

Recent Corona Virus Disease 2019 has become a worldwide serious health concern. Though initially it was started from China, but later it has been detected in more than 75 countries in the world. Recently some suspected cases have been detected in India also. Till date no proper medicines or vaccine is available for the treatment of this disease. So taking preventive measures is the best way to battle the disease.

COVID -19 spreads through droplets & fomites. When someone with COVID - 19 symptoms coughs & exhales release droplets. These droplets fall on nearby surfaces and objects such as desks, tables, or telephones etc. People can catch the infection by touching the contaminated surface / objects & touching their eyes, nose, mouth etc. COVID - 19 spreads in a similar way to flu. Most persons infected with COVID - 19 experience mild symptoms and recover. Elderly people, children, people with other medical illnesses are more vulnerable. A person can also directly inhale the droplets from a coughing infected person if he is too close.

The following few steps can be considered for preventing the disease.

- Wash your hands frequently, regularly and thoroughly with soap and water. Alcohol based hand sanitiser can also be used. Washing hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. Staying too close there is chances of inhaling the droplets from the person that may contain viruses if the person has disease.

- Avoid touching eyes, nose and mouth frequently as the hands touch many surfaces and can pick up viruses and can transfer viruses to the body.
- Practice respiratory hygiene and encourage the other people to adopt the same. Cover your mouth and nose with your bent elbow or tissue while coughing and sneezing. Clean the hands and dispose the tissue immediately in closed dustbin.
- If you develop fever, cough, breathing difficulties or flu like symptom take medical advice immediately.
- If you are suffering from above symptoms and condition is stable stay at home.
- Keep yourself isolated from other family members.
- Avoid close contact with people who are unwell or showing symptoms of illness, such as cough, runny nose etc.
- Avoid going to crowded places like Shopping Mall, Railway Station, Public Meeting if not required.
- It advisable to refrain from travelling including international travel if not necessary.
- Avoid contact with live animals and consumption of raw/undercooked meats. Avoid travel to farms, live animal markets or where animals are slaughtered.
- Wear a mask if you have respiratory symptoms such as cough or runny nose. A diseased person wearing a mask is more important than a non -diseased person. As this helps in spreading disease from the infected person to healthy person.
- Avoid hand-shaking, hugging and maintain a safe distance (1 meter).
- Keep your Work places, office, home etc. clean and hygienic and also disinfect common surfaces such as doorknobs, handles, and bathroom fixtures etc.

- Do not get panic or create panic among inhabitants.
- Trust and listen to advices from authenticated bodies.

Some information and knowledge can be obtained from the following links.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://mohfw.gov.in/sites/default/files/Consolidated%20Travel%20advisory%20to%20travelers%20Updated%2026-02-2020.pdf>

https://www.who.int/ith/2019-nCoV_advice_for_international_traffic-rev/en/

<https://www.youtube.com/watch?v=3PmVJQUcm4E>

<https://www.youtube.com/watch?v=J2jbEetZ8G4>

The above information is prepared based on the data available from WHO, MOHF Govt. of India and Health Dept. Govt. of Odisha.

All are requested to meet doctor at our Health Centre if they get symptoms similar to COVID-19 described above.

The Nodal Hospital for COVID-19 in our district is Capital Hospital, Bhubaneswar.

There is no need to panic, these are just for information purposes as NISER community includes people from all parts of India and who travel frequently.

Health centre is available for any further clarifications if needed and is in constant touch with CDMO, Khordha for better coordination on this matter with state authorities.