

**SWARNPRASTHA PUBLIC SCHOOL,
SONEPAT**

**PRECAUTIONARY MEASURES FOR
STUDENTS AGAINST
COVID19
(CORONA VIRUS)**





Basic protective measures against the new coronavirus

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. COVID-19 is still affecting mostly people in China with some outbreaks in other countries. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

Wash your hands frequently

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

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

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

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? 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.

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.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

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.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

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.

Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

COVID-19:

STAY SAFE WITH THE FACTS

|  SYMPTOMS |  TREATMENT |  PREVENTION |  MOST AT RISK |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Fever >38°C • Cough • Difficulty breathing, shortness of breath <p>Severe cases: Pneumonia, kidney failure, death</p> | <p>There is currently no vaccine. Care focuses on managing the illness symptoms</p> | <ul style="list-style-type: none"> • Wash hands with soap & warm water • Avoid touching nose/eyes/mouth • Cover mouth/nose when sneezing or coughing • Sick? Stay home! | <ul style="list-style-type: none"> • Immuno-compromised people • Young children • Elderly <p>Other people can still be infected</p> |

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading

- Follow the guidance outlined above.
- Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover. **Why?** Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.
- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. **Why?** Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

Protect yourself and others from getting sick



Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider



Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.





Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



Ministry of Health & Family Welfare
Government of India

Reduce the risk of Coronavirus infection

Follow these important precautions



1
Avoid travel if you are suffering from fever and cough



2
Wash your hands frequently with soap and water



3
Share your travel history with your health worker (ASHA/ ANM)



If you have cough, fever or difficulty in breathing, contact a doctor immediately

Stay protected!

Stay safe from Coronavirus!

If you have returned from Wuhan China after January 15, then get yourself tested for 2019-nCov. To know about the centres for testing, call the Ministry of Health and Family Welfare Helpline

If you have returned from China in the last 15 days or have been in contact with any person affected by Coronavirus, then limit your contact with others and use a separate room for sleeping

If you develop fever, cough and difficulty in breathing within 28 days of return from China, immediately call the Ministry of Health and Family Welfare Helpline



+91-11-23978046

or email at ncov2019@gmail.com



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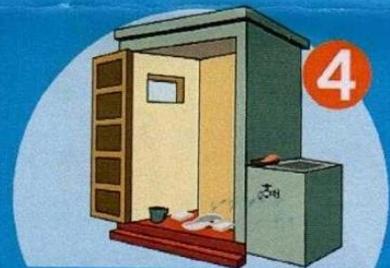
Reduce the risk of Coronavirus infection

Follow these important precautions



After coughing and sneezing

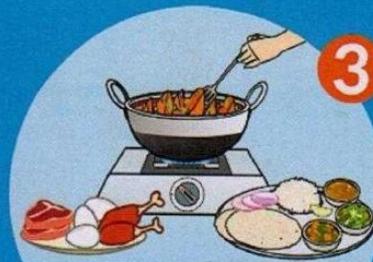
Remember to wash hands with soap frequently



After using toilet



Clean your hands before and after caring for sick person



Before cooking, after cooking and before eating food



If you have cough, fever or difficulty in breathing, contact a doctor immediately

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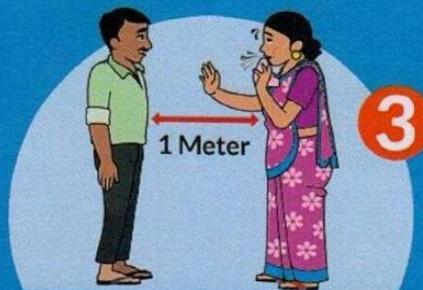
Follow these important precautions



1
Wash hands with soap and water frequently



2
When coughing and sneezing, cover mouth and nose with handkerchief, tissue or elbow



3
Avoid close contact with anyone with cold, cough or flu like symptoms



If you have cough, fever or difficulty in breathing, contact a doctor immediately

Stay protected!

Stay safe from Coronavirus!

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स्वास्थ्य एवं परिवार कल्याण मंत्रालय
भारत सरकार

कोरोना वायरस संक्रमण का खतरा घटाएं ये सरल उपाय अपनाएं



1
नियमित रूप से साबुन
और पानी से हाथ धोएं



2
खाँसते या छींकते समय नाक
और मुँह टिशू या कोहनी से ढकें



3
जिस व्यक्ति में खाँसी, जुकाम या
बुखार के लक्षण हों उससे दूरी बनाएं



अगर खाँसी, बुखार या साँस
लेने में परेशानी हो तो तुरंत
डॉक्टर से संपर्क करें

सुरक्षित
रहें!

कोरोना वायरस
से बचे रहें!

यदि आप पिछले 15 जनवरी के बाद युहान-चीन से लौटे हैं, तो अपने आप को 2019-nCoV के लिए टेस्ट जरूर करवाएं। टेस्ट करवाने के स्थान की जानकारी के लिए स्वास्थ्य एवं परिवार कल्याण मंत्रालय भारत सरकार के हेल्प लाइन पर कॉल करें।

यदि आप पिछले 15 दिनों में चीन से लौटे हैं, या कोरोना वायरस से संक्रमित किसी व्यक्ति के संपर्क में आए हैं, तो अगले 14 दिनों के लिए सब के साथ संपर्क सीमित करें और अलग कमरे में सोयें।

चीन से लौटने के बाद 28 दिन के भीतर, अगर आपको बुखार, खाँसी या साँस लेने में तकलीफ जैसी कोई भी समस्या हो, तो तुरंत स्वास्थ्य एवं परिवार कल्याण मंत्रालय भारत सरकार के हेल्पलाइन नंबर पर कॉल करें।



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या ईमेल करें ncov2019@gmail.com