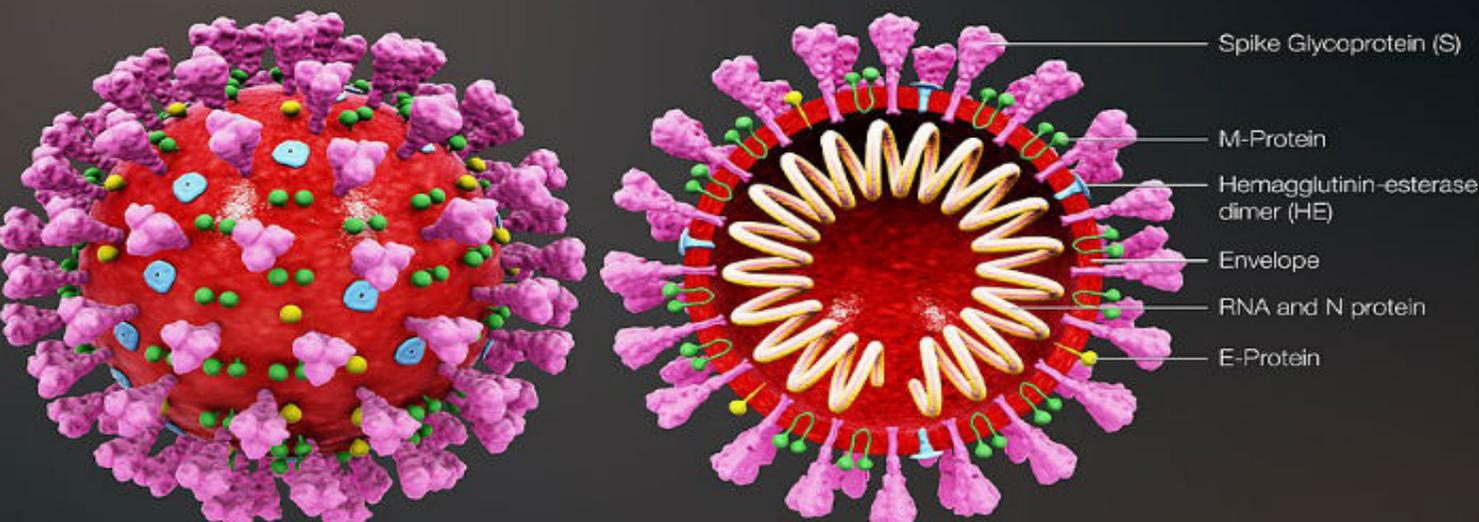


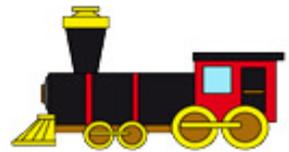
COVID-19

■ DON'T BE AFRAID ■ BE ALERT ■ BE RESPONSIBLE

If you are suffering from dry cough, fever, irritation in the throat, diarrhea, trouble in breathing, tiredness, pain etc., contact nearest health worker or health centre immediately and consult doctor.

Corona virus **HELPLINE** of Assam Govt. : **104**
6913347770, 6913347771, 6913347772, 6913347773

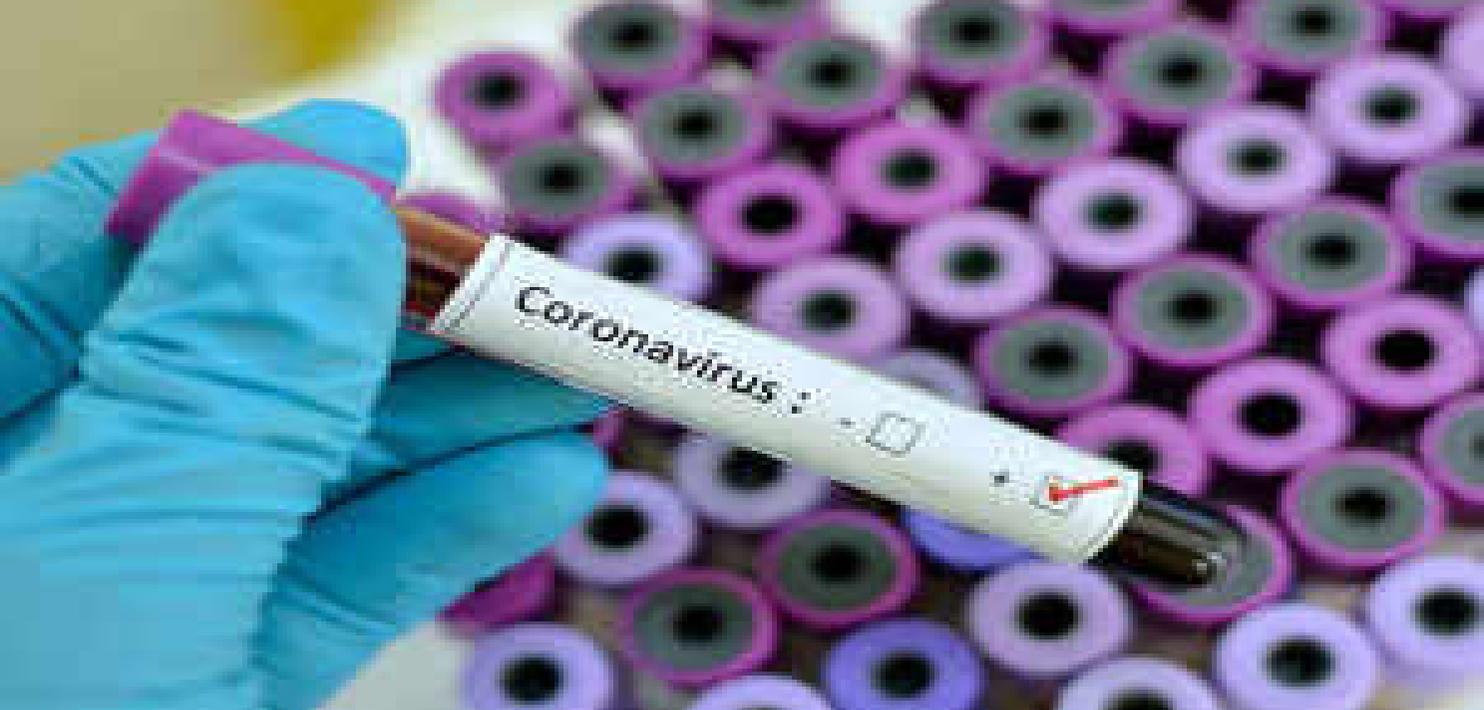




Has anyone arrived at your place / neighbourhood from other states / abroad during the last 15-20 days?

Has anyone come to your place/housing complex/neighbourhood/ ward or village during the last 15-20 days from other states or abroad? Have they undergone medical test or informed the local administration? If not, you inform the local authority or ASHA workers or you may call 104 to inform about such persons/families. It is essential for everybody's wellbeing

- Please be very alert if you or any member of your family has come from other state or abroad
- If you have come back from other state or abroad, opt for home quarantine and inform local authority or ASHA workers about your arrival without any hesitation for the greater interest of safety of your family members, neighbours, people of state and the country.
- Remain in isolation at home for at least for 14 days as per advice of health workers



Pic source : <https://economictimes.indiatimes.com>

Is there any member in the family aged below 10 years and above 60 years ?

- In such case more precautionary measures have to be taken as people in these age groups are more prone to attack by COVID-19 virus.
- Persons suffering from diabetes, heart disease, cancer are vulnerable to infection by COVID-19 virus, so take extreme care of such family members.
- Of course, people from all age group can fall victim to COVID-19 virus.
- Pregnant women must remain extremely careful and alert.

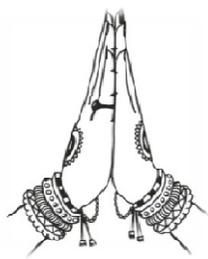
Don't be afraid, be alert

- Many COVID-19 affected persons have been cured through proper treatment though there is no vaccine or particular medicine for the disease so far.
- Social distancing is the best way to remain safe from COVID-19.
- A person doesn't show immediate symptoms of the disease after being affected by the virus, but the person becomes a carrier and can spread the disease. So, social distancing is very important.
- The disease propagates from patients to other person/s through coughing, sneezing etc. It is advisable not to touch items used by COVID-19 patients including clothes, furniture, mobile phone, books etc.
- The novel corona virus remains alive on various surfaces for hours.

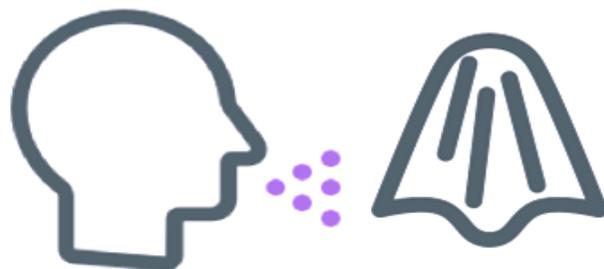


Maintain social distance

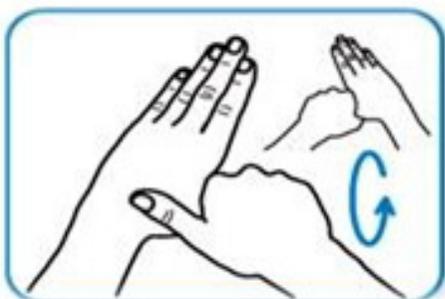
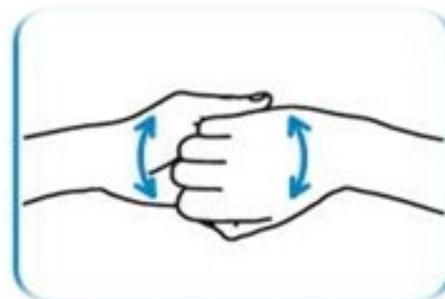
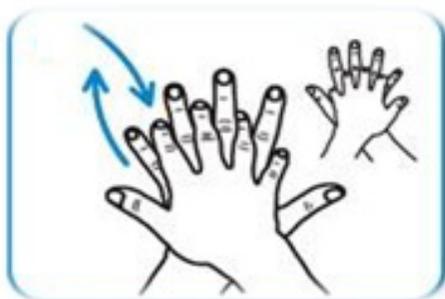
- Keep at least one meter distance with any person when you are outside your home.
- Maintain same distance with a family member who may be suffering from cold, cough etc.



What you should do



- Maintain extreme hygiene at home by all the family members.
- Use a handkerchief/ piece of cloth to cover your mouth and nose while coughing and sneezing.
- Wash hands thoroughly and frequently with soap water.
- Stop using hands or any exposed portion of your hand, arm etc., to touch your nose, mouth, lips, eyes etc.
- Wash hands at least for 30 seconds using soap water. Use clean and sanitized clothes to wipe washed hands dry.





What you should do



- Not only hands, take a bath using soap after coming from market, hospital etc. Change your clothes and wash those immediately, leave your sandal/ shoes outside preferably in the sun.
- Dry wet clothes in the sun as much as possible.
- Wash your rings frequently too, else put them off for the time being.
- You must wear face mask, if you are suffering from fever, cough etc., or has gone to hospital. Better make wearing mask a habit.
- Drink water, preferably warm water, frequently. Drink at least three liters of water a day.

What you shouldn't do



- Don't handshake or hug.
Namaskar is the best.
- Stop touching your nose, mouth and eyes and the virus enter the body through these three organs.
- Don't spit around.



What you shouldn't do



- Avoid gathering of people.
- Don't procure essentials commodities more than what you need.
- Hand sanitiser is not essential for all. Use soap and water to wash hands while in home, office. Hand sanitiser is required while travelling or when there is scarcity of water.
- Don't take medicines without consulting the doctor.
- Don't believe that consumption of wine/alcohol or cow urine cures one of COVID-19.
- Cover your nose and mouth with clothes while sneezing

No alternative to remaining alert and cautious to fight CVOVID-19 virus which we can't with our naked eyes.

We remain grateful to doctors, nurses, health workers and others engaged in essential services during the time of COVID-19 crisis.

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