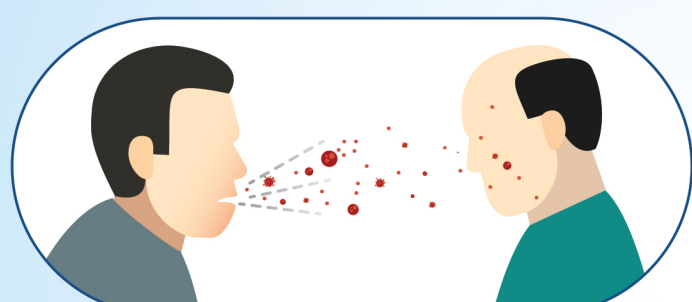


KNOW COVID-19 BETTER

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in December 2019 at Wuhan, China.

How does it spread?

COVID-19 spreads primarily from person to person...



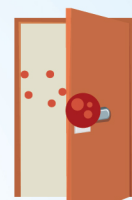
Close contact with someone sick, like hugging or shaking hands.

Droplets released when someone sick sneezes or coughs can land on the mouths or noses of people nearby.

But it can also be left on objects and surfaces...



Tissue



Doorknobs



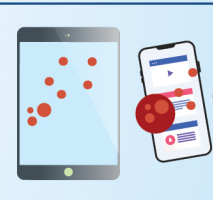
Laptop and mouse



Towels



Pens



Digital devices

So if you touch something contaminated and then touch your face or another's face, you might all fall ill.

Reduce risk of infection

Wash your hands frequently with soap for at least 20 seconds as follows:



Water & Soap



Palm to Palm



Back of Hands



Between Fingers



Focus on Thumbs



Back of Fingers



Nails & Fingertips



Rinse Hands



Dry Hands

In absence of soap and water, rub a hand sanitizer with more than 60% alcohol content all over your hands.



Use masks or homemade face covers especially when stepping out of house.



Cover your nose and mouth with a handkerchief while coughing or sneezing. Cough or sneeze in your bent elbow, not your hands!



Avoid touching your eyes, nose and mouth.



Limit social gatherings and time spent in crowded places.

Maintain social distancing by maintaining at least 3 feet distance with other people when outdoors.



Avoid close contact with someone who is sick.



Clean and disinfect frequently touched objects and surfaces.

Symptoms to watch out for



Fever



Cough



Breathing difficulty

Are you or your loved ones at risk?



As per WHO, as of 14th May 2020, there are close to 4,260,000 confirmed cases and around 295,000 confirmed deaths spanning 209 countries.



However, illness due to COVID-19 infection is generally mild, especially for children and young adults. All who catch it do not need hospital care.



Confirmed cases crossed 78,000 in India with more than 2560 deaths reported.



~80% deaths occurred among adults above 60 years of age.

People with serious underlying health conditions are at high risk too.



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