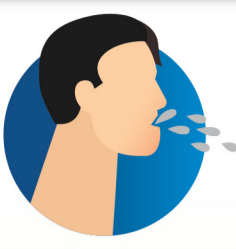


IF YOU FEEL YOU HAVE COVID-19, DON'T PANIC

WHEN AND HOW DO I SEEK CARE?



Fever



Cough



Difficulty in breathing

People with fever, cough and difficulty in breathing should seek medical attention. While visiting a doctor, call in advance to give time to the doctor to prepare. Wear a mask while visiting a health facility. Do not travel in public or shared transport.

24x7 HELPLINE
011-2397 8046

Call Ministry of Health & Family Welfare, Govt. of India's 24X7 helpline 011-2397 8046. For state helpline numbers, visit: www.mohfw.gov.in/pdf/coronavirushelplinenumber.pdf.

The helpline service will note down your contact details and contact you with the testing protocols of COVID-19.



CAN I TAKE ANY MEDICINE FOR MY MEDICAL CONDITION?



You should continue to take your medicines for any existing disease condition (diabetes, hypertension, ARVs).



For fever and/or body ache, take nothing else other than Paracetamol.

Report to the health facility at the earliest.



ARE ANTIBIOTICS EFFECTIVE AGAINST COVID-19?



No. Antibiotics work on bacterial infections, not against viruses. COVID-19 is caused by a virus.



Antibiotics should not be used as a means of prevention or treatment of COVID-19.

They should only be used as directed by a physician.



WHO ALL SHOULD I INFORM IF I REPORT SICK FOR COVID-19?

Inform your manager immediately if you have any of the symptoms of fever, cough and difficulty in breathing. The manager will inform the SPMU and/or NPMU of any COVID-19 suspect along with the details of your current address and the contact number of your next of kin/spouse/sibling.



Call the State Helpline Number or Ministry of Health & Family Welfare, Government of India's 24x7 helpline 011-2397 8046.

After examination, you would either be admitted in a hospital or be home quarantined.



14 DAYS

You need to inform your manager and also the healthcare provider about all the health facilities, places and people whom you would have come in contact with in the last 14 days.

Strictly comply with the instructions of the healthcare provider.

HOW DO I PREVENT COVID-19 FROM SPREADING?



Wear a mask.



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

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

WHERE CAN I KNOW MORE ABOUT COVID-19?



Newspapers are a good source for gathering news. For seeking India-specific information on the disease COVID-19, refer to <https://www.mohfw.gov.in/index.html>.

