COVID-19
Coronavirus

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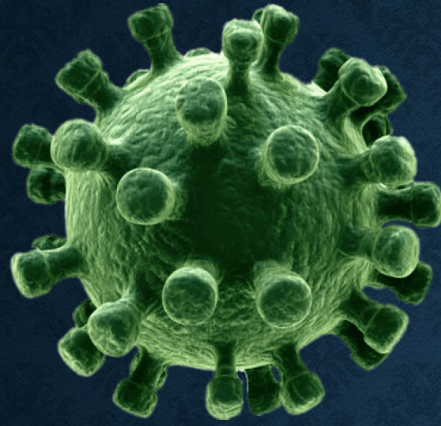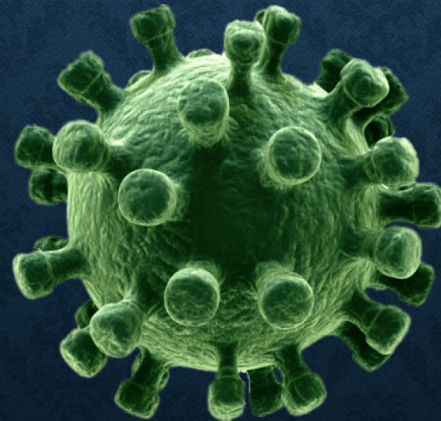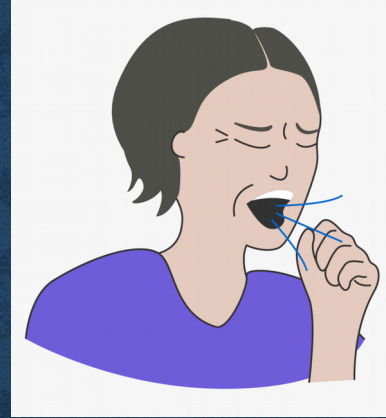
Coronaviruses are a large family of viruses that cause respiratory infections. These can range from the common cold to more serious diseases. COVID 19 is abbreviated as CO for Corona, VI for Virus and D for Disease. Since it was first identified in December 2019 the numeric portion 19 is considered in the name.

Most common symptoms:

Dry Cough

Fever   **Tiredness**

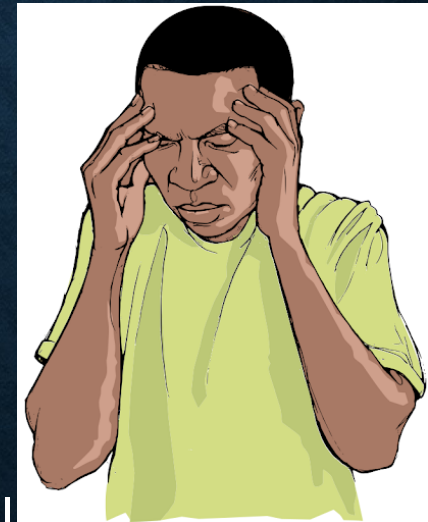# Less common symptoms:

Body Aches

Diarrhoea

Rash on Skin

Headache

Other symptoms include discoloration of toe, Loss of taste & smell etc.

Serious/ Alarming symptoms:

Difficulty breathing or shortness of breath

Chest pain or pressure

Loss of speech or movement is also considered alarming situation

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To Do :

- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Maintain a safe distance from anyone who is coughing or sneezing.
- Wear a mask when physical distancing is not possible.
- Don't touch your eyes, nose or mouth.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.
- If you have a fever, cough and difficulty breathing, seek medical attention
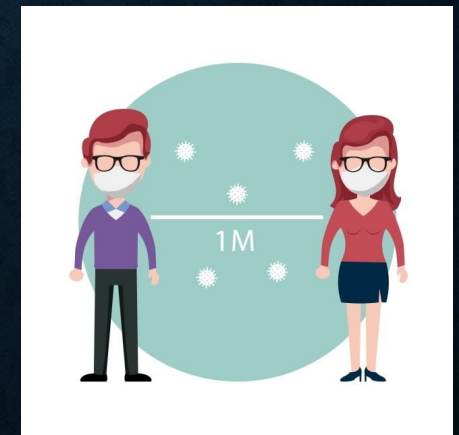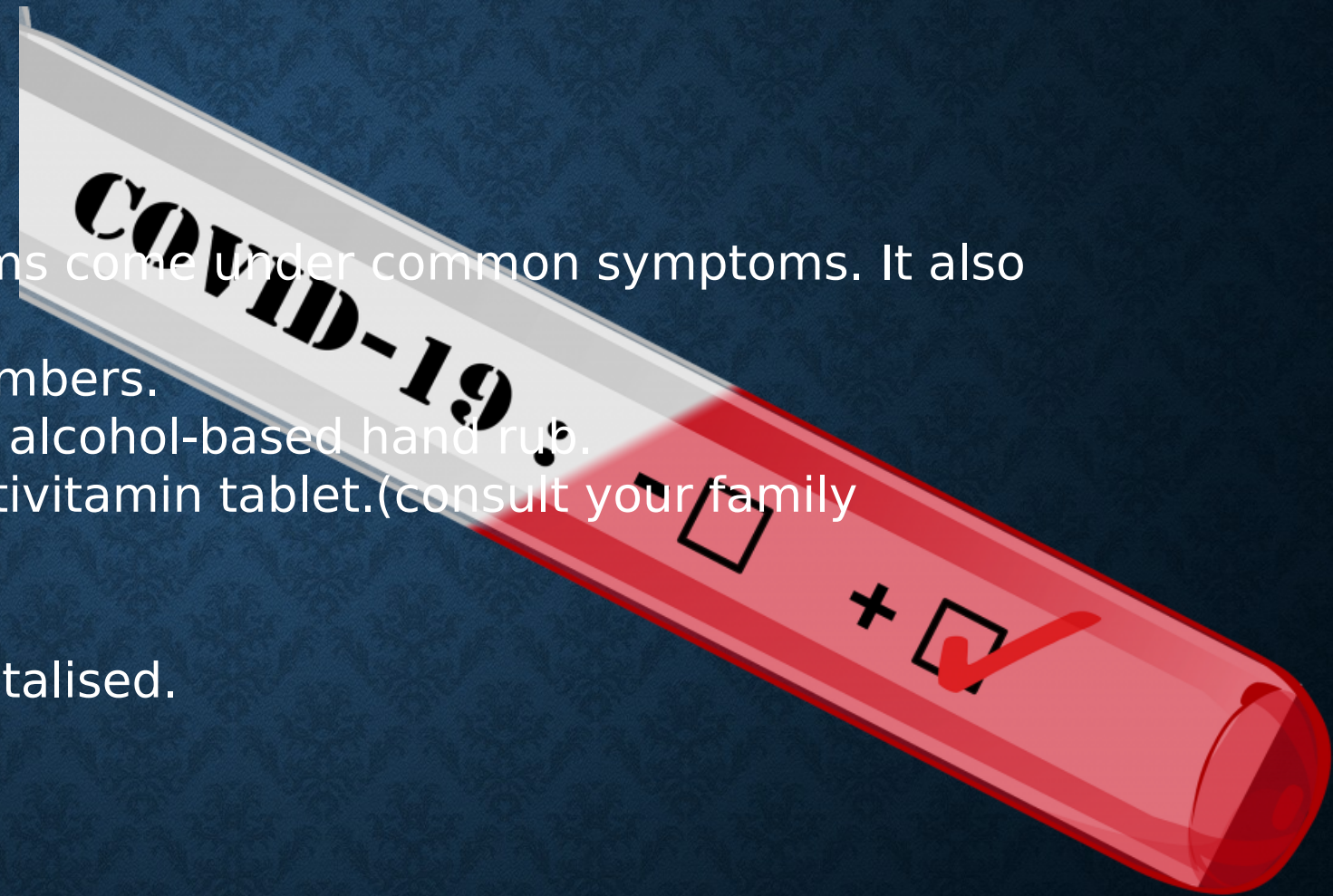
Strictly Not Allowed
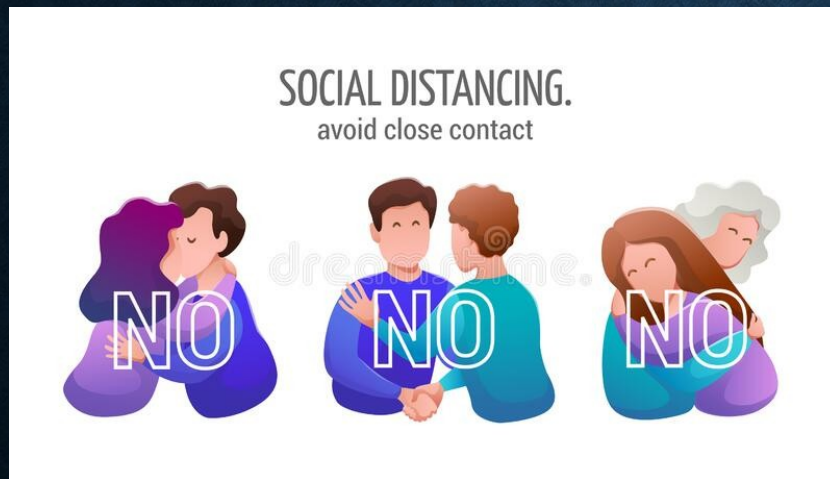
Additional Information

- Practice yoga like pranayama to calm your mind and bo
- Gargle at least 2 to 3 times a day with warm water and
- Drink Luke warm water.
- Increase Vitamin C intake like have Vitamin C tablet, orange , lemon
- Have lemon juice at least once a day.
- Better to use gloves while you go vegetable shopping.
- Sanitise the door handle, tv remote , mobile phones and other items which are in contact with you constantly.
- Consume Kadha to boost immunity

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Precautions if found positive

- Don't get panic.
- Get self quarantined if the symptoms come under common symptoms. It also depends on your medical history.
- Avoid contact with other family members.
- Sanitize your hand very often with alcohol-based hand rub.
- Consume Vitamin C tablet and multivitamin tablet.(consult your family doctor)
- Have a track of your pulse rate.
- If you get breathing issue get hospitalised.

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Coronavirus Heroes