



MANAV STHALI SCHOOL

R-Block, New Rajendra Nagar, New Delhi - 110060
C.B.S.E and International Primary Curriculum (U.K.)

ADVISORY FOR NOVAL CORONAVIRUS

1. Wash your hands frequently with water & liquid Dettol Soap
2. Wash your hands before & after having meals
3. Wash your hands after using washroom
4. In case water & soap is not available then please use hand sanitizer
5. Cover nose & mouth with disposable tissue while coughing or sneezing
6. Maintain personal hygiene
7. Try to increase body immunity by taking Vitamin C
8. Try to eat home cooked food, drink plenty of water/liquids
9. Take healthy diet
10. Avoid frozen meat
11. If your child has fever, severe cold & cough or any other symptom then seek medical help and don't send your child to school till the time he/she is fit to attend the school

Principal

Noval Coronavirus (2019-nCoV)-General Advisory for Public

The 2019 novel coronavirus (2019-nCoV), Wuhan coronavirus, is a contagious virus that causes respiratory infection, can transfer from human to human.

Symptom

- Fever
- Difficulty in Breathing
- Coughing
- Tightness of Chest
- Running Nose
- Head Ache
- Feeling of being Unwell
- Pneumonia
- Kidney Failure

Incubation Period: 14 days asymptomatic

Mode of transmission

Human Coronavirus (2019-nCoV) most commonly spread from an infected person to other through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hand
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

How to reduce risk of Coronavirus infection (2019-nCoV)

- Clean hand with soap and water or alcohol based hand rub
- Cover nose and mouth when coughing & sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu like symptoms
- Avoid frozen meet
- Isolation of symptomatic patients for atleast 14 days.

DO's and DON'T's

| DO's | DON'Ts |
|---|--|
| <ul style="list-style-type: none">• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing• Frequently wash your hands with soap and water• Avoid crowded places• Person suffering from Influenza like illness must be confined at home• Stay more than one arm's length distance from persons sick with flu• Take adequate sleep and rest• Drink plenty of water/liquids and eat nutritious food• Person suspected with Influenza like illness must consult doctor | <ul style="list-style-type: none">• Touching eyes, nose or mouth with unwashed hands• Hugging, kissing and shaking hands while greeting• Spitting in public places• Taking medicines without consulting doctor• Excessive physical exercise• Disposal of used napkin or tissue paper in open areas• Touching surfaces usually used by public (Railing, door gates, etc)• Smoking in public places• Unnecessary testing |

24*7 Control Room has been established at DGHS (HQ), may be contacted for any query related to nCoV-2020

Ph: 011-22307145, 22300012, 22300036