COVID-19

Know the facts

COVID-19 spreads primarily from person to person.

- Droplets released when someone sick sneezes or coughs can land on the mouth or noses of people near by.
- Close contact with someone sick like hugging or shaking hands.

It can be left on objects and surfaces too. (Door knobs, Laptops and mouse, Digital devices, pens and lift buttons.)

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

Patients with COVID-19 have reportedly had mild to severe respiratory illness.

Symptoms can include:
- Fever
- Dry Cough
- Sore Throat
- Shortness of Breath.

Symptoms may appear 2-14 days after exposure.

For further information call: Toll free 1075
Ministry of Health, 24 x 7 control room number: +91-11-2397 8046
Email: ncv2019@gmail.com
<table>
<thead>
<tr>
<th>Symptom</th>
<th>COVID-19</th>
<th>Flu</th>
<th>Cold</th>
<th>Allergies</th>
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<tbody>
<tr>
<td>COUGH</td>
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<td>SORE THROAT</td>
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<td>DIARRHEA</td>
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<td>SHORTNESS OF BREATH</td>
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<td>BODY ACHES</td>
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<td>WATERY EYES</td>
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Together we can fight Corona Virus

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Government of India
Together we can fight Corona Virus

**Protect yourself and others**

**Follow these instructions** **Do’s!**

- **Remember to stay home** and practice good hygiene. Drink plenty of fluids.

- **See a doctor if you feel unwell** (fever, difficult breathing and cough) while visiting doctor wear a mask/cloth to cover your mouth and nose.

- **Practise frequent hand washing** with soap (for example, before handling food or eating, after going to the toilet, or when hands are dirty).

- **If you have the above Covid symptoms /signs** please call Ministry of Health &Family welfare’s 24 X 7 helpline at 011-2397 8046.

- **Cover your mouth with a tissue paper** when coughing or sneezing, and dispose the soiled tissue paper in the rubbish bin immediately.

- **Stay atleast 6 feet (2 metres)** from other people, even when you wear a face covering.

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Avoid spitting in public
Avoid eating raw and uncooked meats.
Avoid touching of your nose, mouth and eyes with unwashed hands.
Avoid crowded places and close contact with people.

Avoid Handshaking. Safe greetings include a wave, a nod.

Protect yourselves and your loved ones from Corona Virus
FRONT LINE COVID WARRIORS:

WE CARE FOR THE ONES WHO CARE

Building capabilities to fight the Pandemic
Better and equipping you (Covid-19 Warriors)
To empower the Nation against Pandemic

iGOT Platform is uniquely designed for our

Doctors  Nurses  Police & volunteers  Asha workers & Anganvadis

Containing self-learning guide with all the latest prevention techniques.

Log on to https://igot.gov.in/gov

THREE SIMPLE STEPS

Scan  Access  Learn

- The Platform is compatible with Firefox and chrome only
- For any query please write to: support@i-got.freshdesk.com

Scan to log on to

Ministry of Mines
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Aarogya Setu App
COVID-19 Tracker launched to alert you and keep you safe!

Protect one
Protect all
Protect India

Available in 11 different languages
Scan/click to download

Aarogya Setu
App for IOS and Android

A Blue Tooth based COVID-19 Tracker

TOGETHER WE FIGHT CORONA VIRUS
COVID WARRIORS

EXPLORE COURSES

Proactive & Polite
Imaginative & Innovative
Creative & Constructive
Transparent & Tech-enabled
Professional & Progressive
Energetic & Enabling

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General Measures

- Drink warm water throughout the day
- Daily practice of yogasana, pranayama, and meditation for at least 30 minutes as advised by the MINISTRY OF AYUSH.
- Spices like Haldi (Turmeric), Jeera (cumin), Dhaniya (coriander) and lahsun (garlic) are recommended for cooking.

Ayurvedic Immunity Promoting Measures

- Take Chayavanprash 1 tsp first in the morning. Diabetics should take sugar free chayavan prash.
- Golden milk – Half teaspoon Haldi (turmeric) powder in 150 ml hot milk – once or twice a day.
- Drink Herbal tea made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black Pepper), Shunthi (Dry Ginger) and Munakka (Raisin) once or twice a day. Add jaggery (natural sugar) and or fresh lemon juice to your taste, if needed.

Nasal Application

Apply Seasame oil/ coconut oil or ghee in both the nostrils (Pratimarsh Nasya) in the morning & evening.
Government Education Portals such as SWAYAM, DIKSHA AND E-PATHSHALA portals which have all the study materials for students for free. The HRD Ministry has launched e portal for students who are facing difficulties due to closure of schools and colleges in view of the nationwide lockdown to combat the corona virus outbreak.

Study Webs of Active Learning for Young Aspiring Minds (SWAYAM)

Swayam, the free online education was developed by MHRD, Govt of India and AICTE with the help of Microsoft. Please scan to log on:

National Digital Infrastructure for Teachers (DIKSHA)

Diksha – Provide digital platform to teacher to make their lifestyle more digital, through this portal all teachers across nation will be equipped with advance digital technology.

E- Pathashala – Mobile App (E-PG)

E Pathshala mobile app is available through especially developed mobile app interface on Android, IOS and windows platforms for wider access and contains textbooks and other e-books as E-Pub 3.0 and Flipbooks in English, Hindi and Urdu.