



NOVEL CORONA VIRUS(COVID-19)



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 anothers face,you might all fall ill.



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

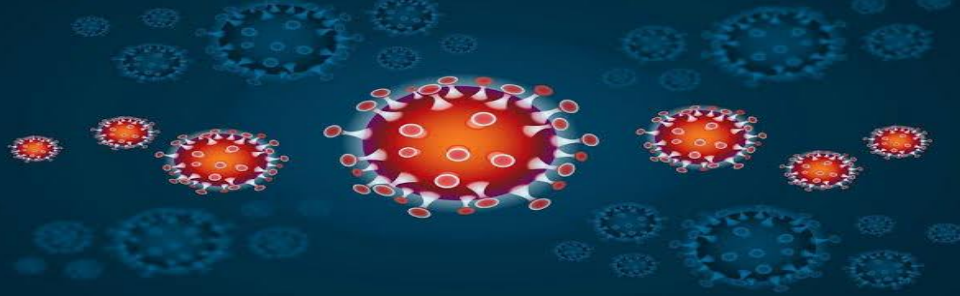
Symptoms can include

- Fever
- Dry Cough
- Sore Throat
- Shortness of Breath.
- Symptoms may appear 2-14 days after exposure.

COVID -19 SYMPTOMS

VS

Flu, Cold & Allergies



Frequently Sometimes Little Rarely None

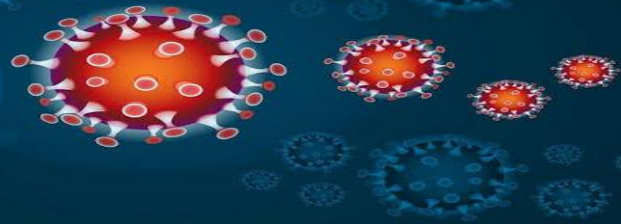
	COVID-19	Flu	Cold	Allergies
COUGH				
FEVER				
SORE THROAT				
HEADACHE				
RUNNY NOSE				
DIARRHEA				
FATIGUE				
SHORTNESS OF BREATH				
BODY ACHES				
WATERY EYES				

Together we can fight Corona Virus



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Preventive Measures – COVID-19



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)

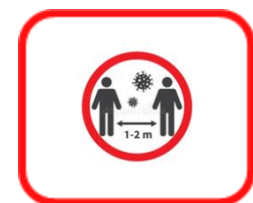
SSCSXC



If you have the above Covid symptoms /signs please call Ministry of Health & Family welfare's 24 X7 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.

Together we can fight Corona Virus



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Reduce the Risks of Covid -19

Dont's of Corona virus



Protect yourselves and your loved ones from Corona Virus



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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 & Anganwadis

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





Aarogya Setu App

COVID-19 Tracker launched to alert you and keep you safe!

DOWNLOAD NOW



myGov
मेरी सरकार

Protect one

Protect all

Protect India

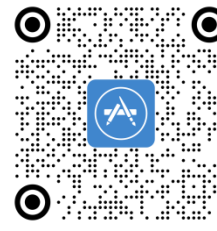
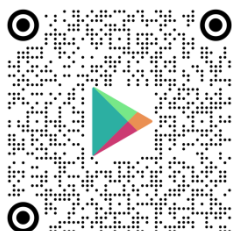


Available in 11 different languages

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Aarogya Setu

App for IOS and Android



A Blue Tooth based COVID -19 Tracker

TOGETHER WE FIGHT CORONA VIRUS



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COVID WARRIORS



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EXPLORE COURSES



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IMMUNITY BOOSTING MEASURES FOR SELF-CARE

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 1tsp 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 Sesame oil/ coconut oil or ghee in both the nostrils (Pratimarsh Nasya) in the morning & evening.



E-Learning Portal

- Numerous Resources
- Easy Access
- Multilingual
- Low Storage



Let COVID-19 not stop you from Learning

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- Pathshala –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.



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