



Protect yourself and others from the spread of COVID-19

COVID 19 is a novel disease but it needs little conscious efforts to stay protected from the infection. There are increasing number of cases reported day by day in all places. Though many people recover from the illness, there is a small percentage who succumb to the illness. Hence the safety norms are not to be ignored. Let us follow these simple precautionary measures advised by the Government and stay safe during the pandemic.

1.Regularly and thoroughly clean / wash your hands with soap and water or an alcohol-based hand rub. Why?

Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

2.Maintain at least 2 metres (6 feet) distance between yourself and others. Why?

When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain many virus particles. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the infection.

3.While stepping out of your house, cover your nose and mouth with face cover / mask properly. Why?

Wearing masks will reduce the transmission of virus particles from others to you and vice versa.

4.Avoid going to crowded places, markets and shops. Why?

Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 2 metres (6 feet).

5.Avoid touching eyes, nose and mouth. Why?

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

6.Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately in a closed dustbin and wash your hands with soap and water. Why?

Virus spreads by droplets. By following good respiratory hygiene, you can protect the your family and community from viruses such as flu like illness and COVID-19.

7.Make sure you take protein and vitamin rich nutritious food: Vit C rich- lemon, orange, gooseberry, guava , Zinc rich-Groundnut, sesame, etc, Additives like turmeric, ginger, tulsi, black pepper etc. Why?

These are natural Immunity boosters recommended to protect against any sort of viral illness.



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8. Practice Yoga, Pranayama/breathing exercise, meditation, mind relaxation techniques and adequate sleeping. Why?

Keeping body and mind fit and relaxed will make the system function better in turn improves the immunity system.

9. Stay home and self-isolate even with minor symptoms such as cough, running nose, sneezing, headache, mild fever until you recover. Have someone bring you supplies. Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses.

10. If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority. Why?

Stay aware of the latest information on the COVID-19 outbreak, available on the national, state and local public health authority. National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and helps to prevent spread of viruses and other infections.

It is encouraged to utilize the teleconsultation service offered by NITT Hospital Doctors and Consultants to take medical assistance and guidance and reduce personal exposure for self and others (especially those who had contact with COVID positive case within 2 weeks period / travel to crowded places/ wedding/occasions and develop symptoms suggestive of infection). For details, Visit

<https://www.nitt.edu/home/students/facilitiesnservices/hospital/>

Help us to Help you!