

**HINDUSTAN COLLEGE OF SCIENCE TECHNOLOGY**  
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Date: 18/03/2020

**Subject: Advisory Note on CORONAVIRUS**

**Symptoms and Preventive Measures**

**Symptoms of Corona Virus**

1. Runny nose.
2. Headache
3. Cough
4. Sore throat
5. Fever
6. General feeling of being unwell.
7. Shortness of breath.

**Precautions to be taken to prevent spread of infection**

1. Frequently wash your hands (atleast for 20 sec thoroughly) with soap and running water and alcohol based hand rub after coughing and sneezing or when caring for the sick or when in contact with patient of cough and cold or in public gathering.
2. Cover your mouth and nose when sneezing and coughing with flexed elbow or tissue and throw the tissue into closed dustbin immediately after use.
3. Avoid close contact and stay home when you are experiencing cough and fever and also avoid contact with anyone who has fever or cough or maintain distance of 3 feet (1 metre) from the patient.
4. Avoid spiting in public and touching eyes, nose and mouth with unwashed hands.
5. Avoid direct, unprotected contact with live animals.
6. Avoid unnecessary travel aboard especially to countries like Italy, Iran, China, Malaysia, Japan, South Korea and Singapore.
7. Seek early medical help if you have fever, cough and difficulty in breathing and share previous travel history with your health care provider.
8. The infection is spread by droplets organisms (size more than 5 micron) therefore, ordinary surgical mask can also give adequate protection.
9. Mask is not required to be worn by all, only those with respiratory symptoms (coughing, sneezing and fever) need to use it to protect others from getting virus. Dispose used mask properly.
10. Mortality rate as reported in data from

China. a. Age 80+	-	15%
b. Age 70 to 79	-	8%
c. Age 60 to 69	-	4%
d. Below 60	-	1%
e. Overall Mortality	-	2% to 3%

**Dr. R.K.Upadhyay**  
**(Director)**

**To,**  
**Registrar**  
**DSW**  
**Dean Faculty**

## Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue



**Throw tissue into closed bin immediately after use**

**Clean hands** with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



## Wash your hands

Wash your hands with soap and running water when hands are **visibly dirty**



If your hands are not **visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



## Protect yourself and others from getting sick

### Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



## Protect others from getting sick



**Avoid close contact** when you are experiencing cough and fever

**Avoid spitting in public**



If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider



If you have flu symptoms, keep a distance of at least 1 m from other people



**Avoid hugging/shaking hands** if you have symptoms of flu



If you have flu symptoms, stay home from work, school and crowded places until you get better

**Avoid touching eyes, nose or mouth** with unwashed hands

## SYMPTOMS

**RUNNY NOSE**

**HEADACHE**

**COUGH**

**SORE THROAT**

**FEVER**

**A GENERAL FEELING**

**FBI  
NWE**

