
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 spitting 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 Lily Khosa
Head, Hospital Service

To
Assistant Registrar
(Student Affair Section)
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

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 1m from other people

Avoid hugging/shaking hands if you have symptoms of flu

Avoid touching eyes, nose or mouth with unwashed hands

CORONAVIRUS: HOW TO PROTECT YOURSELF

SYMPTOMS

RUNNY NOSE  HEADACHE  COUGH  SORE THROAT  FEVER  A GENERAL FEELING OF BEING UNWELL