

## Medical Advisory- Coronavirus (Covid-19)

### Symptoms:

High Fever | Dry Cough | Difficulty in Breathing

### Preventions:

- Wash your hands frequently
- Maintain social distance (3feet/1m)
- Avoid touching eyes, nose, mouth
- Practice respiratory hygiene
  - Covering your mouth and nose with your best elbows / tissues when you cough/sneeze
  - If you have fever, cough, difficulty in breathing- seek medical attention
  - Be safe from coronavirus infection - Be smart and inform yourself about it
  - Be kind and support others - Be supportive /Informed
  - Be careful / Prepared - Be Alert
  - Be kind - Call your doctor – seek medical help

### If you are 60+ or above you have condition like

- Cardiovascular disease - Respiratory condition
- Diabetes - Seek medical attention
- Fever – high grade - Dry cough
- Shortness of breath

Wash your hands with soap and running water when hands are visibly dirty. If not visibly dirty, frequently clean them by alcohol based hand rub or soap and water

### Wash your hands:-

- After coughing / Sneezing - When casing for sick
- Before eating - Before, during and after you prepare food
- After toilet use - When hands are dirty
- Protect others from getting sick - After handling animal waste or animals.
- Avoid spitting in public - Avoid close contact when you experiencing cough and fever
- If you have cough, fever and difficulty breathing seek medical care easily and share previous travel history with health care provider.
- Stay healthy while travelling
- Avoid travel if you have fever and cough.
- If you have fever, Cough and difficulty breathing.
- Seek Medical care

### Issued in public interest by:

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