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• What is the Corona ?

- COVID-19 is the disease caused by the new corona virus that emerged in China in December 2019.
- COVID-19 symptoms include cough, fever and shortness of breath. COVID-19 can be severe, and some cases have caused death.
- The new corona virus can be spread from person to person. It is diagnosed with a laboratory test.
- There is no corona virus vaccine yet. Prevention involves frequent hand-washing, coughing into the bend of your elbow and staying home when you are sick.

• What are symptoms of COVID-19?

COVID-19 symptoms include:

- Cough
- Fever
- Shortness of breath

In rare cases, COVID-19 can lead to severe respiratory problems, kidney failure or death.

If you have a fever or any kind of respiratory difficulty such as coughing or shortness of breath, call your doctor or a health care provider and explain your symptoms over the phone before going to the doctor's office, urgent care facility or emergency room.

Over the phone, be sure to tell them if you have traveled outside the country in the last 14 days, particularly to countries affected by COVID-19 (currently China, Iran, Italy, Japan and South Korea). Also, be sure to tell them if you suspect you have been close (within 6 feet) of someone who has COVID-19 for an extended period. Your health care provider or the emergency room team will recommend next steps.

---Guidelines by WHO---

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?



World Health Organization

#Coronavirus #COVID19

9 March 2020

Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Greet people with a wave, a nod or a bow instead.

Should I avoid shaking hands because of the new coronavirus?



World Health Organization

#Coronavirus #COVID19

9 March 2020

No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves.

You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and can infect you.

Is wearing rubber gloves while out in public effective in preventing the new coronavirus infection?



World Health Organization

#Coronavirus #COVID19

9 March 2020

Be Ready for corona virus

Be **READY** for #coronavirus

WHO is giving advice on how to protect ourselves & others:



Be **SAFE** from coronavirus infection

Be **SMART** & inform yourself about it

Be **KIND** & support one another

Learn more about #COVID19 & share with your loved ones: www.who.int/COVID-19



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World Health Organization

Be **SUPPORTIVE**

Be **CAREFUL**

Be **ALERT**

Be **KIND**

Be **READY** to fight
#COVID19

For the latest health advice, go to:
www.who.int/COVID-19

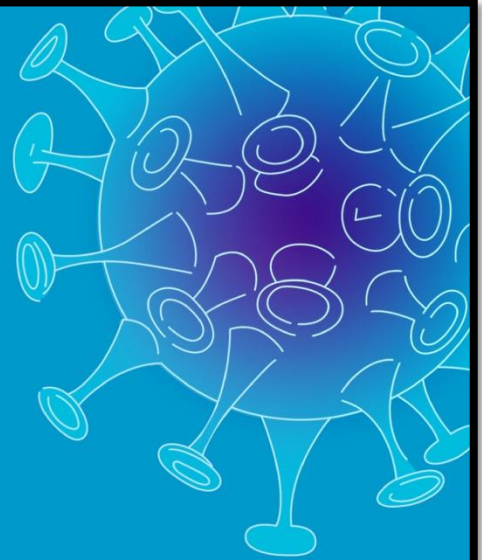


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Be **INFORMED**
Be **PREPARED**
Be **SMART**
Be **SAFE**



Be **READY** to fight
#COVID19

For the latest health advice, go to:
www.who.int/COVID-19



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Organization

Be **SMART** if you develop shortness of breath:



Call your doctor



Seek care immediately!

Learn more to Be **READY** for #COVID19:
www.who.int/COVID-19



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Be **SMART** & inform yourself about #coronavirus



Follow accurate public health advice from WHO & your local health authority



Follow the news on latest coronavirus updates



To avoid spreading rumors, always check the source you are getting information from



Don't spread rumors

Learn more to Be **READY** for #COVID19:
www.who.int/COVID-19



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Be **SAFE** from #coronavirus

if you are 60+ or if you have an underlying condition like:



Cardiovascular disease



Respiratory condition



Diabetes

by avoiding crowded areas or places where you might interact with people who are sick.

Learn more to Be **READY** for #COVID19:
www.who.int/COVID-19



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Be **KIND** to support loved ones during #coronavirus



Check in regularly especially with those affected



Encourage them to keep doing what they enjoy



Share WHO information to manage anxieties



Provide calm and correct advice for your children

Learn more to Be **READY** for #COVID19:
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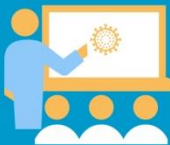


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Be **KIND** to address fear during #coronavirus



Show empathy with those affected



Learn about the disease to assess the risks



Adopt practical measures to stay safe

Learn more to Be **READY** for #COVID19:
www.who.int/COVID-19



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Protect yourself and others from getting 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

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



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



How to cope with stress during 2019-nCoV outbreak

 World Health Organization

Coping with stress during the 2019-nCoV outbreak

 It is normal to feel sad, stressed, confused, scared or angry during a crisis.
Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



 Don't use smoking, alcohol or other drugs to deal with your emotions.
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



 Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.





Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

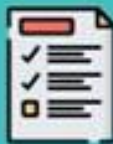
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Practice food safety

Practise food safety

Use different **chopping boards and knives** for raw meat and cooked foods



Wash your hands between handling raw and cooked food.



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Practise food safety

Sick animals and animals that have died of diseases **should not be eaten**



World Health Organization

Practise food safety

Even in **areas experiencing outbreaks**, meat products can be safely consumed if these items are **cooked thoroughly and properly handled** during food preparation.



World Health Organization

Shopping/Working in wet markets in China and Southeast Asia

Shopping in wet markets in China and Southeast Asia? Stay healthy!

Wash hands with soap and water after touching animals and animal products



Avoid touching eyes, nose and mouth

Avoid contact with sick animals and spoiled meat



Avoid contact with stray animals, waste and fluids in market



World Health Organization

Working in wet markets in China and Southeast Asia? Stay healthy!



Wear protective gowns, gloves and facial protection while handling animals and animal products

Remove protective clothing after work, wash daily and leave at the work site



Avoid exposing family members to soiled work clothing and shoes



World Health Organization

Working in wet markets in China and Southeast Asia? Stay healthy!



Frequently wash your hands with soap and water after touching animals and animal products

Disinfect equipment and working area at least once a day



World Health Organization

Stay healthy while travelling

STAY HEALTHY WHILE TRAVELLING

**Avoid travel if you have
a fever and cough**



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



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STAY HEALTHY WHILE TRAVELLING

**Avoid close contact
with people suffering
from a fever and cough**



**Frequently clean hands by
using alcohol-based
hand rub or soap and water**

**Avoid touching eyes,
nose or mouth**



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STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing
**cover mouth and nose with
flexed elbow or tissue – throw
tissue away immediately and
wash hands**



If you choose to wear a face mask, be
sure to **cover mouth and nose -
avoid touching mask once it's on**

**Immediately discard single-use mask
after each use and wash hands after
removing masks**



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STAY HEALTHY WHILE TRAVELLING

Eat only well-cooked food



Avoid spitting in public

**Avoid close contact
and travel with
animals that are sick**



World Health
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For More Information & Updates :-

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- <http://www.mohfw.gov.in/>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>