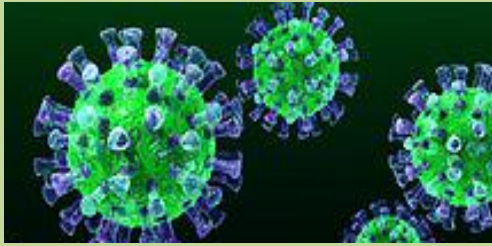




# BLUE CIRCLE MEDI SERVICES HEALTH CIRCULAR

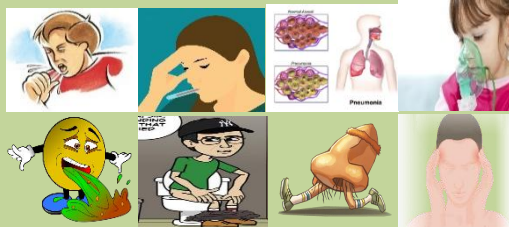
## Advisory on “CORONA VIRUS” (COVID-19)



Covid-19 continues to permeate our environs even after more than a year of its emergence. We now accept the inevitability of this virus becoming endemic and consequently we have started leading a lifestyle which we call as ‘New Normal’ during this last year wherein we have adopted new ways and means to live with Covid-19 infection with adequate precautions. As part of this ‘New Normal,’ higher education institutions are endeavouring to create safe campuses to enable some normalcy to return to the students’ academic pursuits. .

### Watch for these Signs and Symptoms

- Coughing
- Fever
- Pneumonia
- Short of breath
- Vomiting
- Diarrhoea
- Running Nose
- Headache



### How it Spreads?

COVID-19 most commonly spreads through an infected person.

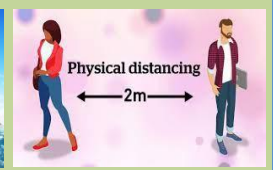
- Coughing and sneezing (droplets).
- Close contact with an infected person (eg. touching or shaking hands)
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.



### Prevention

Vaccination is present to prevent COVID-19 infection. The other best way to prevent infection is to avoid being exposed to this virus.

- Wash your hands frequently with soap and water for at least 20 seconds. Or use alcohol based hand sanitizer.
- Wear Mask, and practice physical distancing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Practice Respiratory Hygiene
- Stay home when you are sick.
- Avoid Crowded places
- Allow cross ventilation in rooms and class rooms instead of Air conditioning.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid all non-essential travel.



Wash Hands, Respiratory Hygiene, Clean Surface, Stay Home when sick, Avoid Travel, Physical Distancing

### Treatment:

Symptomatic, specific antiviral treatment recommended for COVID -19 infection. People who think they may have been exposed to COVID-19 should contact healthcare provider immediately. Vaccination is playing an important role.