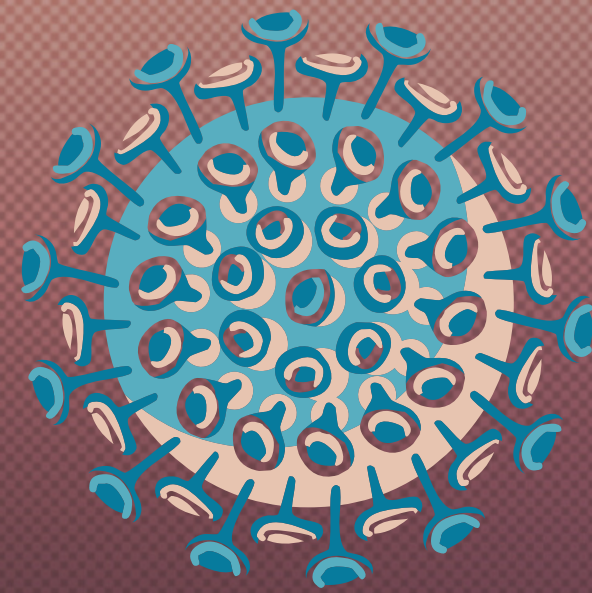


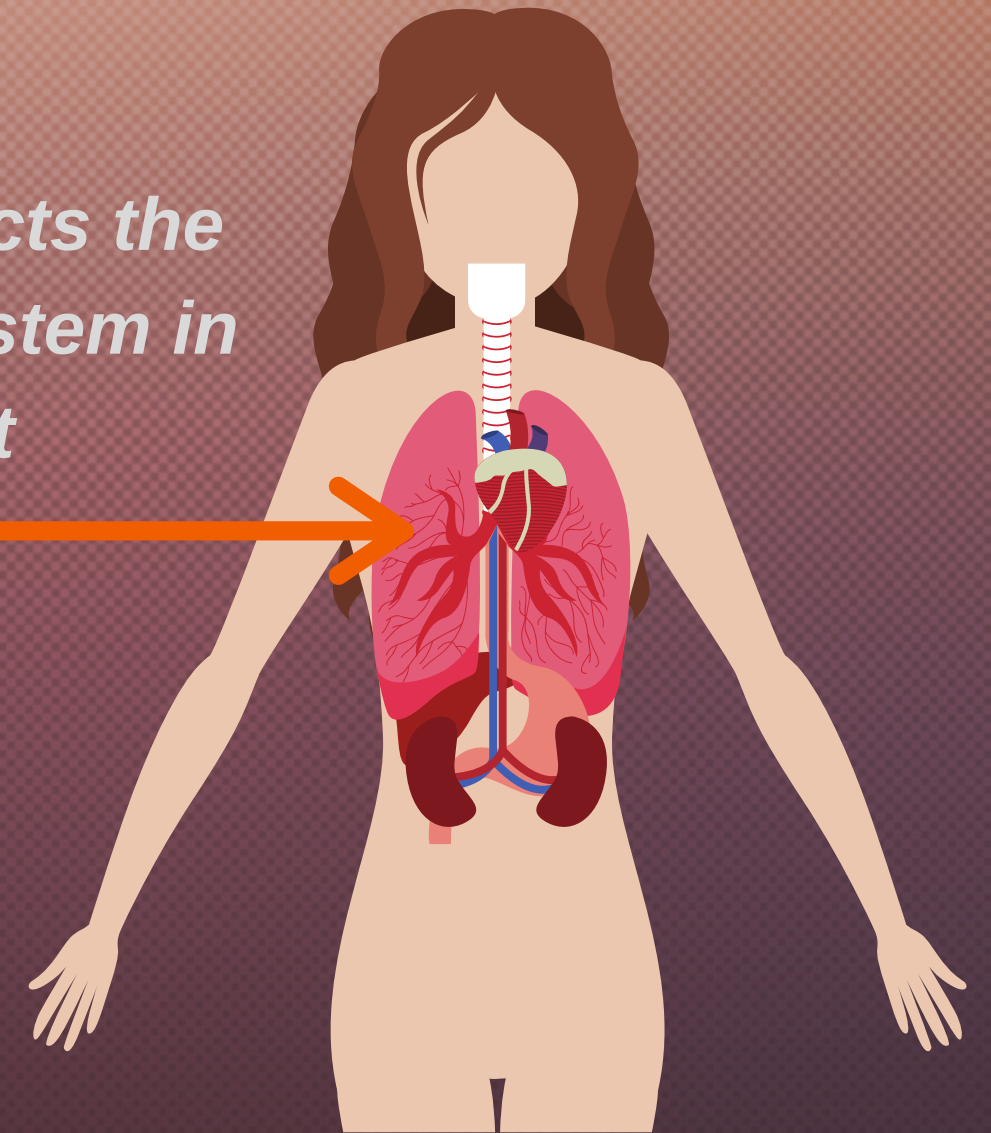
Scroll through and get to know everything that you need to know about the Covid- 19 virus and precautionary steps that need to be followed.

What is Covid- 19?

Covid- 19 is an infectious disease caused by the most recently discovered novel corona virus.



The virus affects the respiratory system in a patient



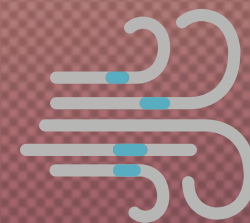
Virus Behaviour

How is the virus transmitted from person to person?

Through droplets from nose or mouth which spreads when an infected person coughs or exhales. And also, by touching the objects or surfaces contaminated by droplets from a person with COVID-19; and then touching eyes, nose, or mouth.



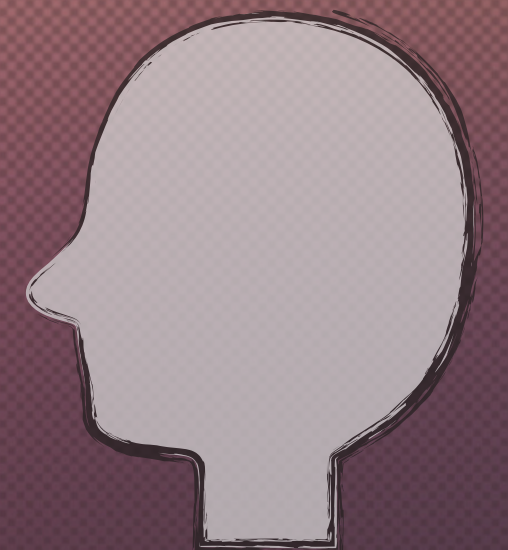
Breath



Cough



Touch



Virus Behaviour

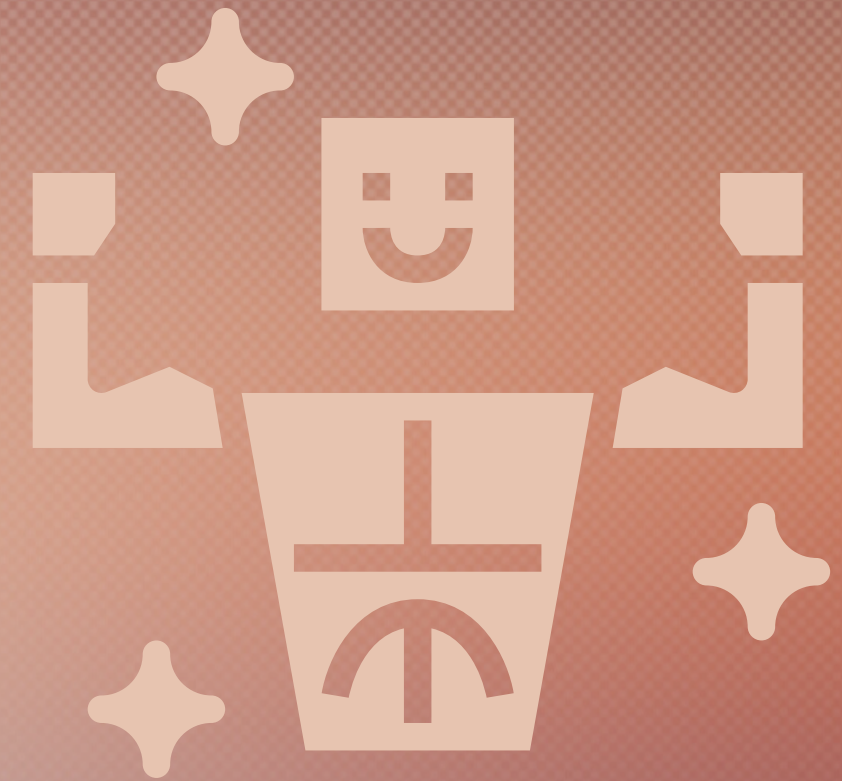
What is the shelf life of the virus outside it's human host?

Ranging from a few hours to several days depending upon various factors such as the type of surface, humidity, and temperature. Latest study shows that the virus can survive up to three days on plastic, stainless steel, and up to a day on cardboard and paper.



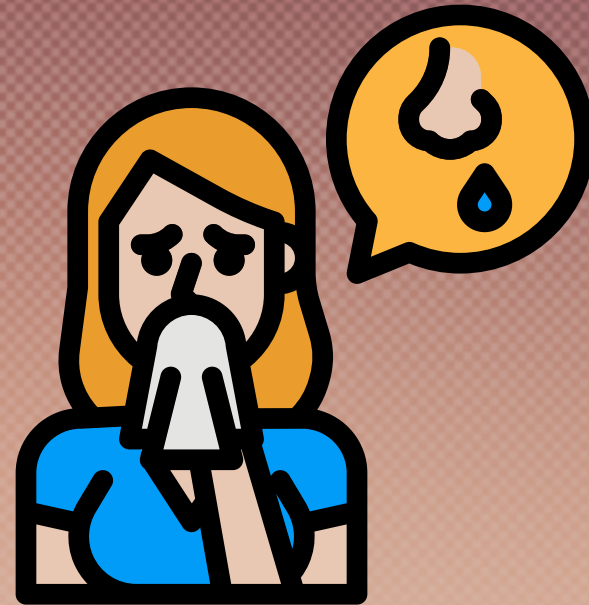
You will be fine !

- The vast majority will have very mild or no symptoms at all (~80%)
- Up to 20% of those infected may suffer a serious form with more serious symptoms, which may require hospital treatment
- Of those with serious symptoms, it may prove fatal for up to 1-3%, especially if they are elderly or have underlying health conditions



Clinical Features

- Flu-like symptoms
- Dry cough
- High fever
- Joint pains
- Lethargy
- Loss of smell and taste



Signs to look out for

- High fever
- Shortness of breath
- If you have pulse oximeter (oxygen level less than 94)
- Unable to take even a few steps without falling short of breath
- Chest pain especially following mild activity

Remember that various other illnesses such as malaria and dengue can also cause fever.

Use standard precautions for malaria - net, spray, repellent, etc.



Protection is key.

Those who are elderly or at high risk will suffer from a more serious infection and may need critical medical intervention.

We have to make sure we minimize the number of cases so that our hospitals do not get overcrowded with patients.

By practicing good hygiene and social distancing we can protect our families and our community.



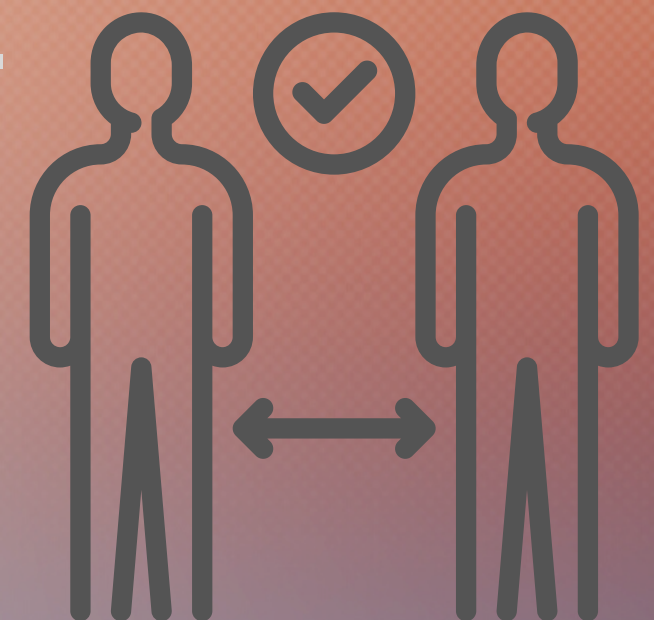
Practice good hygiene

- **Wash your hands frequently with soap and water for at least 20 seconds;** especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use hand
- sanitiser that contains at least 60% alcohol. Apply all over
- your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with
- unwashed hands.



Prevent the spread

- Practise Social Distancing.
- Stay home if you are unwell. Use a tissue when coughing or sneezing to cover your mouth and nose.
- Use a mask. Especially if you have a cold and a cough.
- Clean and disinfect touched surfaces daily. Example: Door knobs, Switches, keyboards, etc.
- Throw used tissues and masks in designated dustbins with lids.
- Keep the elderly and children below 10 years at home.
- Practice hygiene. Wash hands regularly.



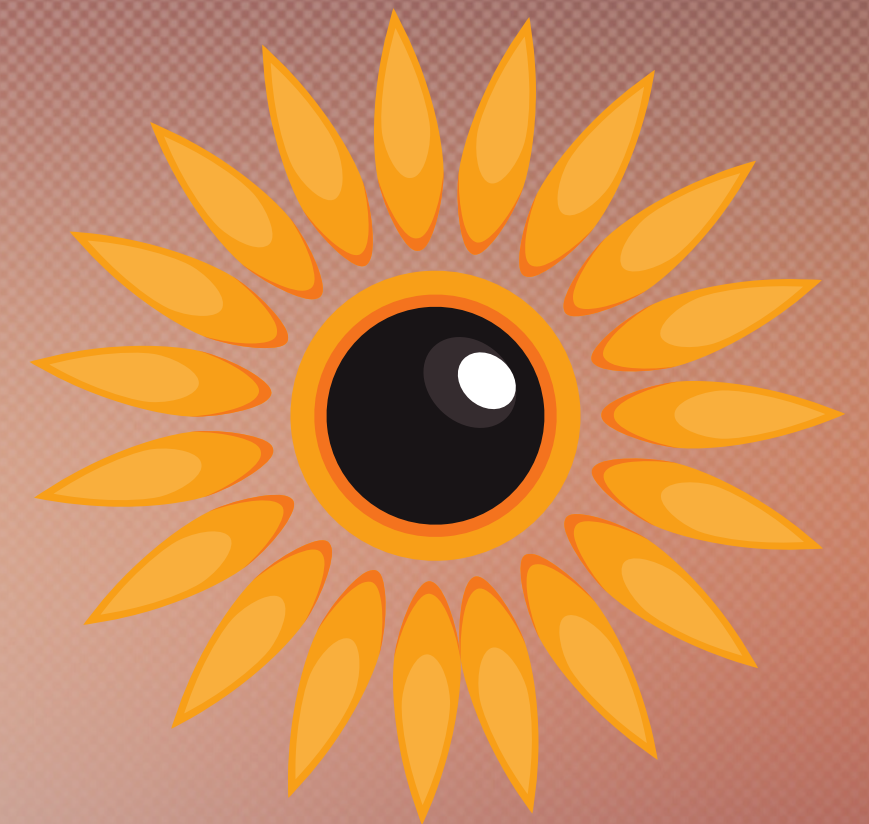
Keep yourself healthy.

- Eat foods rich in nutrition
- Drink plenty of fluids
- Rest plenty
- Seek out fresh air (if possible cross ventilate your home)
- Avoid crowded areas
- Maintain good health
- Keep 6 feet distance from those who are unwell
- Hygiene Hygiene Hygiene !!!



Reduce Stress

- Communicate your mental state
- Actively participate in your work
- Avoid unnecessary social media exposure
- Look at government approved sites
- Do not spread panic
- Be prepared
- Be proactive, not reactive
- Ask for help



Who to get in touch with ?

The Sri City team is here to take care of all your emergency needs.

In case you or someone you know is running a temperature or exhibiting symptoms, please call our Security Control Room on 08623 302 403/405 and we will immediately dispatch a doctor and an ambulance to assist you.

