

# Corona Virus (COVID-19): Symptoms Prevention and Precautions

## How does COVID-19 spread?

- Transmitted through contact with respiratory droplets (cough or exhale) rather than through the air.
- Spread from contact with contaminated surfaces or objects
- Between people who are in close contact with one another

## Common Symptoms

- Fever
- Tiredness
- Dry cough

## Some patients may have

- Aches and pains
- Nasal congestion
- Runny nose
- Sore throat or diarrhea

These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell.

## Who is at higher risk?

- Older adults
- People who have serious chronic medical conditions like:
  - Heart disease
  - Diabetes
  - Lung disease

People with fever, cough and difficulty breathing should seek medical attention.

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## Basic protective measures against the new coronavirus

1. **Maintain social distancing:** Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
2. **Wash your hands frequently:** Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. do this for at least 20 seconds If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
3. **Practice respiratory hygiene:** Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
4. **Stay home if you feel unwell.** If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
5. Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely).
6. If you choose to wear a face mask be sure to cover mouth and nose-avoid touching mask once it is on.
7. Immediately discard single-use mask after each use and wash hands after removing masks
8. If you seek medical attention, share travel history with health care provider

## DON'T

- Do not touch your eyes, nose or mouth if your hands are not clean
- Avoid crowds, especially in poorly ventilated spaces.
- If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease.
- Avoid spitting in public
- Avoid contact with stray animals, waste and fluid in the market
- Avoid physical contact when greeting i.e. shaking hands and hugging. Greet people with wave or held hands together (Namaste) instead.

**Sources: WHO, NHC and CDC Guidelines**

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## Practice Food Safety

- Use different chopping boards and knives for raw meat and cooked foods
- Wash your hands between handling raw and cooked foods
- Sick animals and animals that have died of diseases should not be eaten
- Even in areas experiencing outbreaks, meat can be safely consumed if these items are cooked thoroughly and properly handled during food preparation.

## How to self-isolate if you're asked to?

If there's a chance you could have coronavirus, you may be asked to stay away from other people (self-isolate). This means you should:

- stay at home
- not go to work, school or public places
- not use public transport or taxis
- ask friends, family members or delivery services to do errands for you
- try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food
- You may need to do this for up to 14 days to help reduce the possible spread of infection.



**Just in Case**

<b>NTB Crisis Cell</b>	☎ 9851254666
	✉ <a href="mailto:crisiscell@ntb.org.np">crisiscell@ntb.org.np</a>
<b>COVID-19 Hotline</b> (8:00-20:00 hrs)	☎ 9851255839 9851255837 9851255834
<b>Tourist Police</b>	☎ 1144 / 014247041
<b>Nepal Police</b>	☎ 100 / 014228435
<b>Sukraraj Hospital</b> (Teku)	☎ 014253396
<b>Gandaki Hospital</b> (Pokhara)	☎ 061520067

The infographic also includes the logo of the National Trust for Nature Conservation (NTC) and the logo of the National Trust for Biodiversity (NTB).

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