

Advisory

CORONAVIRUS (COVID-19) INFECTION

SYMPTOMS

- Fever
- Cough
- Shortness of breath

HOW DOES IT SPREAD?

- Droplet formed during coughing or sneezing by affected patient
- Direct close contact with infected patients

DOs

- If you have visited any foreign country or have contact with anyone who has visited there after 20th of February 2020 and you have the symptoms, please contact nearest health facility or call helpline number
- Wash hands frequently with soap and water for at least 20 seconds
- Use tissue or handkerchief while coughing or sneezing
- Avoid touching eyes, nose and mouth with unwashed hands
- Frequently clean high contact surfaces such as door knobs/ handles, table tops, hand rail of stair cases, lift buttons, digital devices, pens etc.
- Avoid close contact with people having symptoms of the disease
- Visit nearest health facility in case of developing symptoms

DON'Ts

- Do not panic, as in 80% of the cases, it is a mild disease
- Avoid visiting overcrowded public places
- Avoid unnecessary foreign travel

Control Room Helpline Number: 0191-2520982

ISSUED IN PUBLIC INTEREST BY:

**DIRECTORATE OF HEALTH SERVICES
JAMMU**