

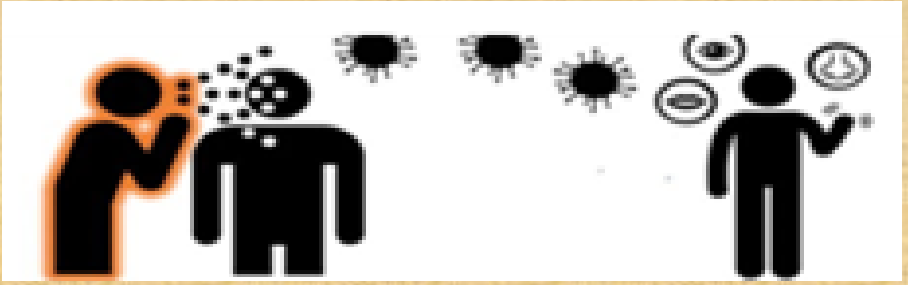


**How to prevent
ourselves from
Corona Virus
infection**

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Sewa Paramo Dharma

How Does the Virus Spread ?



An infected person can cough, sneeze or breathe onto another person within 6 feet and the virus lands in the other person's eyes nose or mouth



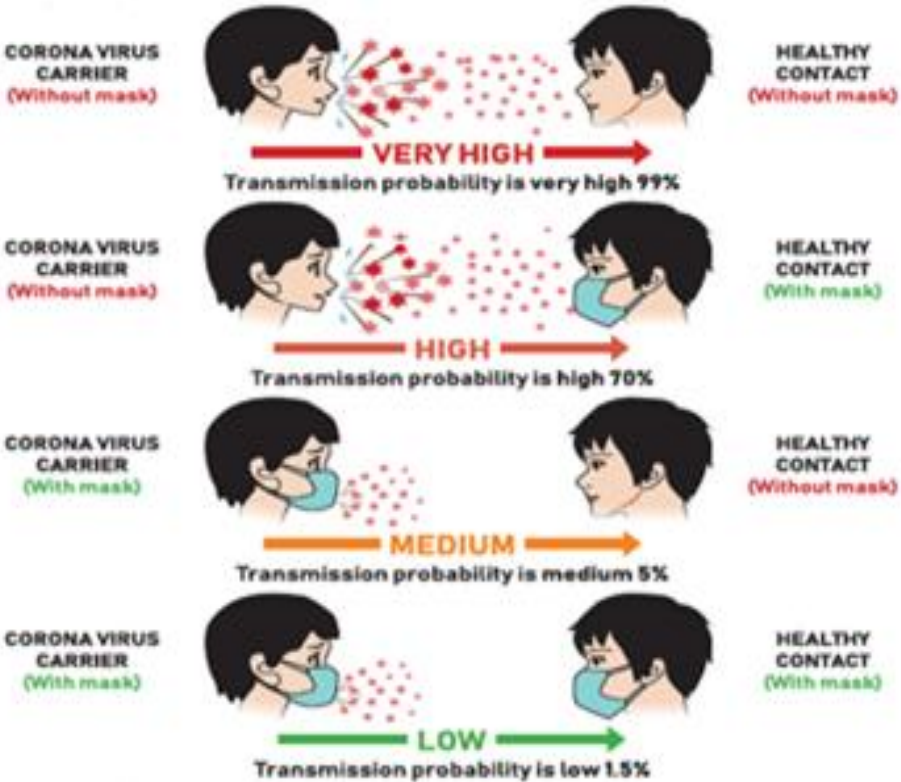
An infected person coughs or sneezes onto their hand or onto a surface. The uninfected person then shakes hand



or touches the surface and transfers the virus to their own eye, nose or mouth

Mask is very effective in reducing person to person transmission

Probability of Transmission



Corona virus don't recognise, who you are, so practicing self-discipline & control is your only saviour.

TAIWAN, SOUTH KOREA and JAPAN with high mask wearing culture reported less deaths per million population

ITALY, SPAIN and USA with low mask wearing culture reported higher deaths per million

Remember



A mask is effective only when used properly



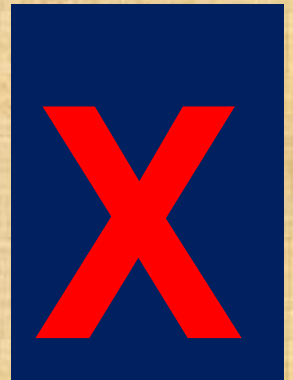
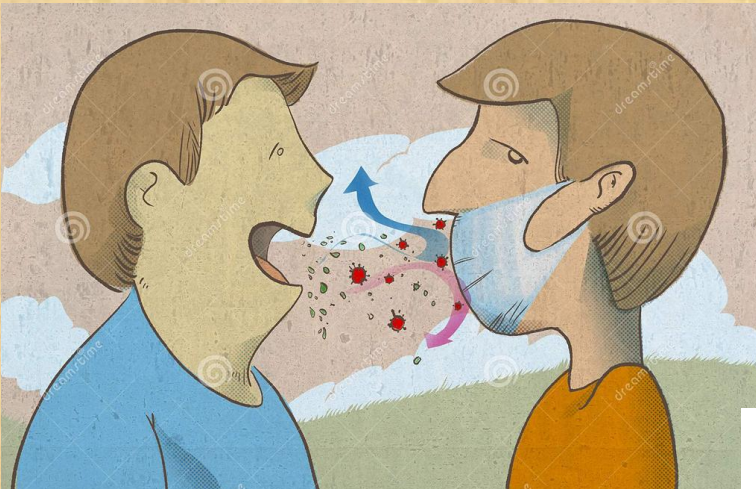






***Wear a mask even when
talking to people!***

***Do NOT remove it when
starting conversation***



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**Wear a mask even when
talking on the phone!**

**Wearing a mask doesn't
muffle voices over call !!**

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Avoid pressing elevator buttons and turning door handles

- Elevators buttons and door handles have the highest concentration of germs as they have been touched by multiple people in the span of one day and aren't cleaned frequently avoid touching them as much as possible



7 STEPS TO HANDWASHING



Rub palms together



Rub the back of both hands



Interlace fingers and rub hands together



Interlock fingers and rub the back of fingers of both hands



Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands



Rub fingertips on palm for both hands



Rub both wrists in a rotating manner.

Proper handwashing is important!

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Avoid coughing or sneezing into your hands

If you accidentally coughed or sneezed into your hands - wash them immediately

Avoid touching your FACE to prevent contamination of your hands

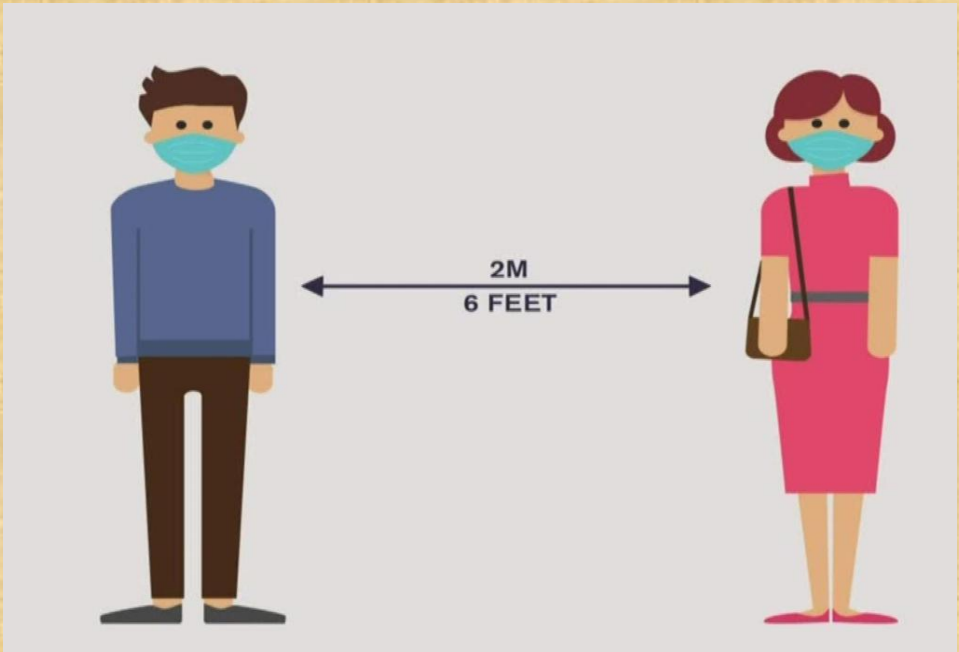


Cough or Sneeze into your Elbow



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- Stay at home as much as possible.
- If you have to go outside keep a distance of 6ft (2 metres) from others
- Avoid crowds
- Plan grocery or other necessary shopping in non-peak hours.
- Where possible wait outside the shop for your turn
- If possible, fix an appointment before leaving to minimise waiting in a crowded place
- If you are outside waiting your turn to be served (eg in bank, doctors' clinic etc.) stay away from crowds as much as possible and ask someone to call you on your mobile when it's your turn.