A healthy world begins with a healthy woman

SNEHA Covid-19 message

12th March 2020

SNEHA (Society of Nutrition, Education and Health Action)
STOP CORONAVIRUS IN MUMBAI

DON’T PANIC | FOLLOW CREDIBLE INFORMATION | TAKE SIMPLE MEASURES TO PROTECT YOURSELVES | STAY SAFE

World Health Organization
With COVID-19 cases detected in India, it is important that Mumbaikars stay vigilant and take preventive measures.

The Ministry of Health, Government of India and renowned global organisations like the WHO, UNICEF and CDC have shared some key measures that are easy to follow such as:

- washing hands thoroughly,
- maintaining social distance,
- sneezing into elbows amongst others.

The following images are certified by professionals from expert organizations and we encourage you to share these pictures in your community groups to spread awareness regarding prevention of COVID-19.

To know more about COVID-19, simply also click on the links given below:

http://stopcoronavirus.mcgm.gov.in/
Frequently washing hands

Wash your hands

Wash your hands with soap and running water when hands are visibly dirty.

If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water.

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste
Avoiding close contact with the sick
Care during coughing and sneezing

STOP THE SPREAD OF GERMS

HELP PREVENT THE SPREAD OF RESPIRATORY DISEASES LIKE COVID-19

COVER YOUR COUGH OR SNEEZE WITH A TISSUE, THEN THROW THE TISSUE IN THE TRASH

SNEEZE INTO YOUR UPPER SLEEVE OR ELBOW, IF NO TISSUE IS AVAILABLE

Throw used tissues into closed bins immediately after use
Avoid crowded spaces

Avoid travel if you have a fever and cough

If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider
Wearing a mask – CDC Atlanta guidelines

Wear a facemask if you are sick

• **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider’s office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.

• **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.
Use of mask

If you choose to wear a face mask, be sure to cover mouth and nose - avoid touching mask once it’s on.

Immediately discard single-use mask after each use and wash hands after removing masks.

World Health Organization
Avoid unprotected contact with animals
See a doctor

If you have cough, fever or difficulty in breathing, contact a doctor immediately.
Other don’ts

- Don’t have a close contact with anyone if you’re experiencing cough and fever.
- Don’t touch your eyes, nose, and mouth.
- Don’t spit in public.
For further information:
Call at Ministry of Health, Govt. of India’s 24X7 control room number
+91-11-2397 8046
Email at n cov2019@gmail.com

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1916 Helpline

• MCGM has activated 1916 Helpline for the assistance of citizens.
• MCGM staff is regularly undergoing training and briefings under the guidance of Doctors, and will try their best to answer all queries regarding the disease, and will guide & help on related matters.