Rani Anna Government College for Women, Tirunelveli – 627008
EK BHARAT SHRESTHA BHARAT (EBSB) CLUB

**Stay Home**

**Stay Safe**

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**CORONA VIRUS DO’S AND DON’TS**

**DO’S**
- Avoid crowded places
- Cover nose and mouth when coughing or sneezing
- Use an alcohol-based hand sanitizer that has at least 60% alcohol
- Avoid sharing utensils, water bottles, and personal hygiene items

**DON’TS**
- Hugging, kissing and shaking hands while greeting
- Touching surfaces usually used by public (feeling door, gate, etc.)
- Go out if you feel sick except to see your doctor
- Panic buying and stockpile face masks

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**NOVEL CORONA VIRUS (2019-nCoV) ADVICE**

**Wear a facial protection**

**Maintain social distancing**

**Wash hands frequently**

**Avoid consumption of raw or undercooked animal products**

**Seek medical care early if you feel sick**

**Avoid touching eyes, nose and mouth**
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Beware

CORONAVIRUS
Tips to reduce risk of infection

- Wash hands often. Use soap and water or an alcohol-based hand rub
- Cover your mouth and nose if you cough or sneeze with the inside of your elbow
- Don’t get close to anyone who has cold or flu-like symptoms
- Go to the doctor if you have a fever, cough or feel that it is difficult to breathe
- If you go to the market, don’t touch animals or anything in the area they stay

Coronavirus
Debunking Myths

**Myths**

- Antibiotics are effective in treating the new coronavirus
- Herbal remedies and other drugs can help treat the new virus
- New coronavirus only affects older people
- Pets can spread the new coronavirus

**Facts**

- Antibiotics only work against bacteria, not viruses
- No specific medicine recommended for treatment, according to WHO
- People of all ages can be infected by the virus
- No evidence to suggest that pets can be infected with the new virus

Beat
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Social Distancing is the Self Defence

Do's and Don'ts While Social Distancing During the COVID-19 Pandemic

- Wash hands for 20 secs
- Practice social distancing
- Catch it, bin it
- Look after mental health
- Avoid unnecessary travel
- If you do not have a tissue, use your elbow
- Stay at home
- Eat healthy and build up immunity
- Reach out to people in need
- Avoid touching your face
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Protect Yourself

Protect the Nation
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Educate Yourself

A Golden Opportunity for Students to participate in the following Competitions

Topic: Covid 19 - Lockdown Challenges

• Posters (PPT 2 slides)
• Verses (Kavithai – Maximum one page)
• Essay (Katturai-Maximum 3 pages)

Submission Date: On or before 5th May
Email: raciqac@gmail.com

End Pandemic

COVID-19
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Covid 19 Awareness Program