



# Rani Anna Government College for Women, Tirunelveli – 627008

## EK BHARAT SHRESTHA BHARAT (EBSB) CLUB



### Stay Home

**CORONA VIRUS DO'S AND DON'TS**

DO'S	DON'TS
 Avoid crowded places	 Hugging, kissing and shaking hands while greeting
 Cover nose and mouth when coughing or sneezing	 Touching surfaces usually used by public (Railing, door, gate, etc)
 Use an alcohol-based hand sanitizer that has at least 60% alcohol	 Go out if you feel sick except to see your doctor
 Avoid sharing utensils, water bottles, and personal hygiene items	 Panic buying and stockpile face masks

### Stay Safe

**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

## Beat

### 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

#### FACTS

Antibiotics are effective in treating the new coronavirus



Antibiotics only work against bacteria, not viruses

Herbal remedies and other drugs can help treat the new virus



No specific medicine recommended for treatment, according to WHO

New coronavirus only affects older people



People of all ages can be infected by the virus

Pets can spread the new coronavirus



No evidence to suggest that pets can be infected with the new virus





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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**: Illustration of hands being washed under a faucet with a '20' timer icon.
- PRACTICE SOCIAL DISTANCING**: Illustration of two people standing 2m apart, with a double-headed arrow and '2m' label.
- CATCH IT, BIN IT**: Illustration of a person coughing into a tissue.
- LOOK AFTER MENTAL HEALTH**: Illustration of a person sitting and reading a book.
- AVOID UNNECESSARY TRAVEL**: Illustration of an airplane and a train.
- IF YOU DO NOT HAVE A TISSUE, USE YOUR ELBOW**: Illustration of a person coughing into their elbow.
- STAY AT HOME**: Illustration of a house with a chimney.
- EAT HEALTHY AND BUILD UP IMMUNITY**: Illustration of a bowl of food with vegetables and a glass of water.
- REACH OUT TO PEOPLE IN NEED**: Illustration of a person using a laptop with a video call window.
- AVOID TOUCHING YOUR FACE**: Illustration of a person touching their face with a red 'X' and exclamation mark.

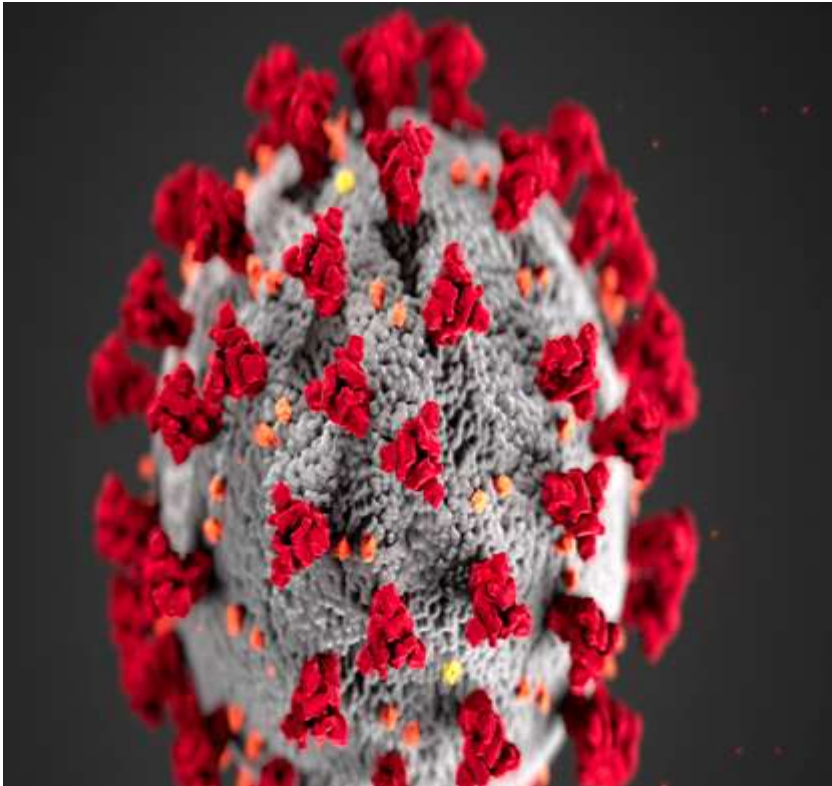




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**Protect Yourself**



**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 5<sup>th</sup> May

Email: [raciqac@gmail.com](mailto:raciqac@gmail.com)

## End Pandemic







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### Covid 19 Awareness Program

