

**VEDA VYASA DAV PUBLIC SCHOOL**  
**VIKAS PURI**  
**Health Advisory ( Coronavirus)**  
**'SAFETY SAVES SICKNESS AND SUFFERING'**

The world is fighting with CORONAVIRUS which has the potential to become a pandemic, let's join hands and save ourselves from this Medical challenge.

**LET'S UNDERSTAND THE CORONAVIRUS:**

Coronaviruses (COV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-COV) and Severe Acute Respiratory Syndrome (SARS-COV). They typically affect the respiratory tracts of birds and mammals, including humans.

**HOW IT SPREADS:**

The virus spreads when a sick person sneezes and the germs enter into a healthy person's body through eyes, nose and mouth.

**SYMPTOMS:**

Sneezing, running nose, cough, soar throat fatigue and fever. In severe cases, it can exacerbate asthma and cause pneumonia.

**PROTECTIVE MEASURES:**

1. Wash your hands thoroughly with soap and water for at least 20 seconds.
2. Use hand sanitizer.
3. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
4. Avoid coming in contact with people who are sick and refrain from sharing the personal items, food, utensils, cups and towels.
5. Avoid touching your eyes, ears and nose.
6. Avoid crowded places.
7. Drinking warm water is effective for all viruses. Drink plenty of water.
8. Ensure your mouth and throat is moist, it should not become dry. Take a few sips of water every 15 minutes.
9. Seek medical advice if you are sick.
10. Stay home if you feel unwell.
11. **We will be fumigating the school premises on 9<sup>th</sup> March, the school will remain closed for fumigation on the above date.**

**DO NOT PANIC, DO NOT SPREAD RUMOURS AND STAY SAFE**