Post-lockdown precautions

- In House
- During journey
- In office, school or college
- In other places (market, parlor, etc.)

CORONAVIRUS (COVID-19) PRECAUTIONS

Stay home if sick. Signs of COVID-19 include fever, cough and shortness of breath.

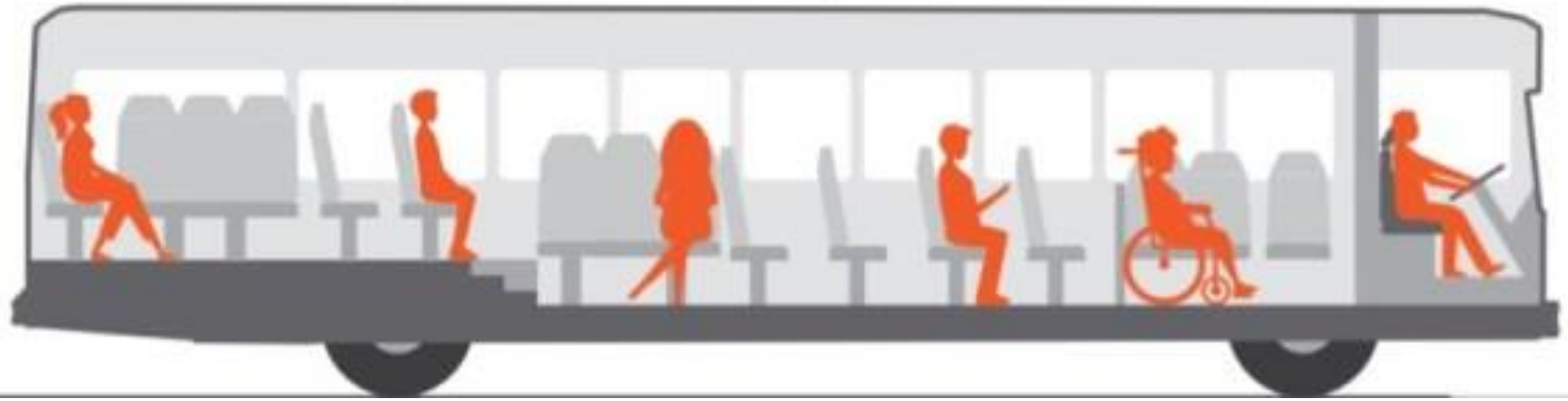
Cover coughs. Try not to touch your face and mouth.

Wash your hands often. Use sanitizer.

If you must travel, consider wearing a fabric mask.

Limit travel to essential trips.

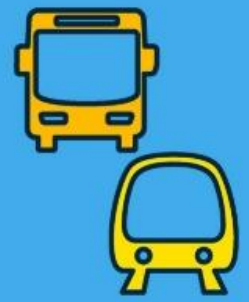
While on board, keep as much space between you and others as possible.



Stand apart while waiting.

Stay safe on public transport!

Public transport continues to operate during the circuit-breaker period. Here are some tips on what to do when travelling on public transport!



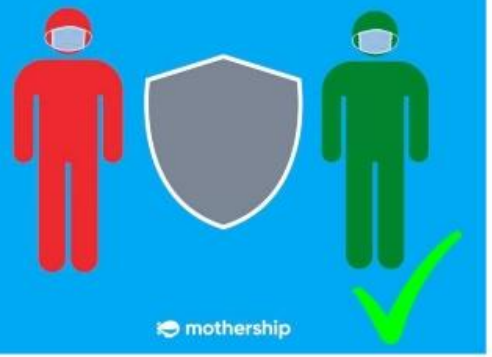
mothership

Avoid non-essential travel.

This is to reduce the number of commuters on public transport.

mothership

Wear a mask to protect yourself and others.



mothership

Wash or sanitise your hands after touching handrails and grab poles.

mothership

Avoid travelling during peak hours.

Keep a safe distance between yourself and other commuters.

Throw away soiled masks properly into trash bins.

Show care for other commuters and remain vigilant.

Offer to call for assistance where necessary.

How can I grocery shop safely in the time of COVID-19?

When grocery shopping, keep at least 1-metre distance from others and avoid touching your eyes, mouth and nose.

If possible, sanitize the handles of shopping trolleys or baskets before shopping.

Once home, wash your hands thoroughly and also after handling and storing your purchased products.

There is currently no confirmed case of COVID-19 transmitted through food or food packaging.

#Coronavirus #COVID19 World Health Organization

Can COVID-19 be spread through coins and banknotes?

There is currently no evidence to confirm or disprove that COVID-19 virus can be transmitted through coins or banknotes.

However, respiratory droplets expelled from an infected person can contaminate and persist on surfaces.

Wash your hands regularly and thoroughly after touching any frequently-touched surface or object, including coins or banknotes.

Avoid touching your eyes, mouth and nose, if your hands are not cleaned.

17 April 2020

#Coronavirus #COVID19 World Health Organization

How should I wash fruit and vegetables in the time of COVID-19?

Wash them the same way you would in any other circumstance.

Before handling them, wash your hands with soap and water.

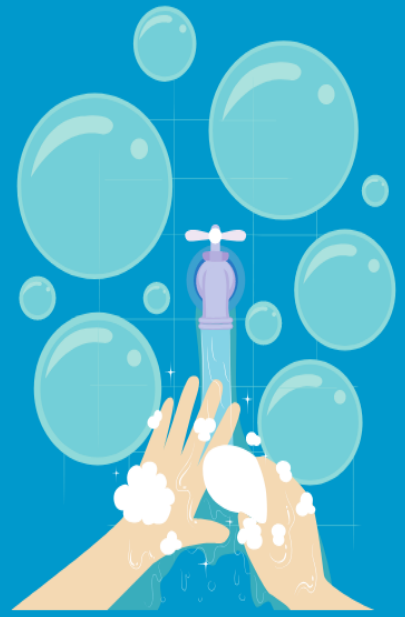
Then, wash fruit and vegetables thoroughly with clean water, especially if you eat them raw.

17 April 2020

#Coronavirus #COVID19 World Health Organization

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

World Health Organization

World Health Organization

Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

For ill people

If you are ill with fever and cough

Clean hands frequently with soap and water or with alcohol-based hand rub.

Stay at home; do not attend work, school or public places. Rest, drink plenty of fluids and eat nutritious food.

Stay in a separate room from other family members, but if not possible wear a medical mask and keep a distance of at least 1 meter (3 feet) from other people. Keep the room well-ventilated and if possible use a dedicated bathroom.

When coughing or sneezing, cover mouth and nose with flexed elbow or use disposable tissue and discard after use. If you experience difficulty breathing, call your health care facility immediately.

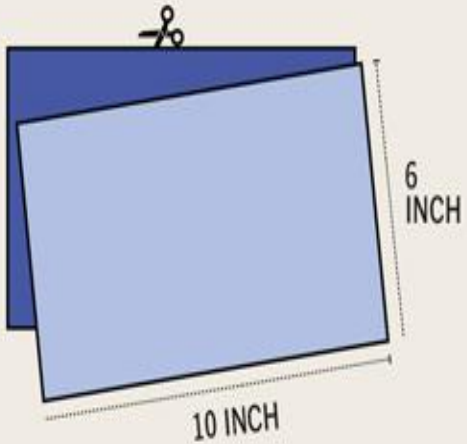
EPI·WiN www.who.int/covid-19

SEWN CLOTH FACE MASK

WHAT YOU NEED

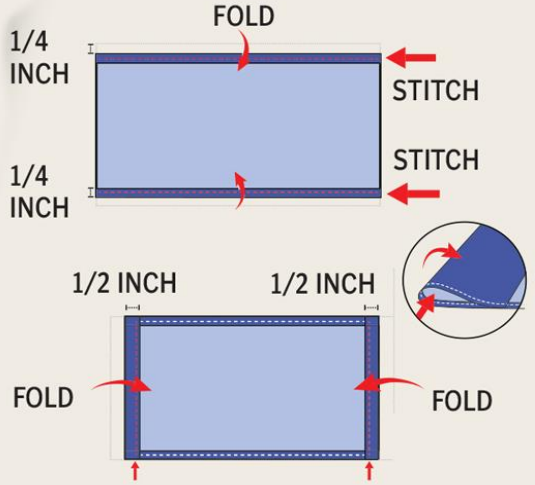
- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread
- Scissors
- Sewing machine

1 Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work at a pinch

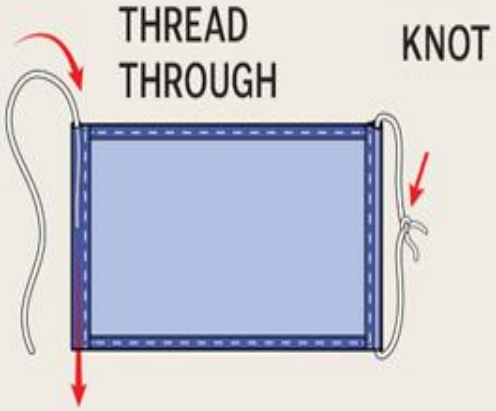


Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric

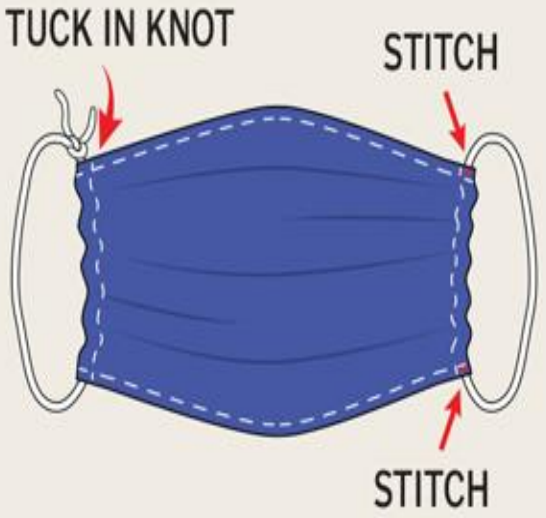
2 Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along short sides and stitch down



3 Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head



4 Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping



If we have no sewing machines

Post-lockdown life

THANK YOU

HEALTH UNIT
RAJA PEARY MOHAN COLLEGE