



DAV PUBLIC SCHOOL SECTOR-14GURUGRAM
“DAV WELLNESS”
Monthly Newsletter (March 2020)

Novel Coronavirus (COVID-19)

Dear Students & Parents,
The 2019 Novel Coronavirus (COVID -19)
Wuhan Coronavirus, is a contagious virus that causes respiratory infection, and can transfer from human to human.

Symptoms:--

- Fever
- Difficulty in Breathing
- Coughing
- Tightness of chest
- Running Nose
- Headache
- Feeling of being unwell
- Pneumonia
- Kidney Failure

Mode of Transmission:--

Human Coronavirus (COVID-19) most commonly spreads from an infected person to other through.

1. Air by coughing and sneezing.
2. Close personal contact, such as touching or shaking hands
3. Touching an object or surface with the virus and then touching your mouth, nose, or eyes.

How to Reduce Risk of Coronavirus infection (COVID-19):--

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

Right way to wash hands-- wet, lather, scrub, rinse, dry.

1. Wet hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather hands with soap, lather backs of hands, between fingers and under nails (best kept trimmed).
3. Scrub hands for at least 20 seconds.
4. Rinse hands well under clean, running water.
5. Dry hands using a clean towel or air- dry them.
 - Cover nose and mouth when coughing and sneezing with a tissue or flexed elbow.
 - Avoid close contact with anyone with cold or flu-like symptoms.
 - Isolation of symptomatic patients for at least 14 days.



What you can do keep yourself safe.

1. Wash hands frequently
2. Avoid crowded places - When someone coughs or sneezes, they release small liquid droplets from their nose or mouth that may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus
3. Avoid touching eyes, nose and mouth
4. Practice respiratory hygiene;-- Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses.
5. Wear a mask if you have a respiratory problem.
6. People suffering from influenza like illness must be confined at home.
7. Stay more than one arm's length away from persons sick with flu.
8. Take adequate sleep and rest
9. Drink plenty of water/ liquids and eat nutritious food

Respiratory hygiene:--

1. Everyone should cover their mouth with a tissue/ handkerchief (or their sleeve if there are no tissues available) when they cough or sneeze and wash their hands afterwards.
2. Do not touch your eyes, nose and mouth.
3. Everyone should throw away the used tissues in a bin and wash their hands after contact with a person who is coughing/sneezing.

**STAY SAFE AS PREVENTION
IS BETTER THAN CURE**