

# COVID 19 DO'S & DON'TS

## DO'S

1. **DO** WASH YOUR HANDS for at least 20 seconds, several times a day. Use soap and water or a hand sanitizer with at least 60% alcohol:

- Before cooking or eating
- After using the bathroom
- After blowing your nose, coughing, or sneezing
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2. **DO** learn the symptoms, which are similar to flu:

- Fever
- Cough
- Shortness of breath

Most cases do not start with a runny nose.

3. **DO** reconsider travel to affected countries, especially if you have underlying conditions. For people in a higher-risk group -- seniors and people with preexisting conditions -- the agency suggests postponing nonessential travel. It also suggests everyone avoid cruises.

4. **DO** consider taking extra precautions and staying out of public places if you're over 60 years old, or have a condition, as you have a higher risk of developing the disease. Note that as of now, the highest-risk groups appear to be seniors and people with pre-existing condition like heart disease, chronic respiratory diseases, and diabetes.

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5. **DO** practice “**social distancing**”: Avoid large gatherings and crowds in poorly-ventilated spaces, and try to stay at three to six feet away from anyone who’s coughing or sneezing.
6. **DO** prioritize your health. Now is not the time to burn the candle at both ends, skip workouts, or ignore a healthy diet—that can weaken your immune system.
7. **DO** check in on high-risk neighbours: older adults and people with serious chronic medical conditions. Monitor their food and medical supplies, and make sure they have people or organizations who can help if they get sick.
8. **DO** cough or sneeze into the crook of your elbow or a tissue, and dispose of the tissue immediately in a covered bin. (You should be doing this whether or not you suspect COVID-19 -- you don’t want to spread a common cold, either.)
9. **DO** wear a mask properly around others if you suspect you may have the virus -- the mask itself can be a source of infection if you don’t follow the guidelines.
10. **DO** make sure someone in your home knows how to clean properly. Studies suggest that coronaviruses can live on surfaces for a few hours or up to several days. To reduce the chance of spreading COVID-19, wear disposable gloves to clean surfaces regularly with soap and water, followed by a disinfectant to kill the virus. Effective options include a bleach solution of 5 tablespoons per gallon/4 teaspoons per quart of water, solutions with at least 70% alcohol.

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## DON'TS

1. **DON'T** panic. At this point, public health officials still say the risk of becoming infected with COVID-19 is low. Taking proper precautions -- wash your hands! -- and making preparations are the best things you can do.
2. **DON'T** touch your eyes, nose, and mouth. If you *have* somehow come into contact with the virus, touching your face can help it enter your body.
3. **DON'T** go out except to see your doctor, after calling first. And if you do have to go out, avoid public transportation, taxis, and ride-sharing.
4. **DON'T** hang out with your family or pets if you suspect you have the virus. In order to protect them, eat and sleep separately from them, try to stay in one room, and use a separate bathroom if possible.
5. **DON'T** reach for antibiotics. If you happen to have some lying around from a previous illness, you may be tempted. But antibiotics work only on illnesses caused by bacteria, and the coronavirus is -- you guessed it -- a virus

  
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