

VIVEK COLLEGE OF COMMERCE

Health Committee



Protect yourself and others! NOVEL Corona Virus (COVID 19)

Do's

Practice frequent hand washing. Wash hands with soap and water or use alcohol-based hand rub. Wash hands even if they are visibly clean.

Cover your nose and mouth with handkerchief/tissue while sneezing and coughing.

Throw used tissues into closed bins immediately after use.

See a doctor if you feel unwell (fever, difficult breathing, and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose



Don'ts

Have a close contact with anyone, if you're experiencing cough and fever.

Touch your eyes, nose and mouth.

Spit in public

Together we can fight Coronavirus

There is enough of everything, everyday for everyone Don't Panic | Don't Rush | Don't Over-stock

Maintain at least 1 metre distance in market places, medical stores, hospitals, etc.

Have patience and keep calm while shopping for essential goods/medical supplies

Avoid frequent trips to the market to buy groceries/medical supplies

Avoid shaking hands and hugging as a matter of greeting

Avoid non-essential social gatherings at home



FORTIFY YOUR IMMUNITY WITH THESE NATURAL REMEDIES SELF-CARE IMMUNITY BOOSTING MEASURES FOR COVID-19 BY MINISTRY OF AYUSH

- Drink warm water throughout the day
- Once a day inhale steam infused with Mint leaves or Caraway seeds (Ajwain)
- Practice Yoga, Pranayama and meditation
- Include spices like Turmeric, Coriander, Cumin and Garlic in daily diet
- Once or twice a day drink herbal tea/Kadha made using Basil (Tulsi), Cinnamon (Dalchini), Black pepper, Dry Ginger, Munakka (Raisin), and jaggery, or lemon juice
- Drink milk with turmeric powder (half teaspoon in 150 ml hot milk) once or twice a day

If you have symptoms like cough, fever, or difficulty in breathing, please contact your Doctor immediately