

JIIT NOIDA

ADVISORY NOTE ON PRECAUTIONS AGAINST CORONAVIRUS

1. Coronavirus disease (COVID-19) is an infectious disease caused by a virus. Coronavirus disease spreads primarily through contact with an infected person when they cough or sneeze. It also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth.
2. Symptoms.
 - a) Fever
 - b) Tiredness
 - c) Dry Cough
 - d) Difficulty in breathing
3. Prevention.
 - a) Frequently wash your hands (atleast for 20 sec thoroughly) with soap and running water or alcohol based hand rub.
 - b) Cover your mouth and nose when sneezing and coughing with flexed elbow or tissue and throw the tissue into closed dustbin immediately after use.
 - c) Avoid close contact and stay home.
 - d) Avoid spiting in public and touching eyes, nose and mouth with unwashed hands.
 - e) Seek early medical help if you have fever, cough and difficulty in breathing.
 - f) Use mask (Ordinary surgical mask can also give adequate protection).Dispose used mask properly.
4. Social distancing (or physical distancing) is a measure taken to prevent the spread of a disease by maintaining a physical distance between people and reducing the number of times people come into close contact with each other. Maintain at least 1 metre (3 feet) distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.
5. Refer the following sites for futher information:-
 - a) MoHFW: Minding your minds during COVID-19 -
<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>

- b) MoHFW: Practical tips to take care of your mental health during stay in –
<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
- c) MoHFW : Safety measures against COVID 19 (English) –
<https://www.mohfw.gov.in/pdf/ProtectivemeasuresEng.pdf>
- d) MoHFW : Safety measures against COVID 19 (Hindi) –
<https://www.mohfw.gov.in/pdf/ProtectivemeasuresHin.pdf>
- e) Instructions regarding compliance of AICTE'S Mandatory Internship Policy in current situation :-
<https://www.aicte-india.org/sites/default/files/Instructions%20regarding%20compliance%20of%20AICTE.pdf#overlay-context=>

6. Disposal of mask and gloves(received from Unnat Bharat Abhiyan):



Registrar
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