

Noval Coronavirus (2019-nCoV)-General Advisory for Parents

The 2019 novel coronavirus (2019-nCoV), Wuhan coronavirus, is a contagious virus that causes respiratory infection, can transfer from human to human.

Symptom

- Fever
- Difficulty in Breathing
- Coughing
- Tightness of Chest
- Running Nose
- Head Ache
- Feeling of being Unwell
- Pneumonia
- Kidney Failure

Incubation Period: 14 days asymptomatic

Mode of transmission

Human Coronavirus (2019-nCoV) most commonly spread from an infected person to other through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hand
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

How to reduce risk of Coronavirus infection (2019-nCoV)

- Clean hand with soap and water or alcohol based hand rub
- Cover nose and mouth when coughing & sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu like symptoms
- Avoid frozen meet
- Isolation of symptomatic patients for atleast 14 days.

D O ' s and DON ' T ' s

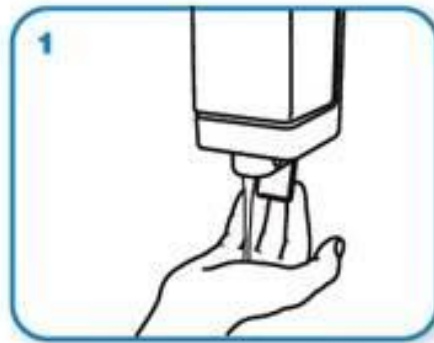
DO's	DON'Ts
<ul style="list-style-type: none">• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing• Frequently wash your hands with soap and water• Avoid crowded places• Person suffering from Influenza like illness must be confined at home• Stay more than one arm's length distance from persons sick with flu• Take adequate sleep and rest• Drink plenty of water/liquids and eat nutritious food• Person suspected with Influenza like illness must consult doctor	<ul style="list-style-type: none">• Touching eyes, nose or mouth with unwashed hands• Hugging, kissing and shaking hands while greeting• Spitting in public places• Taking medicines without consulting doctor• Excessive physical exercise• Disposal of used napkin or tissue paper in open areas• Touching surfaces usually used by public (Railing, door gates, etc)• Smoking in public places• Unnecessary testing

24*7 Control Room has been established at DGHS (HQ), may be contacted for any query related to nCoV-2020
Ph: 011-22307145, 22300012, 2230003

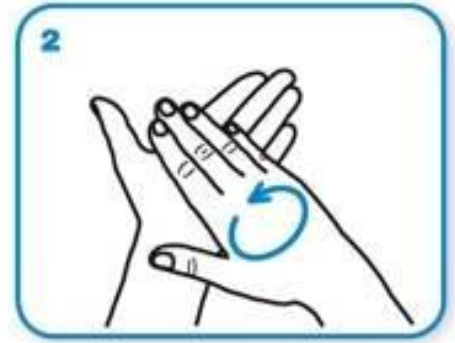
Steps for Hand Washing



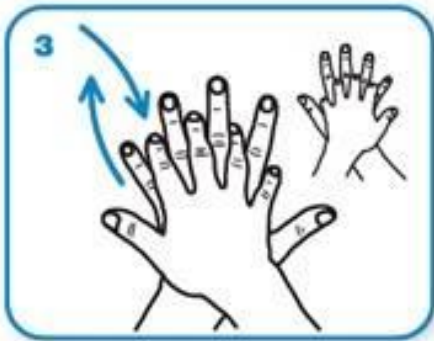
Wet hands with water



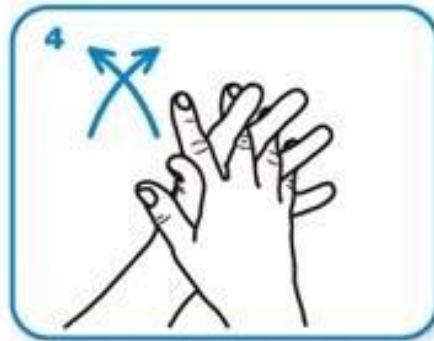
apply enough soap to cover all hand surfaces.



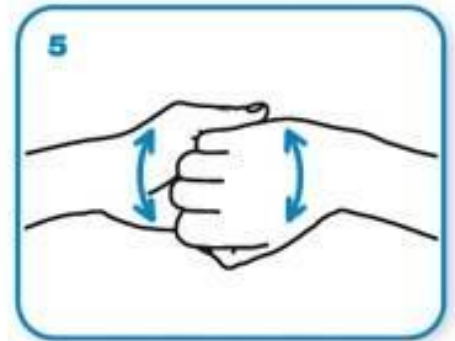
Rub hands palm to palm



right palm over left dorsum
with interlaced fingers
and vice versa



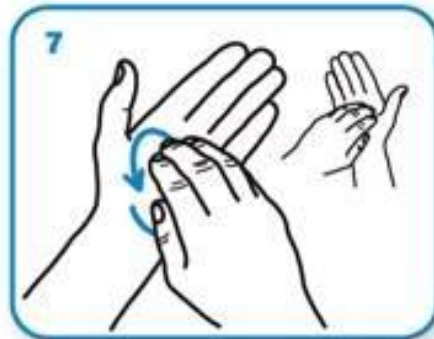
palm to palm with fingers
interlaced



backs of fingers to opposing
palms with fingers interlocked



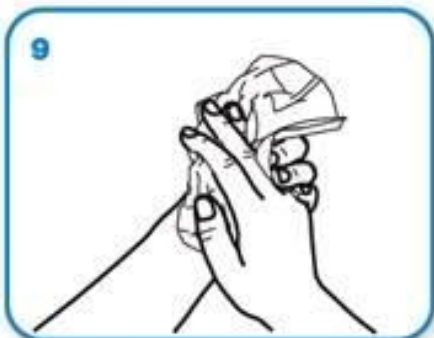
rotational rubbing of left thumb
clasped in right palm
and vice versa



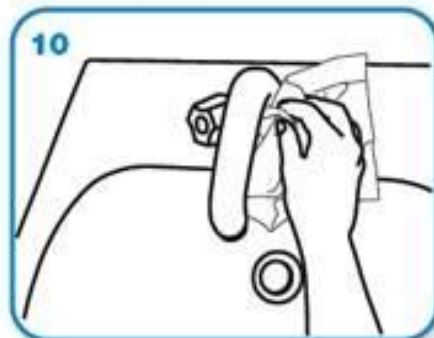
rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.



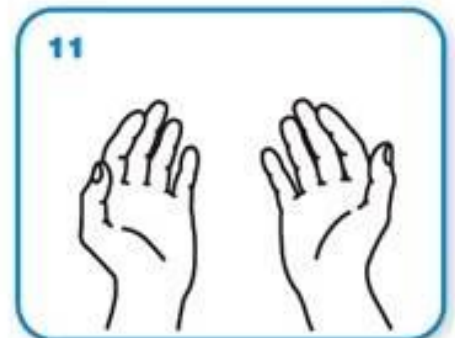
Rinse hands with water



dry thoroughly with a single
use towel



use towel to turn off faucet



...and your hands are safe.

GOVERNMENT OF MANIPUR
DIRECTORATE OF AYUSH, LAMPHELPAT

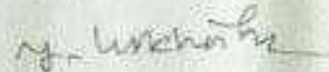
O R D E R S

Imphal, the 30th January, 2020

No. B AYUSH/PH/DAS-2018: In view of the outbreak of Coronavirus repeatedly spreading to many of the countries including India, the Ministry of AYUSH, Government of India has adopted Homoeopathic Medicine **Arsenicum Album 30** as prophylactic Medicine against the Coronavirus infection. Therefore, The Medical Superintendent(s) and all the M.O. i/c(s) of the different AYUSH institutions working under this Directorate are informed to distribute the Medicine as a preventive measure from the infection of the Coronavirus in the prescribed dose as per protocol of the Government of India, Ministry of AYUSH to the General Public as below.

Arsenicum Album 30 – 4(four) Pills once daily in empty stomach for 3(three) days.

The dose may be repeated after 1(one) month by following the same scheduled in case Coronavirus infection prevailed in the community.



(Dr. Y. Lukhoi Singh)
Director (AYUSH)

Directorate of AYUSH, Lamphelpat

Copy to:

1. The Medical Superintendent, 50-Bedded Integrated AYUSH Hospital, Lamphelpat.
2. The Medical Superintendent, 10-Bedded Homoeopathic Hospital, Singamei.
3. M.O. i/c Thoubek District: Dr.
4. Nodal Officer, State Health Mission Society – with a request for kind instruction of the above Orders to all the AYUSH institutions working under State Health Mission Society, Manipur.
5. Guard File.

Novel Coronavirus (COVID-19)



Help us to
help you

SCHOOL ADVISORY

- Schools are advised to **avoid any large gathering** of students during the course of the day in the school.
- Any student/staff with **travel history to any COVID-19 affected country** or in contact with such persons **in last 28 days**, should be monitored and home quarantined for 14 days.
- Class teachers should be alert to any child with **signs and symptoms i.e. fever, cough and difficulty in breathing**, and should immediately inform the parents to have the child tested.
- Ask parents not to send child back to school till advised so by the treating doctor.
- Teachers, school staff and students should also be advised about simple public health measures of hand and respiratory hygiene.
Hand hygiene: Wash hands frequently and thoroughly with soap & water or use alcohol based hand sanitizer, even when hands are visibly clean.
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 used tissues** in a bin and wash their hands after contact with coughing/sneezing.
- **Frequently touched surfaces** - door knobs, switches, desk tops, hand railings etc. should be disinfected.
- Provide **alcohol based hand cleaners/sanitizers** in frequented spots of the school.
- Ensure **availability of soap and water** in rest rooms at all times.
- **Foot operated pedal bins lined with plastic bag** should be provided in each classroom & rest room.
- In hostels, health status of students as well as the other ancillary staff, should be **monitored on regular basis**. In case there are suspected cases, the **authorized local medical authority** should be called for examination.
- Anybody with **signs & symptoms (cough, fever or difficulty in breathing)** should call State/UT helpline number or Ministry of Health & Family Welfare's 24X7 helpline at 011-23978046 or visit public health facility with a mask or mouth covered.

For further information

Call at Ministry of Health, Govt. of India's 24X7 control room number **+91-11-2397 8046**

Email at **ncov2019@gmail.com**

