



# PROTECT YOURSELF AND LOVED ONES FROM CORONA VIRUS

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## WHAT IS CORONA VIRUS ?

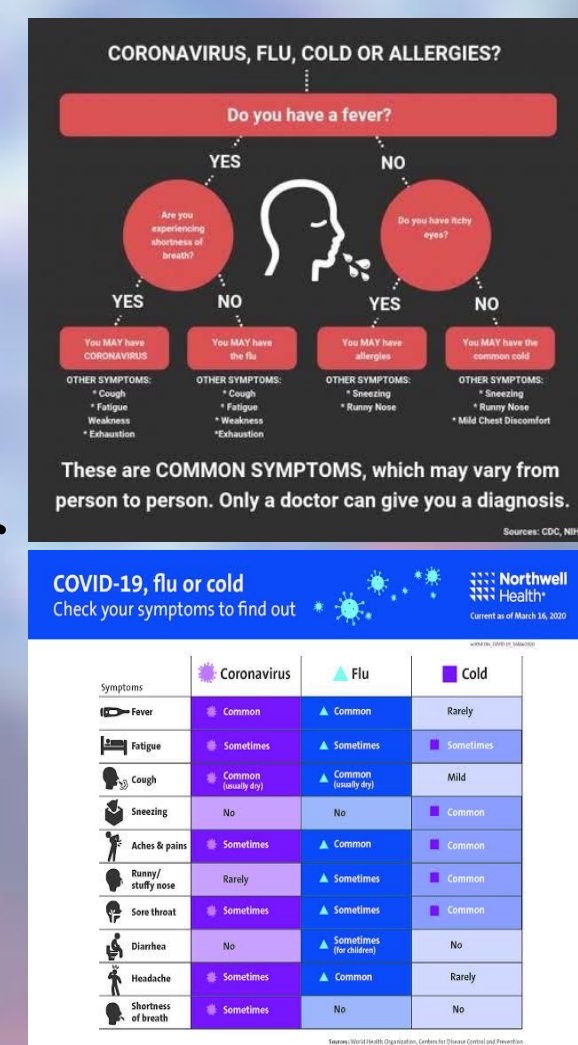
- Coronavirus is a single stranded RNA virus and one of the largest RNA virus.
- The coronavirus is transmitted through human contact. Incubation period of coronavirus is upto 14 days.
- Researchers first isolated a coronavirus in 1937. They found a coronavirus responsible for an infectious bronchitis virus in birds.



## HOW DO I KNOW IF IT'S COVID-19 , A COLD OR THE FLU ?

Symptoms of Covid-19 can be similar to a bad cold or the flu. Your doctor will suspect Covid-19 if:

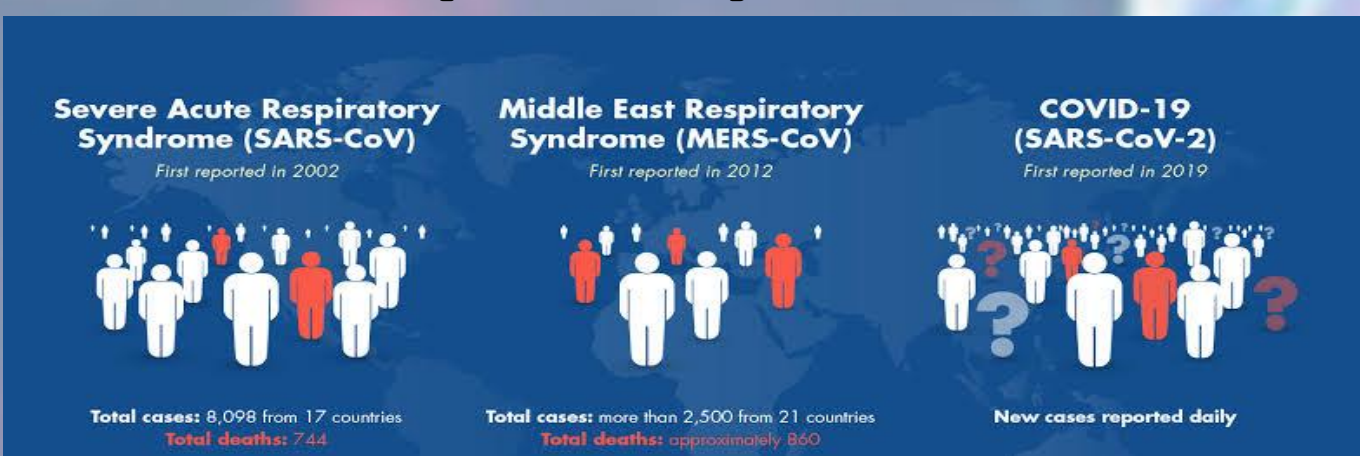
- You have a fever and a cough
- You live in an area with the virus or have traveled to places where it has spread.



## DISEASE DUE TO CORONA VIRUS

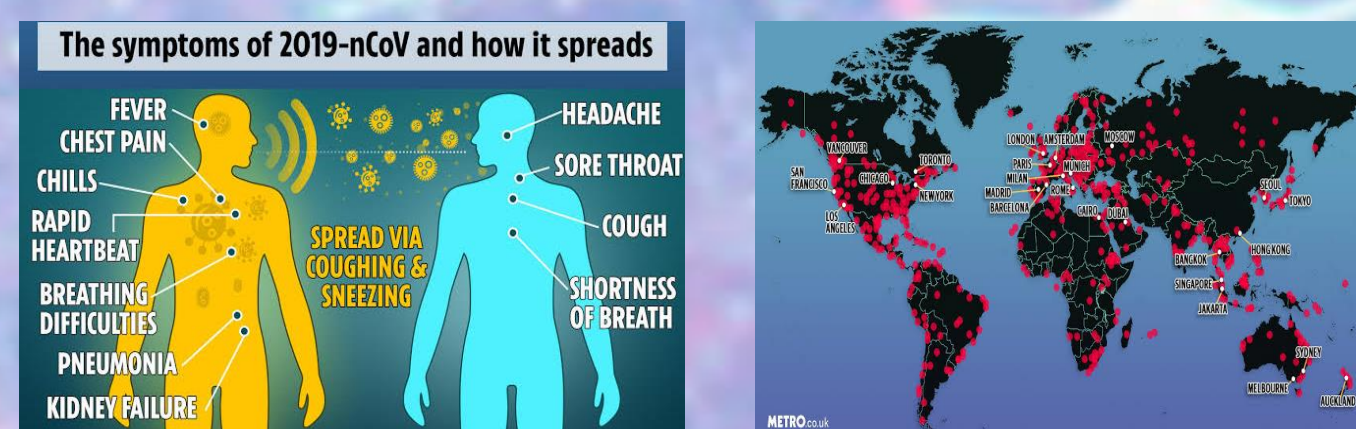
There are three particularly dangerous diseases that have spread due to coronaviruses:

- SARS-CoV [Severe Acute Respiratory Syndrome]
- MERS-CoV [Middle East Respiratory Syndrome]
- SARS-CoV [COVID-19]



## HOW DOES CORONA VIRUS SPREAD

- Lack of protection on the mouth while coughing or sneezing
- Contact with the hands or face of infected person
- Contact with an object or surface carrying corona viruses and then touching your nose, eyes or mouth



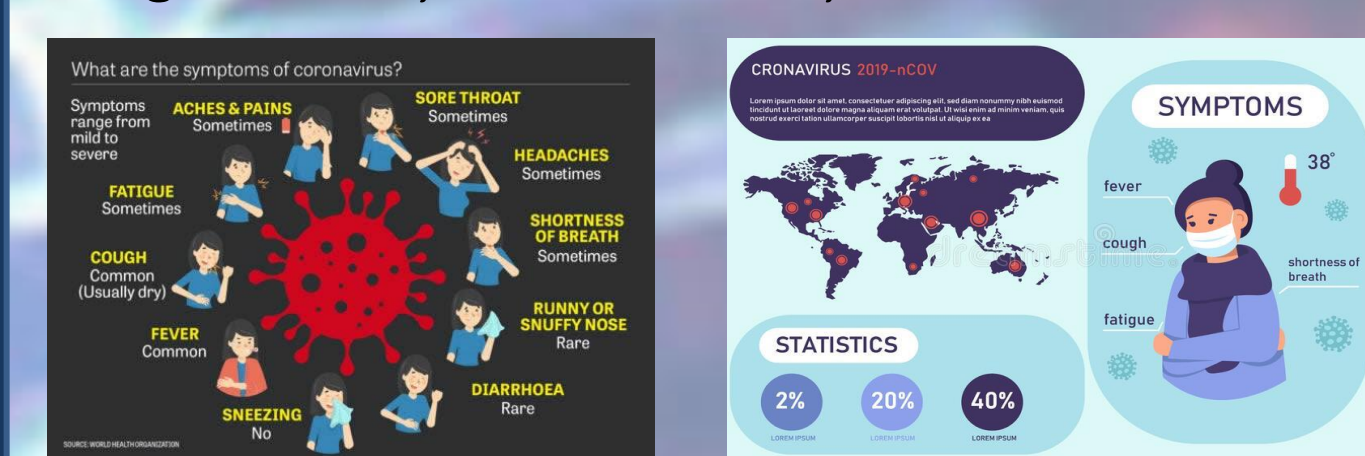
## SYMPTOMS OF CORONA VIRUS

Common symptoms

- Fever,
- Tiredness,
- Dry cough,
- Difficulty in breathing

Some people may experience

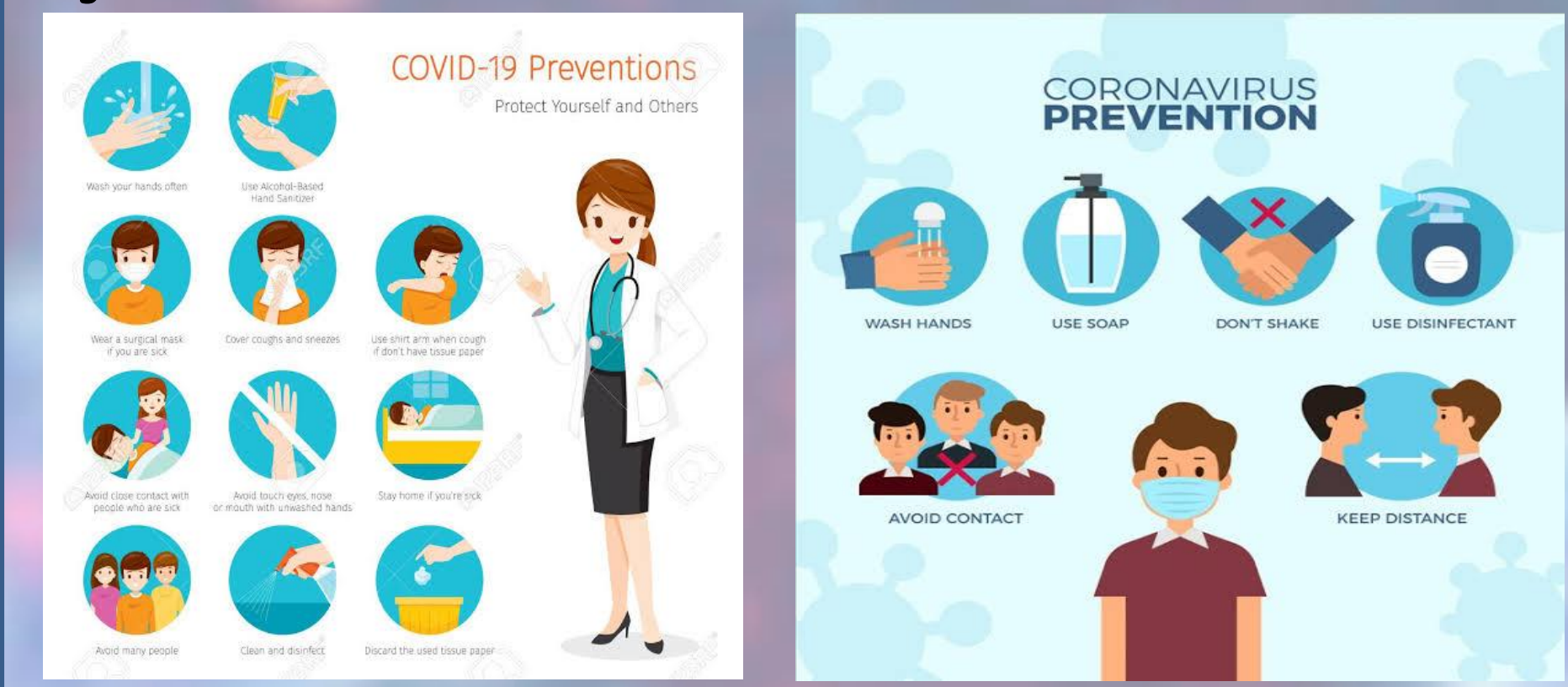
- Headache,
- Aches and pains,
- Nasal congestion,
- Sore throat,
- Diarrhoea



# PREVENTION FROM CORONA VIRUS

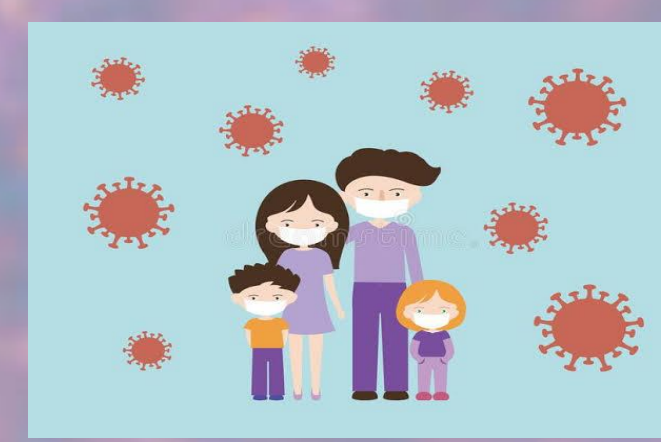
## HOW TO PROTECT YOURSELF

- Wash your hand frequently and carefully with soap for atleast 20 sec or use alcohol based hand sanitizer.
- Don't touch your eyes, mouth or nose with hands.
- While sneezing or coughing cover your nose and mouth with your bent elbow or a tissue.
- Stay home as much as possible or if you go outside cover your face with a mask.
- Take social distancing seriously and don't gather in groups.
- If you have a fever, cough and difficulty in breathing call your doctor and stay home until you recover



## HOW TO PROTECT YOUR FAMILY, ESPECIALLY CHILDREN AND OLDER PEOPLE

- Explaining to them how germs spread and the importance of good hand and face hygiene. Keeping household surfaces clean , especially kitchens, bathrooms and door handles.
- Using clean cloths to wipe surfaces, So you don't transfer germs from one surface to another.
- Keep your home dry and airy.
- Take good care to older people and give them moral and mental support.



## HOW TO CARE FOR SOMEONE WHO IS SICK

Provided support and help cover the person's basic needs:

- Help the person follow their doctor's instructions and medicine.
- Make sure the person rests and drinks a lot of fluids to stay hydrated.
- Help with getting groceries, prescriptions and other necessities. Care for pets and limit the person's contact with pets when possible.



## ACKNOWLEDGEMENT

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## REFERENCES

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