



LOYOLA COLLEGE OF EDUCATION

Re- ACCREDITED AT "A" GRADE WITH CGPA: 3.48 BY NAAC (II CYCLE)

Chennai ,Tamil Nadu, India

WAYS AND MEANS

to

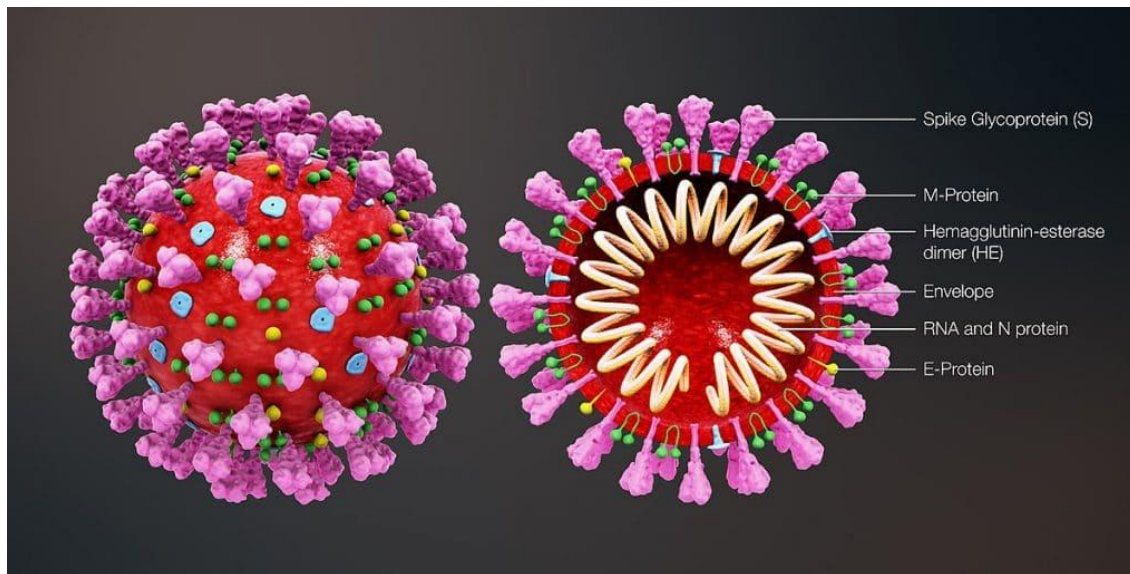
Reduce the Risk

of

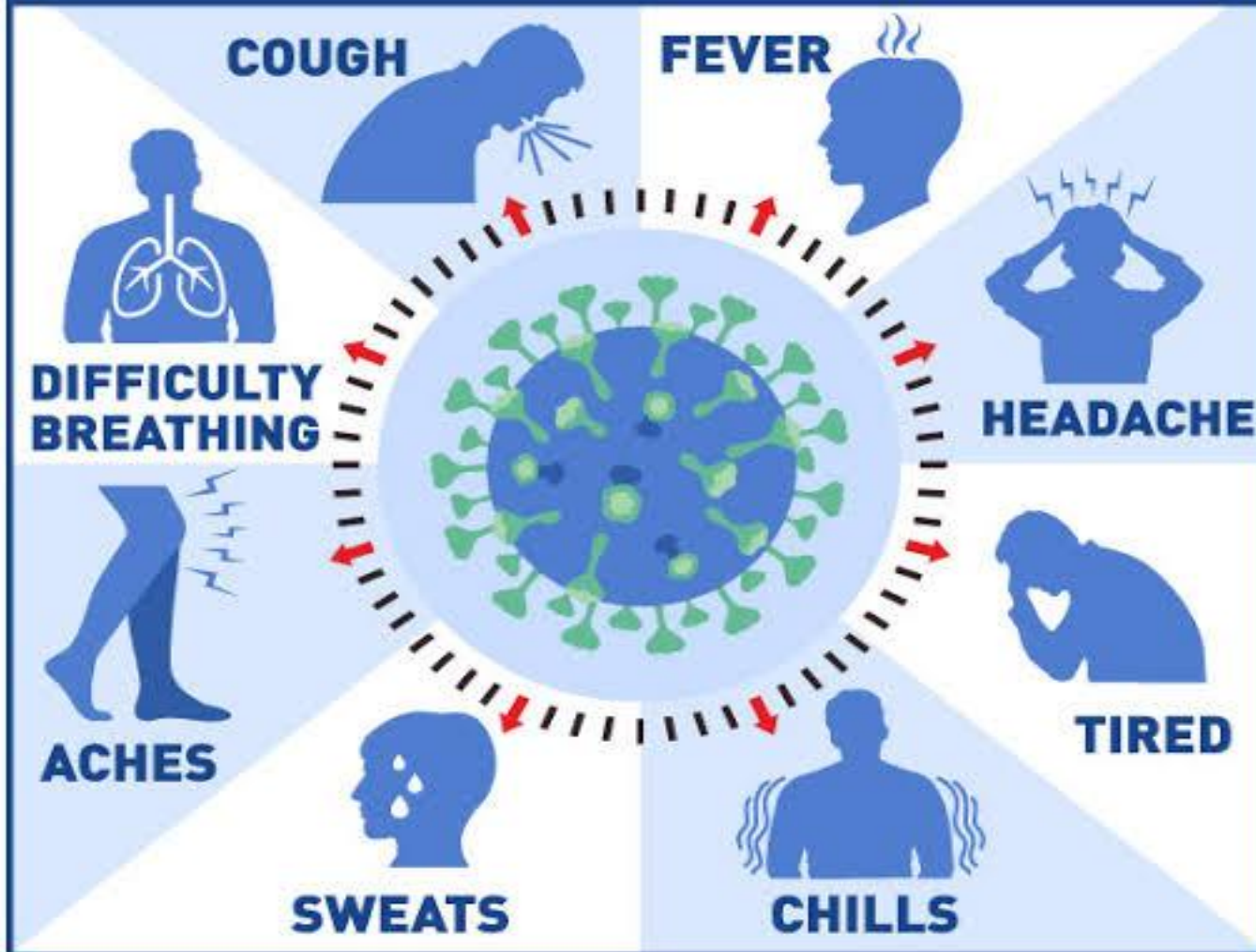
Covid - 19 Second Swing

CORONA VIRUS

Corona virus is also known as covid-19. “Co” means corona , “Vi” means virus , “D” means disease and “19” means 2019



SYMPTOMS OF CORONAVIRUS COVID-19



DO YOU HAVE A COLD, THE FLU, OR COVID-19?

What does being sick with COVID-19 look like compared with a cold or the flu?

COLD/UPPER RESPIRATORY INFECTION



Runny/stuffy
nose/
sneezing

SOMETIMES:
Sore throat



SOMETIMES:
Fatigue

RARE
SYMPTOM:
Aches and Pain



INFLUENZA



Fatigue

Aches and
Pain



Fever



Cough



Runny/stuffy
nose



COVID-19



Fatigue

Dry Cough



Fever



SOMETIMES:
Runny nose



MAJOR
SYMPTOM:
Shortness of
breath or
difficulty
breathing



Precautions For Coronavirus



Stay at home.



Wash your hands frequently with soap and clean, potable water.



In the absence of a tissue/handkerchief, cough or sneeze into your elbow.



Avoid touching your face.



Clean and disinfect surfaces regularly.



Practice social distancing.



Wear a mask.



Eat healthy.

Together we can fight COVID-19!

#SwasthaBharat #HealthForAll #HelpUsToHelpYou



How to prevent the spread of COVID-19



Wash hands often for 20 seconds and encourage others to do the same.



If no soap and water available, use hand sanitizer with at least **60% alcohol**.



Cover coughs and Sneezes with a tissue, then throw the tissue into the dustbin



Avoid touching your eyes, nose, and mouth with unwashed hands.



Disinfect surfaces, buttons, handles, knobs and other places touched often.



Avoid close contact with people who are sick.



PROTECT YOURSELF AND OTHERS from the coronavirus (COVID-19)

- **Wash** your hands frequently with soap and water or alcohol-based rub
- Maintain social **distancing** (minimum 1 metre)
- Avoid **touching** eyes, nose and mouth
- Practice respiratory **hygiene**
- If you have **fever, cough** and **difficulty breathing**, seek medical care early
- **Stay informed**, follow advice from your healthcare provider



COVID-19: IMMUNE SYSTEM BOOSTERS



Zinc

Lean meats, seafood, milk, whole grains, beans, seeds, and nuts • **Important for wound healing**



Vitamin C

Broccoli, cantaloupe, kale, oranges, strawberries, tomatoes, guava, and lychee • **Protect cells from oxidative stress, a product of infection or chronic inflammation**



Iron

Lentils, spinach, tofu, and white beans • **Aids in non-specific immunity, the body's first line of defense**



Vitamin E

Nuts, seeds, wheat germ, green leafy vegetables, avocado, and shrimp • **Helps protect cells from oxidative stress**



Vitamin A

Sweet potatoes, carrots, red bell pepper, spinach, black-eye peas, and mango • **Helps regulate our immune response**

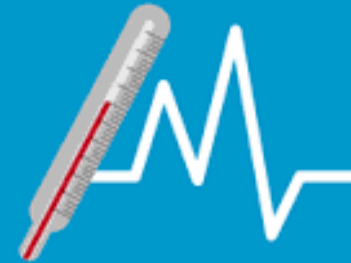


Vitamin B6

Green vegetables, chickpeas, cold-water fish such as tuna or salmon • **Supports more efficient reactions between different parts of our immune system**



Monitoring your health during quarantine



Monitor your symptoms daily



If you develop a cough, fever and shortness of breath call your national hotline, public health authorities or health professional



Take breaks from sitting down and practice yoga, aerobic exercise, or other indoor activities



Stay positive and energized by keeping in touch with loved ones and planning other indoor activities

#COVID19



World Health
Organization





USE THE FACE COVER PROPERLY

How **NOT** to Wear a Mask



“The Escape Hatch”



“The Earring”



“The Sniffer”



“The Stache”



“The Nose Plug”



“The Neckbeard”





Let us protect
ourselves
&
Fight against the
pandemic