

**MOST IMMEDIATE**

Subject: **Advisory for Noval Corona Virus (Covid-19) prevention and control.**

Enclosed please find herewith an advisory/Basic Protective Measures as suggested by Dr. Amit Tyagi, (Sr. Medical Officer/PTC) on the subject for compliance and necessary action.



**ACP/HQ**

For Principal Police Training College,  
Jharoda Kalan, New Delhi.

No. 2465-2505/Genl. (VII)/PTC dated Delhi, the 04-03/2020.

Copy to the following for information & necessary action :-

1. All ACsP/PTC & PTS/JK, W.Bad & Dwarka.
2. All Insprs./PTC & PTS/JK W.Bad & Dwarka.
3. All Head Asstts./PTC & PTS/JK W.Bad & Dwarka.
4. SO's to Spl. CP/Trg., Jt. CP/Trg. and Principal/PTC.

## **Basic protective measures against the new corona virus**

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. COVID-19 is still affecting mostly people in China with some outbreaks in other countries. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

### **1. Wash your hands frequently**

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

**Why?** Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

### **2. Maintain social distancing**

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

**Why?** When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

### **3. Avoid touching eyes, nose and mouth**

**Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

### **4. Practice respiratory hygiene**

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

**Why?** Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

## **5. If you have fever, cough and difficulty breathing, seek medical care early**

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

## **6. Stay informed and follow advice given by your healthcare provider**

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

**Why?** National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

## **7. Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading**

Follow the guidance outlined above.

Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover.

**Why?** Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.

If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travellers.

**Why?** Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

## कोरोना वायरस

कोरोना वायरस एक तरह का संक्रमित वायरस है । यह वायरस एक व्यक्ति से दूसरे व्यक्ति में संक्रमण के जरिए फैलता है । इस वायरस के लक्षण निमोनिया की तरह है ।

### कोरोना वायरस के लक्षण :-

- सिर दर्द ।
- साँस लेने में तकलीफ़ ।
- छींक ।
- खांसी ।
- बुखार ।
- किडनी फेल ।

### कोरोना वायरस से बचाव :-

- अपने हाथ साबुन और पानी या अल्कोहल युक्त हैंडरब से साफ़ करे ।
- खांसते और छींकते वक्त अपनी नाक और मुँह को टिश्यू या मुड़ी हुई कोहनी से ढके ।
- जिन्हें सर्दी या फ्लू जैसे लक्षण हो तो उनके साथ करीबी संपर्क बनाने से बचें ।

### क्या करें - क्या न करें

क्या करें	क्या न करें
<ul style="list-style-type: none"><li>• खाँसने और छींकने के दौरान अपनी नाक व मुँह को कपड़े अथवा रुमाल से अवश्य ढकें</li><li>• अपने हाथों को साबुन व पानी से नियमित धोयें</li><li>• भीड़-भाड़ वाले क्षेत्रों में जाने से बचें</li><li>• फ्लू से संक्रमित हों तो घर पर ही आराम करें</li><li>• फ्लू से संक्रमित व्यक्ति से एक हाथ तक की दूरी बनाए रखें</li><li>• पर्याप्त नींद और आराम लें</li><li>• पर्याप्त मात्रा में पानी / तरल पदार्थ पियें और पोषक आहार खाएं</li><li>• फ्लू से संक्रमण का संदेह हो तो चिकित्सक से सलाह अवश्य लें ।</li></ul>	<ul style="list-style-type: none"><li>• गंदे हाथों से आँख, नाक अथवा मुँह को छूना</li><li>• किसी को मिलने के दौरान गले लगना, चूमना या हाथ मिलाना</li><li>• सार्वजनिक स्थानों पर थूकना</li><li>• बिना चिकित्सक के परामर्श के दवाएं लेना</li><li>• इस्तेमाल किए हुए नेपकिन, टिश्यू पेपर इत्यादि खुले में फेंकना</li><li>• फ्लू वायरस से दूषित सतहों का स्पर्श (रेलिंग, दरवाज़े इत्यादि)</li><li>• सार्वजनिक स्थलों पर धूम्रपान करना</li><li>• अनावश्यक एच 1 एन 1 की जांचें करवाना</li></ul>

सम्बंधित जानकारी के लिए 24x7 कंट्रोल रूम के निम्नलिखित नम्बरों पर संपर्क करें-  
**22307145, 22300012, 22300036**

## Noval Coronavirus (2019-nCoV)-General Advisory for Public

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.

### DO's and DON'T's

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

24\*7 Control Room has been established at DGHS (HQ), may be contacted for any query related to nCoV-2020  
Ph: 011-22307145, 22300012, 22300036

## Steps for Hand washing

0



Wet hands with water;

1



Apply enough soap to cover all hand surfaces;

2



Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



Rotational rubbing of left thumb clasped in right palm and vice versa;

7



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

8



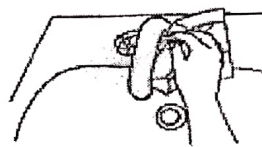
Rinse hands with water;

9



Dry hands thoroughly with a single use towel;

10



Use towel to turn off faucet;

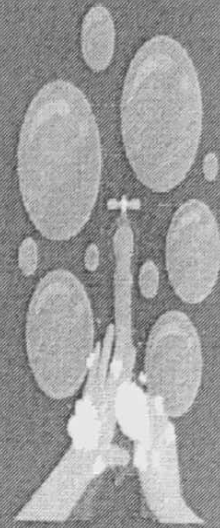
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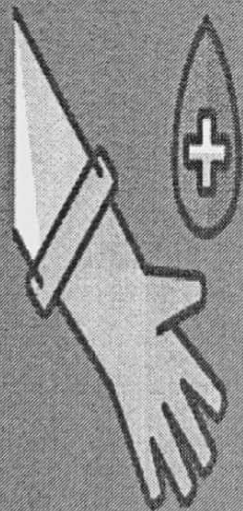
Your hands are now safe.

# Wash your hands

Wash your hands with  
soap and running water  
when hands are visibly  
dirty

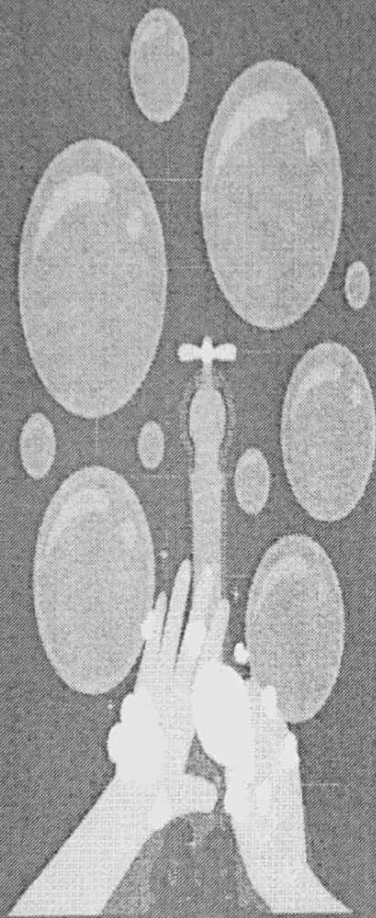


If your hands are not  
visibly dirty,  
frequently clean them  
by using alcohol-based  
hand rub or soap and  
water



Protect yourself and others from getting sick

## Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health  
Organization



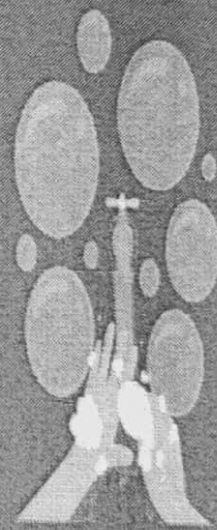
# Protect others from getting sick

When coughing and sneezing  
cover mouth and nose with  
flexed elbow or tissue



Throw tissue into closed bin  
immediately after use

Clean hands with alcohol-based  
hand rub or soap and water  
after coughing or sneezing and  
when caring for the sick



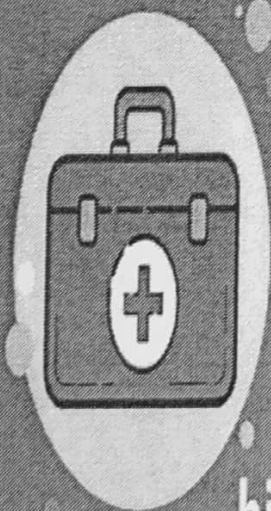
World Health  
Organization

# Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



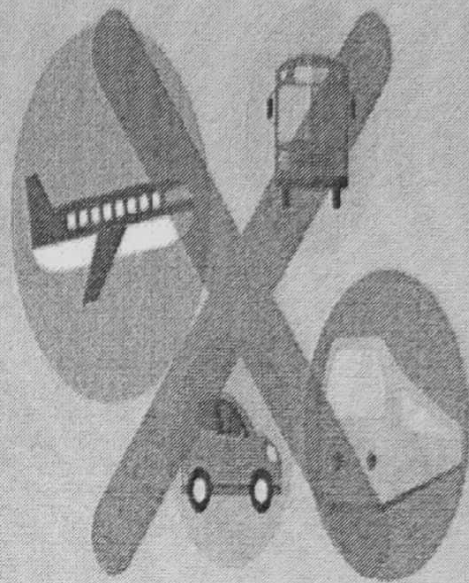
If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider



World Health Organization

# STAY HEALTHY WHILE TRAVELLING

Avoid travel if you have  
a fever and cough



If you have a fever, cough and  
difficulty breathing seek medical  
care early and share previous  
travel history with your health  
care provider

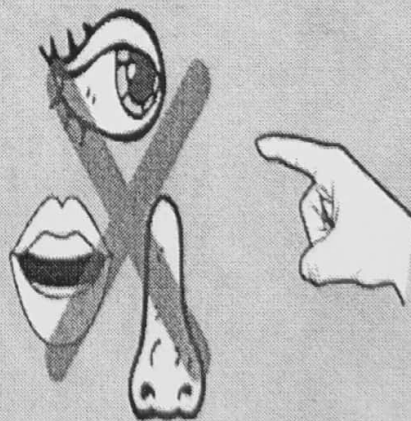
# STAY HEALTHY WHILE TRAVELLING

Avoid close contact  
with people suffering  
from a fever and cough



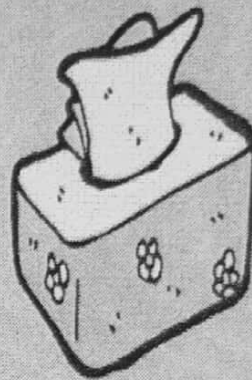
Frequently clean hands by  
using alcohol-based  
hand rub or soap and water

Avoid touching eyes,  
nose or mouth



# STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands



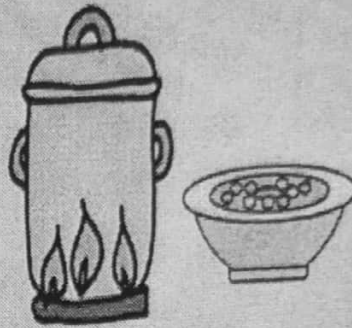
If you choose to wear a face mask, be sure to cover mouth and nose - avoid touching mask once it's on



Immediately discard single-use mask after each use and wash hands after removing masks

# STAY HEALTHY WHILE TRAVELLING

Eat only well-cooked food



Avoid spitting in public

Avoid close contact  
and travel with  
animals that are sick

